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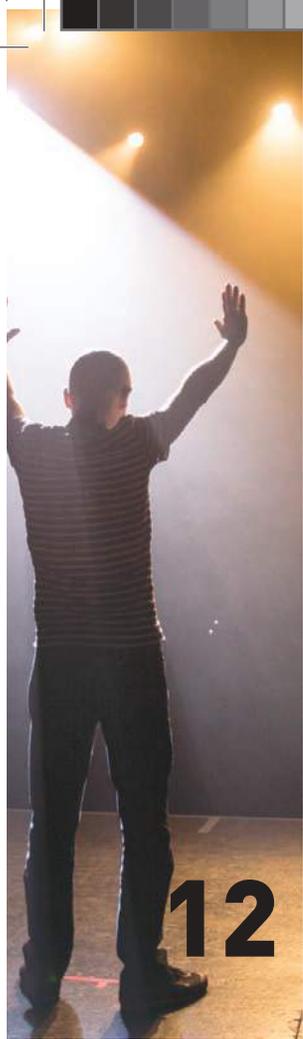


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From the team

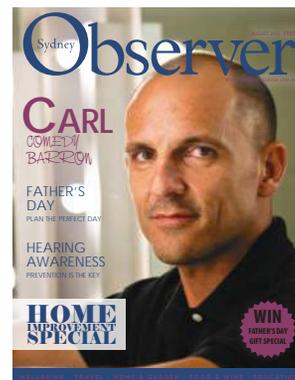
It's hard to believe it with the miserably cold weather we've been experiencing, but winter is coming to a close and spring is just around the corner.

There's no better time than now to start thinking about home improvement, so we hope you get inspired by our home improvement feature (starting on p. 20).

It's also the perfect time to start thinking about Father's Day, which is coming up next month. *Sydney Observer* has got you covered, with gift ideas (p. 41), recipes (p. 42) and giveaways (p. 6).

This month we also talk to one of Australia's favourite comedians, who sheds some light on what it's really like to live as a stand-up comic.

We hope you enjoy this jam-packed issue of *Sydney Observer*, and have a great month!



DISTRIBUTION by PMP Distribution

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

Letters

"CARLOTTA was an interesting read. I loved her candid, honest perspective on life. Her tough as nails attitude and motto 'get out of that cocoon and become a butterfly' is one we should all aspire to. A colourful character whose personality shines through. Inspiring!"

- Linda Luczak from Emu Plains

"I really enjoyed 'Winter in the Blue Mountains' because it showcased the beauty of the mountains and the relaxing and interesting activities that the mountains have to offer."

- Debbie Mosselson from St Ives

"My favourite article this month was the recipe for the pear, raspberry and custard crumble pie on page 41. I always enjoy reading the recipes that are published, but this one was absolutely divine! It wasn't too difficult to make, using lovely seasonal produce. The guests that I made it for absolutely loved it. Thank you so much for sharing this recipe!"

- Lashitha Devadason from Gordon



Giveaways

MANNY LEWIS ON DVD

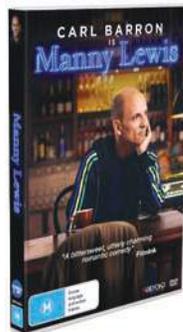
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HOW TO ENTER

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

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



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Discounted groceries for North Shore customers

NORTH SHORE CUSTOMERS will be able to purchase hundreds of grocery items at reduced prices, with the launch of Price Match in IGA stores. Independent retailers under the IGA banner will match hundreds of everyday items such as cereal, coffee and pasta to Australia's major supermarket chains.

NSW/ACT IGA state board chairman Vasilli Karellas says Price Match enables North Shore customers to shop locally without having to pay more.

"Price match will come as welcome news to North Shore residents who want to support their independent grocers but

have previously found it more expensive to do so," she says.

Two cents from every sale of an IGA Signature product will also be donated to IGA Community Chest, which raises funds to support local communities and charities. So far more than \$75 million has been raised.

Participating North Shore retailers:

- IGA Castlecrag
- IGA East Lindfield Plus Liquor
- IGA Turramurra Plaza
- SUPAIGA St Ives



Local students help the environment

STUDENTS FROM NORMANHURST West Public School will be planting trees and shrubs while learning about their environment on August 18, in celebration of Schools National Tree Day.

On Schools National Tree Day, students will learn about sustainability whilst experiencing the associated benefits of spending time in nature.

"Nature contact is the true elixir of happiness," says Dr. Mardie Townsend, of Deakin University.

"Spending time outside and

in nature is a free and easy way to increase happiness and wellbeing, and incorporating this into the lives of Australian children now could help address the current path that we are on to creating the unhappy generation."

This year Planet Ark celebrated its 20th annual National Tree Day on July 26. Since the first National Tree Day more than 21 million native trees, shrubs and grasses have been planted by over three million volunteers.



Warrimoo Avenue to receive rainforest-themed playground

THE PLAYGROUND ON Warrimoo Avenue, St Ives Chase, will soon be receiving a rainforest-themed upgrade with the help of a grant from the NSW Department of Sport and Recreation.

Popular with families, the small playground will be revitalised by these changes, according to Ku-ring-gai Mayor Jennifer Anderson.

"Our designers have come up with a rainforest explorer theme for the new play equipment, which includes a climber

and slide, a small swinging bridge, a spring ride and a Jeep for children aged from two to ten years old," she says.

The playground will also have new rubber soft fall, an additional seat and landscaping including shade trees.

Work on the playground upgrade will begin shortly and will take several weeks to complete, during which time the playground will be closed. The next-nearest playground is at Warrimoo Oval next to the tennis courts.



New transport for Willoughby

Angela Heathcote

WILLOUGHBY COUNCIL HAS called for an additional two train stations to be added to the Sydney Metro, claiming that these new stations will ease transport congestion in the CBD.

An estimated 500 000 passengers will benefit from the additional train stations, rumoured to be constructed between Crows Nest and the Artarmon local area.

There are currently six platforms in the CBD that accommodate 120 trains from 15 different lines during peak hours. This 'bottleneck' means that any delays result in a ripple effect, according to Willoughby Council's submission to Transport for NSW.

NSW Transport Minister Andrew Constance said the proposed construction of the Sydney Metro project would begin by 2017, to be completed around 2024.

"We are going to see, I think, a revolution in terms of public transport. This is the game changer," said Mr Constance.

Indeed, in a recent press release,

Willoughby Mayor Gail Giles-Gidney said the new Metro would be the largest public transport infrastructure project undertaken in Australia.

The potential stations between Crows Nest and Artarmon are part of a larger project by Transport for NSW, who plan to expand the Sydney Metro line beyond Chatswood and through to Bankstown.

However, proposed construction of the additional train stations has raised some concerns with the public. Submissions to Transport for NSW suggest concerns for local bushland and heritage, as well as possible increases in noise and traffic.

A suggested alternative to new networks at Crows Nest and Artarmon is upgrading the existing line at St Leonards, but it is argued this will not have as large of an impact as the two proposed underground stations.

In Willoughby City Council's submission to Transport for NSW, Artarmon was highlighted as one of the few major concentrations of industrial

land forecast to grow by up to 1 700 jobs by 2030. Council says extra transport is needed to support this growth.

"With the projected population growth across the State, Council recognises that major investment in public transport infrastructure is necessary over the next 20 years and supports the provision of opportunities to increase public access to transport in a way that addresses social, environmental and economic issues and benefits."

Fix NSW Transport spokesperson Jim Donovan said the plan for a Sydney Metro ignored the need for compatibility between old and new trains.

"We will end up with two rail networks, meaning long-term detriment to reliability, flexibility and certainly interoperability," he said.

Property investment lobby group Urban Taskforce has also weighed in on the proposal, suggesting St Leonards over Crows Nest as a site for the metro station, stating that "this will give greater support for lifting current development controls to allow more development".



Find your family



Alex Dalland

NATIONAL FAMILY HISTORY MONTH can be a great time for any amateur genealogist to learn the skills needed to uncover the truth about their family.

For Ku-ring-gai resident Bruce Buchanan, it was one simple question that launched the investigation into his surprisingly unlikely family tree.

"I used to drive for Hornsby-Ku-ring-gai transport and was rostered one day to drive for the Ku-ring-gai Historical Society," he recalls.

"One lady asked who my grandparents were, and I couldn't remember. An hour later, I remembered their names but I had a lot of unanswered questions, so the historical society took down their names and started doing some research."

A few days later Bruce received a call asking him to come and visit the Family History group of the Ku-ring-gai Historical society in person. He did not expect what was to follow.

"I walked into her class and basically up on the wall is my family tree. For the next hour, Jo Harris proceeded to tell me about my history."

Bruce found out that not only was he related to James Harris French, for whom

the suburb of French's Forest was named, but also to prominent Sydney convicts George Lavender (of Lavender Bay) and Billy Blue, a prominent figure in Sydney's early history who gave his name to the Blues Point area.

Bruce was astounded.

"That was the piece de resistance when she told me about Billy Blue. It was just amazing to find out this history that I knew nothing about."

Since then Bruce has become a member of the Family History Group. However, for those still without answers, this August may provide the best time to start digging, with National Family History Month beginning on August 1.

For the Ku-ring-gai Family History Group, the month will be marked by what they do best, according to group member Jo Harris.

"We celebrate Family History Month every month," she says.

"We hold workshops once a month and research constantly. People can write in with research questions about families in Ku-ring-gai."

"This August we will also be holding extra meetings such as a Scottish ancestry

group, as well as Irish and German groups for families who wish to trace their heritage," says Jo.

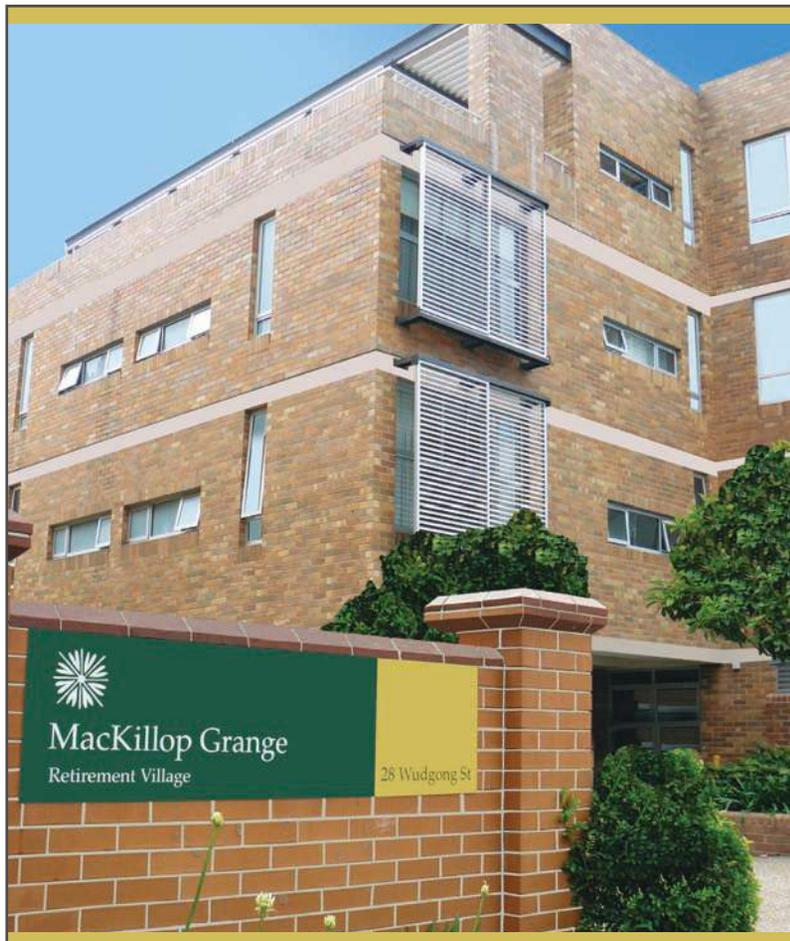
According to genealogist Jeremy Palmer, the best way to start researching your family history is to start with known information and work backwards from there. One example of this is talking to elderly relatives.

"Ask them what they know about their own parents and grandparents, but also question them about what life was like for them when they were small," he says.

"Family history is more than just names and dates and places – you should find out as much as you can about the people in your family if at all possible."

While it started out as a week-long event, National Family History Month has since expanded to include the entire month of August. Seminars and history presentations will occur across the month at many libraries and local family history research groups. ○

Visit familyhistorymonth.org.au or khs.org.au for more information on Family History Month and the Ku-ring-gai Historical Society.



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Carl Barron

the truth about comedy

Stephanie Stefanovic

AS ONE OF AUSTRALIA'S most popular and well-known comedians, most people are familiar with Carl Barron's comedy antics. But like many comedians, Carl is a contradiction. Seemingly cheerful on the outside, but much less so on the inside.

"Some days it's easy and fun, and other days it's hard and isolating," says Carl. "Most nights you're in a hotel room by yourself."

"When you come back from a tour, you feel really flat. In the early years, you think there's something wrong with you. You're depressed, or you need to move house or you need to change girlfriends or whatever it is. But now I don't believe all of those things. I tell myself that when I come back, I just need to take it easy."

Born in Queensland, Carl grew up in the countryside where his father was a sheep-shearer. He still enjoys the simple life. This could be why he's often described as relaxed, honest and humble. It could also

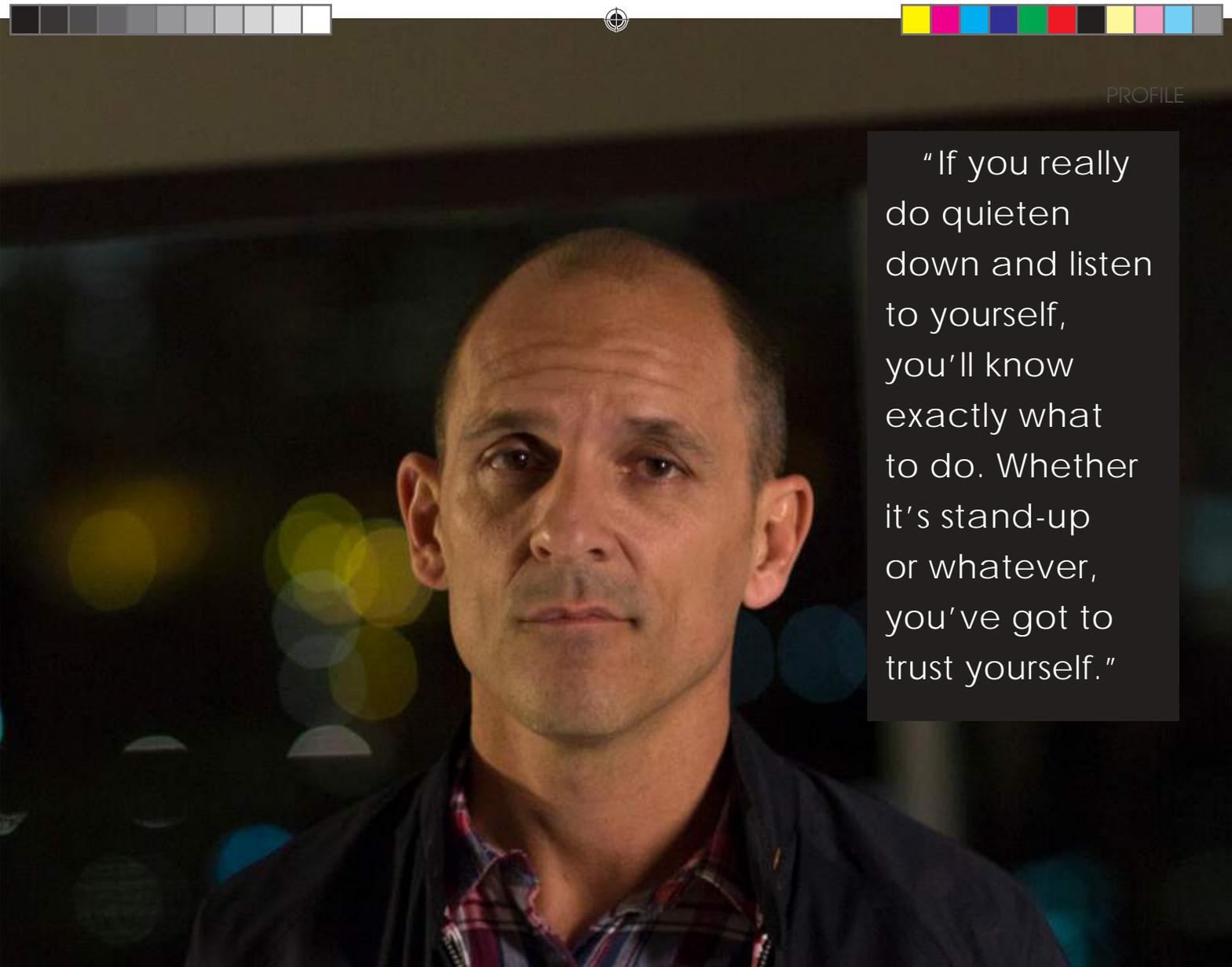
be why Carl himself adds "introverted" to the list.

"I don't like big crowds of people even though I perform in front of them. I like quiet places. Anywhere it's too busy I just don't like," he says.

It's for this reason that he would prefer to remain based in Australia, unlike other successful comedians such as Rebel Wilson and Jim Jefferies who have made a life and career for themselves overseas.

But that doesn't mean he's shied away from a brighter spotlight. At age 51, Carl has made his film debut as the lead in *Manny Lewis*, which he co-wrote with friend and former stand-up comedian Anthony Mir.

The recently released film focuses on *Manny Lewis*, a successful stand-up comedian who can effortlessly win over a crowd but struggles to win over the woman he loves. It follows *Manny* as he struggles to overcome his alienation and



“If you really do quieten down and listen to yourself, you’ll know exactly what to do. Whether it’s stand-up or whatever, you’ve got to trust yourself.”

shyness, and establish a relationship with love interest Maria (Leeanna Walsman).

It’s hard not to assume Manny Lewis is in part based on Carl’s life.

“I’d be lying if I said it wasn’t,” Carl explains. After all, “When you go to meet a friend in a café and you tell them a story about what happened on Saturday night, it’s a mixture of truth and fiction.”

“I guess it’s up to the audience to decide how true it is,” he adds.

Manny Lewis definitely has its quirks. The film sees Manny fall in love with Maria, a shy but free-spirited woman who is new in his life. The kicker? He’s unaware that she’s also the phone-sex operator he calls regularly to confide in.

The film is certainly more serious than anything we’ve seen from Carl Barron before. It definitely has its funny moments but it’s clear that Carl wanted to show another side of himself by portraying the trials of life as a comedian. A bold move, for sure.

“We got some good reviews and we got some reviews where it wasn’t peoples’ ‘cup of tea’, but that’s normal,” Carl says. “I keep away from the response. It’s my job to make people laugh and what people think about that or want to write about it, that’s their business.”

One thing the film really hones in on is the recurring theme that a comedian’s life isn’t all fun and laughs. If it’s so lonely, it makes you wonder what inspires Carl to keep going.

“I can’t think of anything else I’d really want to do and it’s probably the thing I’m best at,” he says. “And you get a lot of fans over the years. That’s what inspires me – when you know people really like you.”

Carl worked as a roof tiler for 17 years before becoming a comedian, but he says comedy is something he’s always wanted to do, ever since he was a kid.

“When I moved to Sydney I thought about it more,” Carl says. “And I went

and saw Jamal McKnight and the stuff he was talking about, I thought, ‘I could talk about that’. So I just got more motivated and gave it a go one week.”

His comedy style has evolved into what’s been described as observational humour, but Carl says it’s more like “telling stories about life”. In telling these stories, he won’t guarantee that everything he says on stage is 100 per cent true but he tries because he says it’s important to be honest with the audience.

It’s a policy the frank comedian sticks to both onstage and off.

But for Carl, it’s not just about being honest with the audience, it’s about being honest with himself.

“Listen to yourself,” he says. “That’s all I’ve learnt to do over the years.”

“If you really do quieten down and listen to yourself, you’ll know exactly what to do. Whether it’s stand-up or whatever, you’ve got to trust yourself,” this is Carl’s philosophy. ○



Wendy Carver

Stigma, myths and suicide

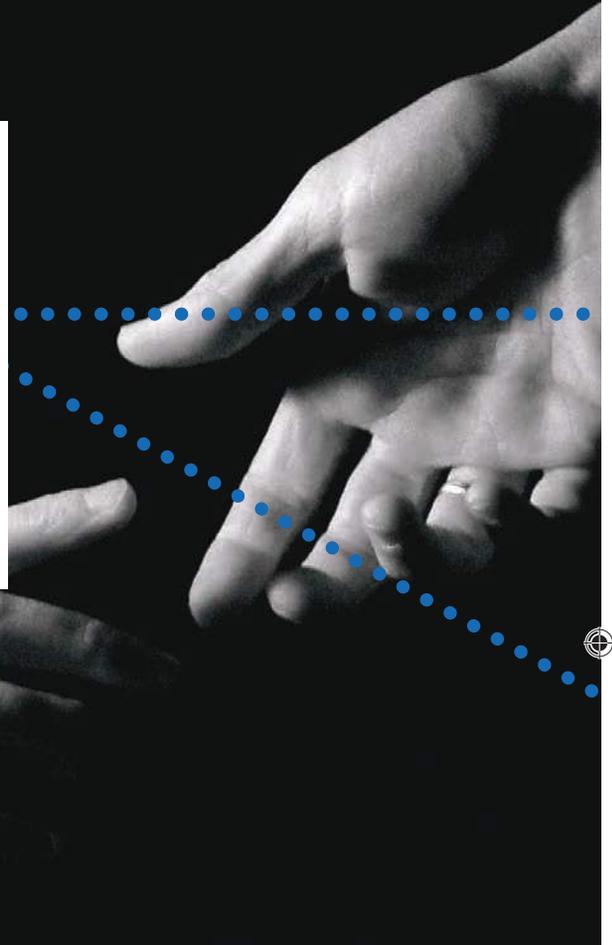
EVERY DAY SIX Australians die by suicide and another 180 people attempt suicide. Whether we know it or not, most of us know someone who has thought about or attempted suicide.

Despite this prevalence, suicide is infrequently talked about and often misunderstood within our society. It is these myths and stigmas about suicide that continue to work against people reaching out for help when they are at their most vulnerable.

Living in a society that doesn't talk about suicide just adds to a person's

negative feelings surrounding their mental health and can increase a person's risk of feeling suicidal. We must accept that fighting the stigma and myths around suicide is absolutely essential if Australians are serious about reducing deaths by suicide.

While organisations such as Lifeline are committed to supporting Australians in times of crisis and equipping individuals and communities to be resilient and suicide safe, suicide prevention needs to become the responsibility of the whole community.



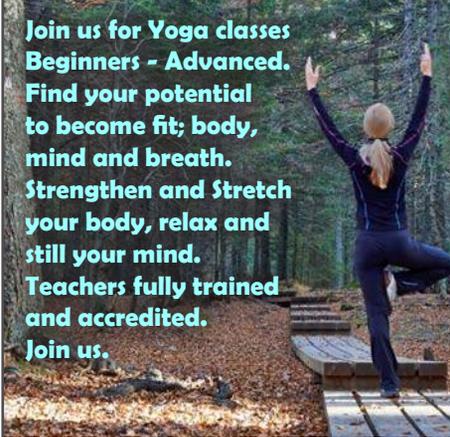
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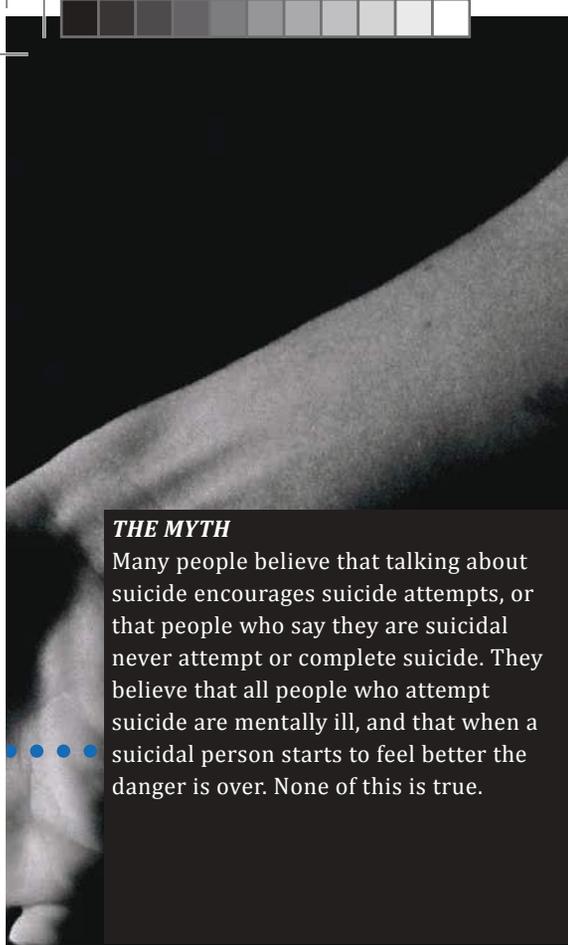
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THE MYTH

Many people believe that talking about suicide encourages suicide attempts, or that people who say they are suicidal never attempt or complete suicide. They believe that all people who attempt suicide are mentally ill, and that when a suicidal person starts to feel better the danger is over. None of this is true.

Other common myths:

- Professional, experienced therapists are the only ones who can help people at risk of suicide when they reach out for help
- If someone wants to end their life, they will. There is nothing you can do to stop them
- People who attempt suicide are merely looking for attention, they are selfish and/or manipulative
- Those around someone who has been bereaved by another's suicide shouldn't talk about it with them

Other facts:

- Talking about suicide does not increase risk, it reduces it and can be the key to preventing the immediate danger of suicide
- People feeling suicidal need you to be non-judgemental, caring, supportive and empathetic
- The best way to know if someone is feeling suicidal is to directly ask them

THE REALITY

Suicide is always tragic, but in many cases can be prevented. Many of life's challenges such as loss and grief, social isolation, financial problems or relationship breakdown can act as triggers for suicide. Sometimes people at risk who suddenly appear calm and content have already made the decision to end their life. However, many people do recover from feelings, thoughts or attempts of suicide and go on to lead normal healthy lives.

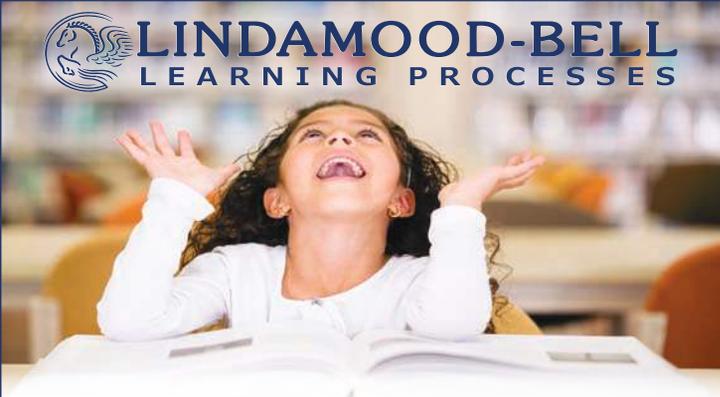


Don't be embarrassed or afraid to talk about suicide, even if it feels awkward. Ask the question "Are you feeling suicidal?" After all, talking about it might just save a life.

Wendy Carver is the CEO of The Lifeline Harbour to Hawkesbury. If you would like more information on suicide prevention, call Lifeline's 24-hour Crisis Support Line on 13 11 14 or visit lifelineh2h.org.au



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Australian women mean business

Alex Dalland

MBA DIRECTOR OF Sydney University, Professor Guy Ford, believes that by challenging MBA norms their Master of Business Administration (MBA) degree has become the first in Australia to attract more women than men.

Professor Ford believes that many women see MBAs as being dominated by 'alpha males' and focusing on traditional skills such as accounting, reporting skills, and operations management.

"We have tackled these stereotypes by striking a balance between personal, interpersonal and technical skill development and by focusing on experiential learning with regular and ongoing feedback on the student's specific

leadership skills and competencies," Professor Ford said.

Due to a high number of applications for the business school's United Nations Women's Committee scholarship, the Sydney University Business School has recently created four new 'Women in Leadership' scholarships.

Recently the Australian National Committee for UN Women has awarded its third recipient of the United Nations Women's Committee scholarship to Dr. Kim Johnstone, a principal demographer from the NSW Department of Planning and the Environment.

Executive director of the committee Julie McKay believes that it is the way

gender parity is integrated into the degree that nurtures the diversity within its cohorts.

"The Australian National Committee for UN Women is proud to partner with the Business School, which has not only achieved gender parity in its MBA cohorts, it is also embedding within the curriculum an understanding of the business case and the value of diversity and inclusion," she said.

The two year-old degree is one of a handful worldwide to have a greater proportion of women, who comprise just over 50 per cent of students. The average proportion of women in an MBA degree in Australia is around 30 to 35 per cent.



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Pymble Ladies' College

Challenging the apathy towards science

Hope William-Smith

AUSTRALIAN STATISTICS SHOW a constant struggle to engage high school students with science. Interest in the so-called STEM subjects — science, technology, engineering and mathematics — has long been falling and so too has the interest of female students in choosing to study these disciplines.

According to Australia's chief scientist Professor Ian Chubb, year 12 participation rates in science around Australia are at an all time low.

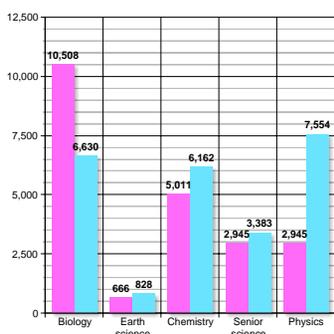
"I think the traditional culture has got to be challenged. And I'm all for challenging it," said Professor Chubb.

Defining the role of science and its educational benefits in Australian culture is one of the country's biggest challenges, both educationally and socially.

According to Victorian Principal Susan Just, learning the real-world applications of science as well as the underlying benefits of studying it could be the catalyst for changing the predisposed mindset against it. Bachelor of Science (Physics) student Geena Glass from Melbourne University agrees.

"It's fascinating to see how little interest there is in subjects like physics. Being in a predominantly male field is difficult, but we need more women to pioneer through the uneven gender ratios to be role models to future generations of women scientists," said Miss Glass.

Closer to home, The NSW Board of Studies Teaching and Educational Standards (BOSTES) statistics from 2014 show that total HSC enrolment in science-based subjects has a worryingly unbalanced male to female ratio, with only biology attracting a higher female candidature.



While male students outnumber female across the sciences, girls are soaring ahead in humanities-based disciplines in NSW, boasting more enrolments in Ancient and Modern History, PDHPE, Drama, Legal Studies and the majority of foreign language subjects.

Macquarie University Bachelor of Science (Psychology) student, Kiera Stanmore, agrees that although an unpopular option for female students, choosing science at school has plenty of benefits.

"I found year 12 Chemistry challenging, but it really set the foundation for learning science at University," she said. "It teaches you critical thinking and starting out, a lot of people don't necessarily have that," said Miss Stanmore.

Professor Chubb said Australia's future will depend heavily on STEM subjects and teachers should encourage students, particularly females, to pursue them and keep ratios balanced between both the humanities and sciences in males and females.

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SOPHIE HEXT, Year 10, ranked equal 2nd in qualifying for Sydney University's prestigious Gifted & Talented Discovery Program, which ran from 7-9 July. Four more Roseville students also attended: Stevie Young, Taylor Finnegan, Tess Warn and Jasmine Wong.

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Raising well-balanced kids

Hope William-Smith

DR. JUSTIN COULSON has a lot of experience raising kids – he and his wife Kylie are the proud parents of six. The founder of ‘Happy Families’, he is also an Honorary Fellow at the University of Wollongong and Senior Associate at the Positive Psychology Institute. As well as writing for books, journals and a weekly advice column, Dr. Coulson appears as a regular guest on The Project and Studio 10 discussing his philosophies for happiness, motivation and wellbeing for the modern family.

What is the best way to build up resilience in children?

Be there for your children when they have a struggle or a difficulty. We don't need to rescue them or do it all for them, but we need to be there for them emotionally and with understanding to show that we care.

What connections have you found between positive psychology in the home and improvements in children's education?

Research shows that children who, for example, are grateful – a positive psychology characteristic – do better at school and with their peers. They tend to be happier and healthier.

Optimism is another positive



Dr Justin Coulson

psychological trait, and children who are optimistic tend to be hopeful about the future and again, they tend to be happier and are less likely to experience anxiety. They tend to do better at school and better with their peers, and have greater physical health.

How important is it to keep high schoolers motivated and confident?

If we want them to be authentically motivated, we want to be able to help them to use their strengths and tap into things that matter to them. Teenagers go through a very tumultuous time and they have two central functions to fulfil. Firstly, they separate from us as parents and secondly, they create their own identity.

If that teenager is going through a tumultuous, angst-ridden time, then they're more likely to make decisions that are not in harmony with what we value as best for them as their parents. By being responsive and understanding and tapping into what's going on in their world, we can certainly help them to have a more positive adolescent experience.

What have your own children taught you about having a wholesome and content family?

Parenting is the ultimate tertiary education in your personal adult development. Being married is one thing that's challenging, but having children is the ultimate personal test. My children have also taught me a lot about myself. I was learning that I was impatient and angry and any number of other undesirable characteristics, so I went back to University to learn psychology and be a better dad.

Dr Justin Coulson will be hosting a free seminar at Sacred Heart Catholic School on August 17, where he will share his essential strategies for raising a happy child and having a connected family.



Vicki Steer

Engaging students in learning

AT RAVENSWOOD, GIRLS and teachers are working together to understand what engages students in their learning and in turn encourages self-motivation. Student and teacher research teams are investigating the question "How can we consistently create the conditions for student engagement across the school?"

Student engagement is widely understood to be a key factor in student success in learning. There are three dimensions of engagement:

- behavioural engagement – participation in school life
- emotional engagement – a sense of belonging to the school

- cognitive engagement – motivation to learn

Many students display high levels of behavioural engagement in school, which can be seen through conscientious completion of work and active participation in sport, music ensembles, cadets and other co-curricular activities.

It is also important for students to have emotional engagement at school to facilitate learning. Students need to value their relationships with teachers, especially in the senior years, as well as their relationships with their peers.

Nevertheless, we always know that there remain students who are compliant but quietly disengaged, doing enough to

get by, but not achieving their potential.

Our focus is on increasing the cognitive engagement of students and through our research we are building an understanding of the practices to enable this process.

Ravenswood is committed to understanding student learning to bring out the best in our teaching and the girls' learning. We believe that all students should graduate with a growth mindset and a sense of optimism that effortful learning will produce improvement. Such a mindset will set them up well for their adult lives.

Vicki Steer is the principal of Ravenswood School, Gordon.

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HOME IMPROVEMENT SPECIAL

HOMIE

IMPROVEMENT

SPECIAL

Winter's on its last legs and spring is just around the corner, so there's no better time to start thinking about home improvement. In this special feature, we show you some changes you can make to update the design and safety of your kitchen, and give you advice on getting spring-ready. We also talk to experts Jennifer French and Dugald Mackenzie, who inspire us with their perspectives on interior design and architecture.



Kitchen Overhaul

Stephanie Stefanovic

THE PAST FEW YEARS have seen kitchens becoming increasingly sleek, modern and industrial. However, based on what we've seen at the 2015 Australian Interior Design Awards, the 2015 kitchen is all about warmth and character, and the blending of modern and traditional design elements. If your kitchen is looking old and tired, here are some simple fixes to make it look good as new.

OPEN SHELVING

Having your kitchen items out on display can be both decorative and practical. Not only does open shelving make a room appear wider (unlike bulky wall units or cabinets), it also ensures that your kitchen essentials are easily accessible. For a decorative touch, you can display some of your favourite knick knacks along with your kitchen tools, and store away any of your more bulky items.

MODERN TRADITIONAL

Many people are shunning the ultra modern look in favour of a mixture of modern and traditional elements. This look can be achieved by combining classic door profiles (such as Shaker doors) with stainless steel appliances, as well as contrasting materials such as stainless steel and timber. By blending modern and traditional elements, your kitchen will appear warm and inviting whilst still having a modern feel.

SHADES OF GREY

White remains a popular colour for kitchens this year, but shades of grey and even black are becoming increasingly popular. Adding some darkness to your kitchen can change the feel of the room, as well as helping tie in your kitchen with the rest of your home. It also provides a good neutral backdrop onto which you can add some colour.

WARM-TONED FIXTURES

Warm up your kitchen with gold, copper or bronze fixtures. Installing warm-toned sinks, taps, draw handles or light fittings is an easy way to change the look and feel of your kitchen.

STATEMENT WALLPAPER

Add an interesting contrast to your kitchen by introducing a wallpapered statement wall. This can be a great way to highlight a room's best features. It's also a very simple way to drastically change the look of your kitchen.

Don't live with food waste

AN INSINKERATOR Food Waste Disposer eliminates household food scraps instantly, making it the ultimate piece of technology for anyone who loves a clean home.

Food scraps can overwhelm the space you live in, in both sight and smell. But there is an alternative. Food scraps can now be conveniently and hygienically deposited down the sink, eliminating the need for food waste bins and the unpleasant odours they omit.

The kitchen has become the entertaining hub of our home and therefore a way of disposing of food waste quickly and easily and eliminating nasty food smells represents the ideal kitchen solution. InSinkErator food waste disposers unquestionably make

life easier. With just about any kind of food waste going right down the drain, the handling of food scraps is minimised and time spent preparing and cleaning up after meals is significantly reduced.

Food waste disposers are a true evolution in how we dispose of food waste. They are now extremely quiet, grind food without the use of blades and eliminate food leftovers in a way that presents an environmentally responsible alternative to landfills.

After being ground, food waste is sent via the sewerage system to a waste water treatment system. Treatment plants are designed to treat organic waste, in contrast to landfill sites which are the least desirable way to dispose of organic waste. Properly equipped facilities allow food waste to be

recycled where in many instances it is converted into usable energy to power homes and businesses. This all means a win for the environment and a step forward for the modern Australian kitchen.

Part Of The Total Solution

Composting plays an important role in waste management, however this is not a feasible option for many people living in high rise apartments. Additionally food waste disposers are designed to complement people dedicated to composting, as they facilitate the disposal of bones, animal waste and other organic matter not appropriate for compost beds.

For more information visit insinkerator.com.au



Winter: peak season for house fires

Alex Dalland

AIR CONDITIONERS AND refrigerators top the list of appliances that most commonly cause house fires, in an unlikely list released by NRMA Insurance.

The majority of house fires occur in the winter, often due to faulty or improperly used electrical goods.

According to the list, air conditioners have caused over 20 per cent of house fires over the past five years, with refrigerators and microwaves the next most common cause. Outside of the kitchen, dishwashers were responsible for 10 per cent of fires, followed by clothes dryers and televisions.

NRMA Insurance spokesperson Hannah Dunn said that one key factor in preventing fires was ensuring that the fuel did not exist for a fire to spread.

"Kitchen fires have the potential to

spread quickly, often jumping to curtains or cupboards in a matter of seconds and commonly start from people leaving their cooking unattended."

"It's also important to frequently clean electrical devices including air conditioners, toasters and the filter on clothes dryers to help prevent fuelling a fire."

Appliances such as electric blankets

and heaters can also be a common cause of fires, according to Chris Lewis, who is the assistant director of community safety at Fire and Rescue NSW.

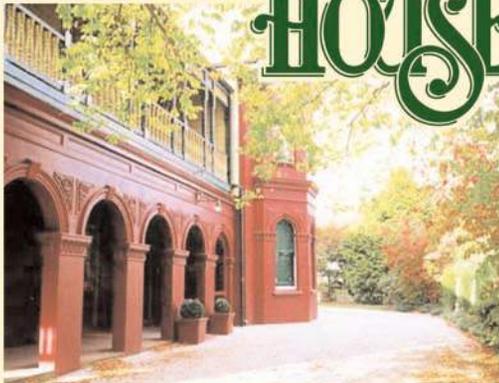
"Never leave a heater, dryer, electric blanket, or any other electrical device unattended. Always turn them off when leaving the home or going to bed. Also remember to check the electrical cords for fraying and other damage before use," he says.

NRMA Insurance also advise residents not to overload power boards and double adaptors, to keep a fire extinguisher and fire blanket in the kitchen, and to have a working smoke alarm and a rehearsed evacuation plan. If a fire breaks out that cannot be easily contained, residents are advised to call 000 immediately.



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An environmentally friendly winter

Angela Heathcote

EVERY WINTER WE find ourselves scrambling to find cheaper and more efficient ways to heat our homes. Pair this with a concern for environmental sustainability and all of the options for heating can become a little overwhelming. Here are some effective and environmentally friendly options to consider for your home.

Vegetation

Having vegetation in and around your home can be an effective way to both heat your home in the winter and cool it down in the summer. It also reduces air pollution and greenhouse gases. By using trees, shrubs, vines and even flowers you have shade in the summer and increased insulation and natural windbreakers during the winter. This is also by far the most aesthetic way to heat your home.

Thermal curtains

The windows around your home can be a major source of heat loss. An inexpensive way to counter this is through the use of thermal curtains. Thermal curtains can be made from heavy-duty materials around your home such as old blankets, comforters or any spare fabrics.

Geothermal heat pumps

Geothermal heat pumps are by far one of the best investments home owners can make, as they are both energy efficient and environmentally friendly. The heat pump extracts heat directly from the ground during the cold months and in the hotter months, it transfers the heat from your home back into the ground. While geothermal heat pumps can be expensive, they save up on energy costs in the long run.

Insulation

A good way to keep your house warm during winter and save money at the same time is as simple as making sure that your home is well insulated. Having your home insulated prevents heat from passing in and out. Insulation is also great for summer, as air conditioners will require less energy to cool your home. While having insulation itself is already a sustainable option, you can take it even further by using recycled materials such as hemp or sheep's wool.



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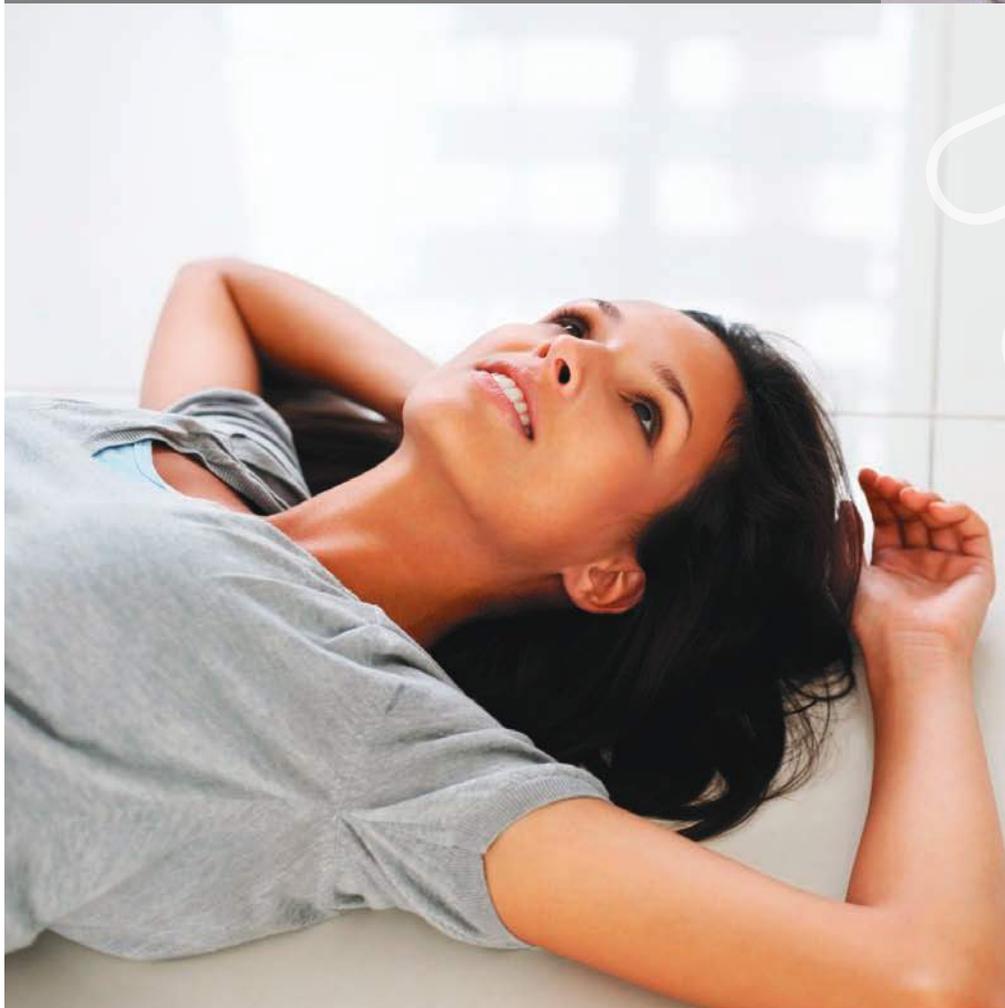
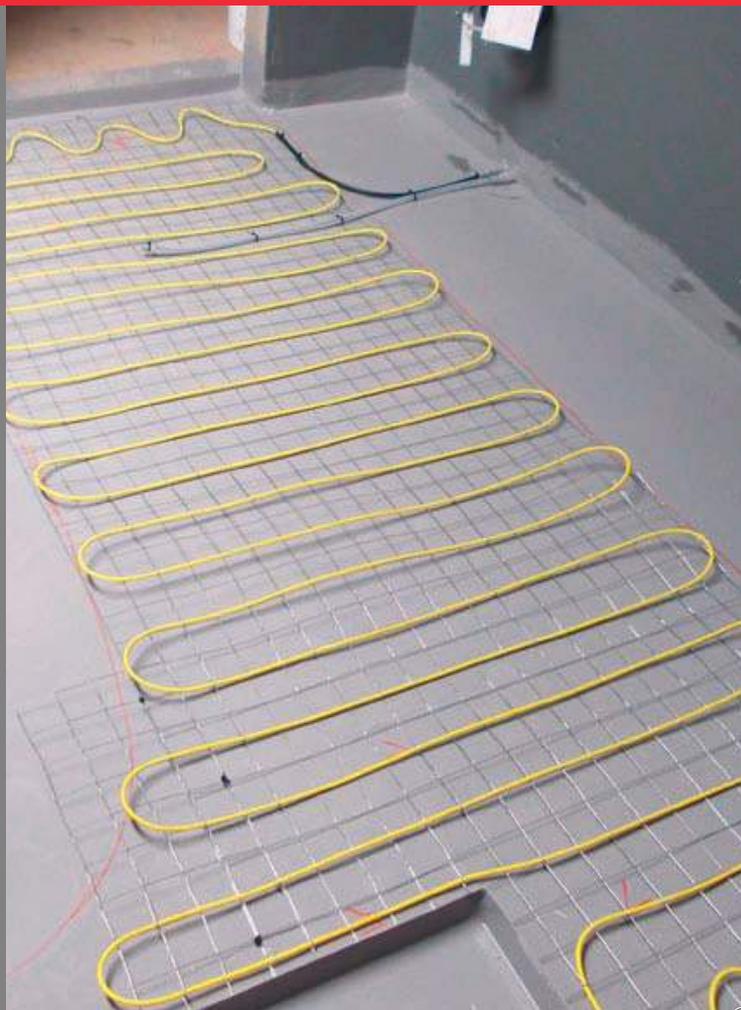
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Life in colour

Alex Dalland and Stephanie Stefanovic

JENNIFER FRENCH MDIA is the Principal Interior Decorator and Colour Consultant of Inside Out Colour and Design. She has a unique eye for colour schemes and works with her clients to define a palette and style that balances family and lifestyle needs with their personality and individual taste. The results are welcoming living spaces that skilfully combine colour, textures, fabric and furnishings.

I understand that you're a consultant, but do you have a certain aesthetic that you gravitate towards?

Normally clean lines, and co-ordinated. Colour is a big thing with me as long as all the colours work – and that can be any colour scheme the client prefers – as long as they all work together and there's nothing jarring.

What are some simple changes you can make to change the look and feel of a room?

Colour hands down! People tend to shy away from repainting but it's really not expensive to change one wall or change all the walls in a house. You can add colour by way of soft furnishing, cushions and throws. And small objects, too. You can put decorative pieces around that are of the on-trend colour or the owner's favourite colour, rather than re-doing the big pieces.

What's your favourite room to design?

Powder rooms are fun – small bathrooms or powder rooms. Because they're small, you can really go bold and do something exciting. The other room I love is the formal dining room – it's a room that has drama. You can add lots of drama to dining rooms and powder rooms. They're not used very often and they're not usually that big so you can get carried away doing all sorts of weird, wacky and exciting things!

EXTERIOR

A heritage cottage at Pymble was freshened up with a coat of paint making it more contemporary yet keeping within the period of the home.

BATHROOM

As part of a renovation, the original kitchen became the main bathroom in this home at Roseville. A large free standing bath takes pride of place in this spacious room.

Design-wise is there anything you've always dreamed of doing?

I'd love a client that doesn't have a budget and lets me do whatever I'd like! (laughs) Seriously, I like working with the client and dragging their personality and style into their home. I really enjoy working with somebody as opposed to going in and giving a clinical makeover - I really want to put the personality of the client into the house.

Being surrounded by new, beautiful designs all the time, do you ever get "interior envy"? Do you get jealous of some of your clients' designs and wish you could have them in your own home?

Always, that's one of the great things - I love trying something different on clients' homes and thinking "I must remember that for future use on my own home at some stage!"

What inspires you?

I take my inspiration from all sorts of things - nature, blogs are great, magazines, Pinterest, websites such as Houzz, other interior designers and also new pieces of furniture or fabrics that come out. You see a new fabric and all of a sudden your mind is running away with how you can use it - where you would put it, and what you would combine it with. New things are always inspirational!

POWDER ROOM

The client's favourite colour was chosen for this powder room at a home in Killara which has beautiful encaustic tiles on the floor and period style fittings in keeping with the heritage of the property.

Rug revival



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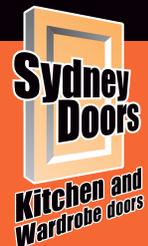
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Get your yard ready for Spring

With winter coming to an end, now is the time to get your outdoor areas ready for spring.

Alex Dalland

GET THE BARBECUE READY

Warmer weather means more outdoor cooking. Check your barbecue and its equipment are all in good working order before using them – and make sure to give your barbecue an especially good clean if you haven't fired it up all winter. Wash the grill, drip tray and flat plate using warm soapy water and then rinse off with a mixture of water and white vinegar to get off tough-to-remove grime. Remember to check fat absorbent material under the barbecue as if this becomes overloaded it can cause fires.



NEW SEASON, NEW LOOK

If your outdoor area only gets used in the warmer seasons, it might be time to update your outdoors to suit the latest trends in outdoor design. Stained raised garden beds are a great new look that presents a tidy and formal style for any garden. Vintage modern furniture, which features modern twists on old styles, is also very popular at the moment.



CLEAN OUTDOOR FURNITURE

Many people are not aware that disused outdoor furniture will not take long to become grimy and even develop mould. The way you clean your outdoor furniture will depend on the material the furniture is made of. Plastic and wrought-iron furniture should be cleaned using water and a mild dishwashing detergent, while wicker and most other wooden furniture should be cleaned with a soft brush and oil-based soap. A combination of Borax and detergent mixed with warm water can be a great way to clean mould and mildew off outdoor cushions.



KEEP THE HEATER HANDY

While spring indicates the start of warmer weather, the unpredictable nature of weather means that cold days and nights may continue through the next season. Having a good quality outdoor heater or fire pit can help ensure year-round comfortable use of outdoor areas. Patio heaters are great for delivering heat efficiently and are available in convection models, to raise air temperature in a smaller outdoor space, and in radiant models for heating people and localised objects and areas. Fire pits and chimneys are also great conversation starters when entertaining guests.



POOL CARE

Like outdoor furniture, even though your pool may not get much use over the winter it still requires year-round care. In particular, the heavy rain common in winter can dilute chemicals and help algae to bloom. Algae can be dislodged from pool walls using a brush and killed using an algaecide. Check the pH levels and alkalinity regularly and clean the skimmer basket, pump and filter.



UPDATE OUTDOOR LIGHTING

Lighting adds ambience to any outdoor setting and can extend the use of a space well into the evening. String-style lights require little to no maintenance, are cheap and last forever – provided they are rated for outdoor use. Sconces and landscape lighting can also help to create a warm atmosphere across dark pathways and open spaces.



Grab your shears for some winter cheer

Mike Perry

IT'S AROUND THIS time of year, when your fingers are frozen and your nose is flooding all over your face, that you might start to wonder why you've chosen gardening as a career or hobby. But once you force yourself to get out there and start getting stuff done you realise it's really not that bad, and by lunch time it's actually quite pleasant.

Now is a great time for one of the most enjoyable jobs in the gardening world; pruning. But before getting started it's important to consider the different reasons for pruning, and which tools and techniques are needed.

First on the list is pruning for foliage. While it sounds crazy to be cutting away at a plant in order to make it bushier it's actually the best thing you can do, especially for hedges and dense shrubs. By cutting off the tips to all of the plant's branches you are encouraging it to direct more energy to the rest of the branch, growing more leaves in the middle.

This creates the density we want in a hedge.

Use shears and go easy - less is definitely more when pruning for foliage. You could also sprinkle some fertiliser around once you're done to encourage new growth.

Pruning for health is another really important (and often forgotten) task, which when done properly will prolong the life of your plants and keep them looking their best. It's ideally done in winter, when plants are dormant (or as dormant as they'll get) and deciduous trees have dropped their leaves.

Any branches you see that are rubbing will carve wounds into each other, which is an open invitation for all manner of disease and infection. You'll need to remove a branch (ideally the weaker one) with loppers, making sure the cut is clean and at a 45 degree angle, so moisture can't settle into the wound.

Also check to see if there's any fungus growing on the branches inside the foliage. If there is, you'll need to thin the plant out to increase airflow.

The final reason to prune is to encourage next season's fruit and flowers. Many plants will only produce their crop on new season growth, while others like apples, for example, produce on two or three year-old branches only.

Pruning your plant by making clean cuts with secateurs or loppers will mean much greater harvests are coming your way. It's a little bit of work now for a lot of benefit later.

If you're just starting out or if your tools have lost the war with rust, then come in and see us at Four Seasons Nursery. We've got gardening gear for all budgets, and can advise you further on what you should be using.

Mike Perry is a horticulturist from Four Seasons Nursery. To contact Four Seasons Nursery, please call 9450 160.



The low-down on architecture

Director of Mackenzie Architects International (MAI), Dugald Mackenzie answers some questions about architecture and design.

Stephanie Stefanovic

LEADING HIS TEAM at MAI, Dugald crafts custom homes and commercial properties to match a customer's vision, budget and timeframe.

He describes his architectural style as "Creating unique spaces that enhance the internal and external spatial orientation, and making the designs unique in the sense that they are great to live in and can maximise all thermal and aesthetic opportunities".

When asked what sets him apart from other architects, he responds, "I think it is [a better understanding of] form and function, space and light. And I think it's balancing creativity with economic reality."

If you're considering hiring an architect to design your home, it's very important to look for someone who can be realistic, according to Dugald.

"Look for someone who is economically reliable in terms of understanding building costs, [as well as] someone who can understand the brief," he advises.

"And look for someone who listens to you and responds to your needs as well as being realistic with you about costs."

There are a number of misconceptions about architects, which Dugald sets straight for us.

"Architects are sort of thrown into this bag where they're meant to be economic experts as well as design gurus but there are a lot of architects that aren't either."

"Architects are on a spectrum," he explains.

"At one end of the architecture spectrum you can have someone who's purely a builder and at the other end of the spectrum you have someone who's an artist."

"You've got to have a balance between reality and creativity because if you have it one way or the other, you either get boring architecture or you get architecture that just can't be built."

As for his favourite residential project?

"I did a house two years ago at 25 Edinburgh Road, Castlecrag. It's sort of a pastiche of pre-cast concrete, in-situ concrete, steel and glass, and the building has a metamorphosis as it heads around to the north."

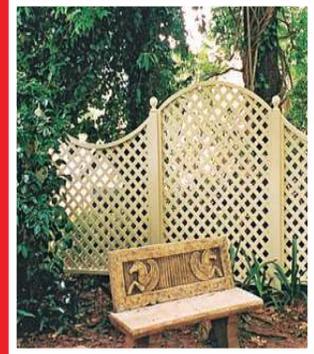
As someone who's wanted to be an architect since he could play with Lego, Dugald is clearly passionate about his job. And importantly, he takes a matter-of-fact approach to building and design which results in buildings that balance function, form and aesthetics.



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Preventing hearing loss

Stephanie Stefanovic

HEARING LOSS IS something that most of us will deal with at some point in life. Some people are born with compromised hearing, others begin to experience it with age. It's important to know that while a certain degree of hearing loss is inevitable, there are a number of things you can do to actively prevent and slow down the process.

“If you experience tinnitus or ringing in your ears after a particular heavy concert then be warned, your ears are trying to tell you something.”

REDUCE NOISE EXPOSURE

You might think that spending time in loud environments every now and then is not a problem, but according to research group The National Acoustic Laboratories (NAL), noise exposure is cumulative over your lifetime and every over-exposure adds up. Minimising noise exposure is the most important factor in maintaining good hearing. Depending on the nature of your work and leisure activities however, this may be a challenge.

If you work in a field notorious for noise exposure, it is important that you are protected. One of the most common options is the use of protective gear such as ear plugs or ear muffs. If this is not possible, it is advised that you approach your supervisor about removing or lessening the source of noise. Your workplace has a legal responsibility to protect you from hearing loss, so don't be afraid to speak up about your concerns.

It is also important to remember that leisure activities can affect your hearing too. Some common noise sources include motor bikes, power tools, concerts, stereos and mp3 players. It might be awkward to remove yourself from overly-loud social situations says the NAL, but it's worth it to preserve your hearing.

“If you experience tinnitus or ringing in your ears after a particular heavy concert then be warned, your ears are trying to tell you something. Be sure to heed the message,” says the group.

SOME OTHER TIPS



Remove earwax

properly: Too much ear wax can cause sound to be muffled. However, the majority of us do not have an issue with excessive wax build-up, and it is actually advised that we do not attempt

to remove ear wax at all, according to the professionals at Audiology Australia.

For those who do suffer from excessive wax build-up, it is advised that you steer clear of cotton buds, as they can push wax further into the ear. Instead, visit your doctor at regular intervals to have the wax flushed out.



Don't smoke:

Recent studies have linked smoking to hearing loss. Smoking damages your blood vessels, which supply vital oxygen to your ears and sensory cells, says the Australian Tinnitus Association.



Check your medications:

There are quite a number of medications that contain ototoxic chemicals. These are chemicals that can cause damage to hearing. Ototoxic chemicals are present in some

antibiotics and cancer drugs, so make sure to ask your doctor about the potential effects your medication may have towards hearing loss.

MOST IMPORTANTLY

Get your hearing checked. If you have trouble hearing conversations, have regular exposure to loud noises or experience a repeated ringing sound in your ears, you could be at risk of hearing loss. If you experience any sudden changes in your hearing, it is even more important to get a check-up as this could be a sign of a serious medical condition. ○



Helping deaf children with social skills

Alex Dalland

WHEN MANY PEOPLE think of the challenges of hearing loss, social exclusion may not be their first thought. But for many this is a harsh reality. August 23 will mark the beginning of Hearing Awareness Week, and the theme this year is social inclusion.

According to CEO of child deafness charity The Shepherd Centre, Dr. Jim Hungerford, there are strong links between hearing loss and social exclusion and this often impacts on mental health.

"In adults, especially in older age, hearing loss can lead to social withdrawal and it has even been associated with early

onset dementia," he says.

"In children, even mild loss can lead to social exclusion, with potential life-long impacts on participation and self-esteem."

According to data from the organisation, around three-quarters of children with hearing loss have difficulty with social interaction, as they have more trouble in understanding sarcasm and other nuances of human communication. Confident Kids, an eight week program which The Shepherd Centre has rolled out this year, aims to help develop these skills among others needed for positive social

interaction with peers.

"Confident Kids helps hearing impaired children improve their social and interpersonal skills. The initiative focuses on the development of social skills in deaf children aged three to five before they enter school, allowing them to grow and prosper socially," a spokesperson for the organisation stated.

The Shepherd Centre will be presenting the program as part of the Australian Hearing Hub Open House 2015 on August 22 from 12-4pm at Macquarie University.

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Understanding hearing aids

Alex Dalland

MORE THAN ONE in six Australians have some form of hearing loss, and for many a hearing aid is the best option to help recover lost hearing ability. Whether buying a new hearing aid or updating your old one, there are a range of factors to consider.

DIGITAL VS ANALOG

Many people experience hearing loss to varying degrees, meaning that while noises at some frequencies may be perfectly audible, others such as conversation can be difficult to register. Unlike analog hearing aids, which make all noises louder for the user, digital hearing aids are programmed to rebalance these frequencies. This means that sounds which the user may not be able to hear clearly are amplified, while sound frequencies the user is normally able to hear are unaffected.

Many digital hearing aids are also more adaptive than analog hearing aids, as they do not need to be re-tuned by an audiologist for different acoustic settings such as movies, live music or theatre.

HOW BIG?

The largest type of hearing aid is behind-the-ear, which sits directly over the ear and loops into the ear canal. While very noticeable, these hearing aids are often well suited to young children, who can have their hearing aid refitted as they grow. They are also suited to those who like a hearing aid that is easy to maintain and handle.

Many modern hearing aids are now much smaller and can even fit completely inside the ear canal so as not to be noticed at all. While many of these can be more comfortable and reduce feedback noise, they are often more difficult to handle, clean and re-program.

OTHER FEATURES

Modern hearing aids also have a range of other features. Many hearing aids now feature automatic T-coils. This means that the hearing aid will automatically pick up on induction loops and the magnetic field from the telephone and will adjust to make listening easier.

Other hearing aids are waterproof and dustproof, or feature directional microphones to make it easier to hear specific people in noisy settings. Contact your audiologist for more information about updating your hearing aid. 

If you want to improve your lifestyle – improve your sense of hearing!

“THE WORLD HEALTH ORGANISATION (WHO) is actively encouraging people over the age of 55 to have their hearing checked. It is our most neglected sense and by taking action so much can be improved,” explains John Magee, director of the independent family practice AUDiOHEALTH.

The negative impacts of neglecting hearing loss are social, mental and physical, as well as reduced income. The positive impacts are reconnecting socially, increased mood and improved health.

Take advantage of our free ten minute hearing check to find out if you have hearing loss, then our qualified clinicians can advise you of the best options and solutions to help you on your way to better hearing. You’ve nothing to lose and everything to gain.

During August we are offering free trials of the invisible* (when worn) long wear hearing device called Lyric. This unique device costs less than a cup of coffee a day and you can always be assured of Lyric’s latest technology due to the unique subscription model.

Pre-candidacy checks are free to find out if the product is suitable for your hearing loss and ear health.

Being an independent company we have the widest range of hearing products available and the choice is yours. Invisible, discreet and automatic are the most popular but we have solutions for those with tinnitus (ringing in the ears), a dead ear on one side, and severe to profound hearing loss.

For those wanting ultimate control there are new smart hearing devices that interact and communicate with your

smart mobile, says John.

The mobile phone can be used as a remote control, or as a remote microphone – place it beside the person you want to hear even at the end of the table or at the lecture podium and their voice is streamed directly to your hearing aids.

The GPS ‘knows’ your location and the hearing aids can change programs to suit your environment. They can also track the hearing aids so if you misplace them you can easily locate them.

Contact AUDiOHEALTH to hear about the latest solutions to help you hear better on 94181622 or call into their clinic at Suite 26, The Gordon Village Arcade, GORDON.



Don't let hearing loss affect your lifestyle.

HEARING WEEK

awareness
23rd - 29th August

FREE HEARING CHECKS*

With the right hearing solution a whole new world of hearing can be yours to enjoy. AUDiOHEALTH are offering **FREE HEARING CHECKS*** during the month of August... Making it easy for you to get the right advice sooner rather than later.

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AUDIHEALTH
hear well, live well

Health corner

Alex Dalland and Hope William-Smith



NAP CAN HELP SHIFT WORKERS GET THROUGH THE NIGHT

According to new research from RMIT University, a short nap during a night shift can help keep workers alert and improve performance and safety. With evidence suggesting that fatigue played a role in many early-morning industrial accidents such as the Challenger space shuttle explosion, the Exxon Valdez grounding and even the Chernobyl meltdown, Dr Melinda Jackson suggests that other night shift jobs should incorporate nap times, as pilots and doctors do on long-haul shifts. However, sleep experts suggest that naps are no longer than 30 minutes, as this can lead to sleep inertia and feelings of grogginess.



COMMON BIPOLAR DRUG COULD TREAT ARTHRITIS

Lithium chloride, a mood-stabilising drug commonly used to treat bipolar disorder, may also be used to treat osteoarthritis according to the results of a recent study. Scientists from the University of Otago in New Zealand and the Queen Mary University of London tested the effects of lithium chloride on inflamed animal cartilage and found that the drug prevented the degradation commonly associated with osteoarthritis.

The research also found that long-term dietary use of lithium does not cause arthritis, as was previously thought.



MENTAL HEALTH APP FOR ADF

The Australian Department of Veterans Affairs have developed a new app called PTSD Coach Australia to help Defence Force personnel and veterans identify signs of stress and post-traumatic stress disorder. The results of a 2010 ADF Mental Health Prevalence and Wellbeing Study estimate that eight per cent of the approximately 51 000 current serving members could be expected to be experiencing high levels of stress or anxiety, both symptoms of PTSD.

PTSD Coach Australia works to help ADF members in managing symptoms of stress, and identifying mental health support programs and treatments, counselling options and support forums. The app also contains tools for relaxation, positive self-talk and managements, as well as a health scheduler for managing appointments.

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Dr Ian Sweeney

Looking after the dental needs of others

GOOD ORAL HEALTH is essential for a person's overall health, wellbeing and quality of life. This is why people who act as carers for family members or friends play a vitally important role in maintaining the oral health of the person for whom they are caring.

As a carer who may be providing personal care assistance, you are in a unique position to monitor any changes that occur in the mouth, including discolouration of teeth, ulcers or colour changes of the gums. Apart from the obvious problems of dental decay and gum disease, oral cancers may affect the lips, floor of the mouth, tongue and throat.

Anything in the mouth that does not look normal (such as ulcers and sore spots) and has been present for more than two weeks, should be assessed by a health care professional.

Some useful techniques for carers

Always tell the person what you are about to do and be calm, friendly and encouraging. This way the person knows exactly what is about to happen and can prepare themselves.

When they are ready, place the toothbrush in the person's hand. Using your hand, mimic the motion of brushing. This may encourage them to brush their own teeth.

While they are holding the toothbrush, hold their hand that has the brush in it. Next, place the brush into their mouth and start the brushing technique.

If they do not like the sensation, try placing a familiar object in their other hand, or both hands if required to help distract them while you brush their teeth.

Remember to always be positive and encouraging, and to brush and floss twice daily.

Advice on dentures

If the person wears dentures, rinse and clean the denture over a bowl of water. This prevents breakage should the denture be dropped.

Remember to brush the denture with a soft toothbrush and denture paste or toothpaste to avoid scratching. Also make sure to clean the mouth, including the roof of the mouth and gums that will support the dentures.

It's also important to encourage leaving dentures out at night, soaking them in water to avoid dehydration of the acrylic part of the denture.

Caring for another individual is an important and challenging job. Remember, if you need help or advice, ask a health care professional.

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

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Father's fitness:

Staying healthy into your sixties

Alex Dalland

WHILE EVERY FATHER values the health of their children, they often do not look after their own. Men are affected by different health problems at various stages of their life, but following a range of guidelines to stay healthy can make a big difference.

Age 30-39: Eat less and stay active!

Many men become fathers in their late 20's and early 30's, and for men this is a time of great physical change. For every year after 30, your body consumes 12 more calories per day and it becomes easier to put on weight. The key to managing this biological change is to measure portions and stay active. Stick to guidelines on how many kilojoules you should consume (this can be found online at 8700.com.au) and try to get at least an hour of moderate physical activity per day.

Age 40-49: Get a check-up

Experts believe that men increase their risk of early death by not seeing their doctor as regularly as they should. Detecting high blood pressure, blood sugar and high cholesterol in the early stages could make a big difference later in life. Go to the dentist once a year for cleaning and inspection. Regular visits to medical professionals can not only help spot diseases but can also help you maintain a healthy lifestyle.

Age 50-59: Bone up on muscle training

After age 35, the minerals that keep your bones strong are replenished less frequently and at 50 this can start to become a problem. Get a regular bone density scan and do cardiovascular exercise that stresses your bone joints such as running and strength training. A sedantary lifestyle can also lead to back problems, and this might be the time to invest in a foam roller to help strengthen these muscles with some simple exercises.



For more information, speak to your doctor about maintaining a healthy lifestyle and having regular check-ups.



Gifts for dad this Father's Day

BM Cosmetics Anti-Aging BB Cream - \$55

For the man who's more aesthetically-oriented, this BB cream offers moisture and light coverage to blur imperfections.

Available from bmc cosmetics.com.au



BM Cosmetics Jojoba Day Cream - \$70

This delicious-smelling moisturiser offers a sense of luxury with intensely moisturising ingredients of jojoba, avocado, shea butter and more. Also includes SPF.

Available from bmc cosmetics.com.au



Brewsmith Home Brewery Kit - \$80

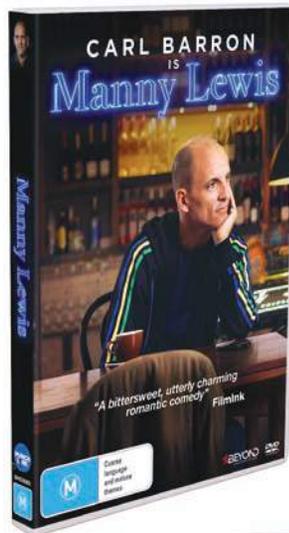
There's something almost magical about creating your own beer. Get it right with a brewing kit – available in all kinds of unique and wonderful flavours.

Available from brewsmith.com.au

Manny Lewis on DVD - \$20

A feel-good flick perfect for anyone who appreciates romantic comedy with an Australian touch.

Available at JB HIFI



Moroccan Myrrh Shave Cream - \$20

Designed for a comfortable and close shave, this cream is infused with myrrh, bergamot, cardamom and amber for a luxurious experience.

Available from Crabtree & Evelyn stores



Brewsmith Baconsmith Kit - \$30

Everybody likes bacon. Now you can make whatever kind you like – from maple to spicy mexican and even coffee-donut flavour!

Available from brewsmith.com.au



Melbourne Watch Company Hawthorn Watch (Tan) - \$455

Designed to bridge the gap between a dress and sports watch, the Hawthorn is both stylish and sturdy.

Available from melbournwatch.com.au

Spoil dad this Father's Day

Father's day is coming up this September, so now's the time to start planning the ultimate day for your dad. Show him your appreciation with some mouth-watering yet easy-to-prepare classics.

Stephanie Stefanovic



Barbecued lamb with fresh herbs

Preparation time: 5 hours, 30 minutes (includes refrigeration)

Cooking time: 35 minutes

Serves: 8

Ingredients

3 garlic cloves, crushed
 ¼ cup rosemary leaves, finely chopped
 1/3 cup oregano leaves, finely chopped
 2 x 1.2kg boned lamb legs
 ¼ cup olive oil
 ¼ cup lemon juice

Method

1. Place garlic, rosemary, oregano and pepper into a small bowl. Mix to combine. Then use a sharp knife to butterfly lamb legs so they open out flat. Using a meat mallet, slightly flatten thick parts of lamb so lamb is of an even thickness all over. Rub herb mixture over both legs of lamb and place into a large shallow ceramic dish.
2. Combine oil and lemon juice in a jug, then pour over lamb. Turn to coat. Cover. Refrigerate for four hours, or overnight if time permits. Remove from fridge one hour before cooking.
3. Preheat a greased barbecue plate over high heat. Season lamb with salt and pepper. Place lamb skin-side down onto barbecue plate and cook for three minutes on each side to seal. Cover barbecue with hood or a large roasting pan. Reduce heat to medium. Cook lamb, basting with marinade occasionally, for a further 15 minutes each side (for medium). Remove to a plate, then cover with foil. Set aside to rest for 15 minutes. Slice lamb and arrange on a serving plate. Serve.



Black forest trifle

Preparation time: 20 minutes

Serves: 8

Ingredients

2 x 415g can stoneless black cherries
 2 teaspoons kirsch (optional)
 500ml (2 cups) store-bought vanilla custard
 250ml (1 cup) hazelnut-flavoured chocolate sauce
 2 x 250g pkt chocolate rollettes
 250ml (1 cup) double cream
 Grated dark chocolate, to serve

Method

1. Drain cherries, reserving 60ml (1/4 cup) of the syrup. Combine the reserved syrup and the kirsch, if desired, in a small bowl. Combine the custard and chocolate sauce in a small bowl.
2. Cut each rollette crossways into four slices. Divide half the slices among serving glasses. Drizzle over half the syrup. Top with half the cherries. Pour over the custard mixture.
3. Continue layering with the remaining rollette slices, syrup and cherries. Top with the cream and chocolate to serve.

North Shore local cooks up a win

Hope William-Smith

LOCAL PASTRY CHEF Gyoka Yau Okina (Yau) is going from strength to strength this year.

She has been awarded the winner for both the Women in a Non-Traditional Trade or Vocation and the International Student of the Year Award. She was also a finalist for the Vocational Student of the Year for her training in hospitality at Le Cordon Bleu in Ryde.

"It was really unexpected and I feel really honoured - it was a great surprise," said Yau after hearing of her success.

With two NSW Training Awards under her belt, Yau has her heart set on a new dream for the future. It involves combining her passions and educational experiences in order to create what she has coined a 'fashion café'. Starting a business has been a long-sought dream for Yau, who hopes to open a café and pastry shop with an adjacent fashion boutique.



Gyoka Yau Okina (Yau)

Hoping to appeal to the Australian market, Yau plans to hone her technical skills in both pastry work and savoury cooking, and to stay involved with the industry's trends. With a background in management, she believes that she can become a formidable all-rounder in the hospitality industry.

The pastry chef is originally from Japan and has a background in fashion

merchandising and management. She has spent the past four years living in Australia, and has been studying an Advanced Diploma of Hospitality for the past two years. She moved to Australia with the intention of learning to surf and the philosophy that 'life is short'.

Having already completed her degree in Japan, she discovered the training opportunities available to her at the Northern Sydney Institute (TAFE NSW).

"I think there are a lot of opportunities here in Australia because there's more of a niche market down here," said Yau.

Following her recent win, Yau is now considered a role model for her trade. She is also an inspiration for both international students and young women, and is proof that with ambition anything is possible.



Available between 10.30am and 10.00pm, dine in or take away at participating restaurants.

Available now at McDonald's Mt Colah and Waitara, coming soon to McDonald's St Ives.



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Hawaii's hidden gems

John Seroukas

WHEN YOU THINK of Hawaii, it's easy to instantly imagine long, sunny beaches and provocatively dressed, lei-clad locals. Although this isn't entirely incorrect, there is more to the island than one would think. *Sydney Observer* goes island hopping, showing you the best things to do in The Aloha State.

WAIKELE PREMIUM OUTLETS - HONOLULU, OAHU

Situated outside the main precinct of Honolulu, Waikēle Premium Outlets is a shopper's paradise. Think DFO, but bigger and cheaper. Waikēle has over 40 brands such as Calvin Klein, Ralph Lauren and Coach at reduced prices. If you have a taste for casual clothes, stores such as Vans, Sketchers and GAP are also available.

It gets better – hotels such as the Hilton and Sheraton often have coupon booklets that can be used in conjunction with Waikēle's sales. Plus, if you register online, you can further stack your discounts, meaning you get brand-name clothing and accessories at incredibly cheap prices.

Everyone knows that shopping makes you hungry – so Waikēle have this covered. The food court has a variety of Asian foods, while across the road, there are a number of chain restaurants that are equally satisfying.

Although you can take public transport there, it is recommended you take a coach, with return fares starting at \$15pp. This is definitely worth it, especially after hours of walking around the large site.



SNORKELLING - MAUI

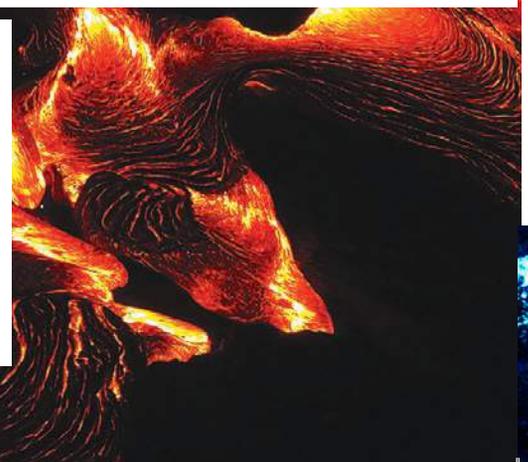
Less than an hour's flight away from Honolulu, Maui has views worthy of postcard status. One way you can see these breath-taking places is by snorkelling. There are a number of companies based on the island that offer tours as cheap as \$34.99, providing two hours of snorkelling and basic gear. If you want to save money, ABC Stores and Walmart have cheap gear for less than \$12.

Snorkelling can offer some astonishing sights – under the sea, you can see ecosystems that are a world away while you're above the water. These bays have vast reefs with a plethora of colourful fish, turtles and if you're lucky, dolphins. Seeing these animals coexist in this delicate, untouched habitat is spectacular – nature at its most basic, yet beautiful. Plus, the experience offers you a refuge from the heat, making snorkelling a must on your trip to Hawaii.

HAWAII VOLCANOES NATIONAL PARK - KONA, MAIN ISLAND

If snorkelling or shopping aren't your forté, the main island of Hawaii is less than a half hour's flight away from Honolulu. The Volcanoes National Park offers more than 330 000 acres of exploration, made easy by the Crater Rim Drive. This 11 mile trail is two-wheel drive friendly, giving tourists the opportunity to explore the volcanoes on their own.

The trail includes steam vents, which is steam rising from the Earth's core. Continuing along the trail are the Puu Loa Petroglyphs, which are more than 23 000 images carved into stone by ancient Hawaiian tribes. The trail's beauty is in its versatility – there are several points where you can hike on foot, either guided or otherwise, giving travellers an authentic view of one of the world's most active volcanoes.





LIFESTYLE | TRAVEL

Canberra counts down to Floriade 2015

CANBERRA'S WORLD-CLASS floral extravaganza returns for its 28th year in September, promising yet another colourful program of events inspired by the 2015 theme, Reflection.

This year's garden beds serve as floral tributes to the 100th anniversary of the Anzac landings at Gallipoli, representing iconic symbols of war and peace such as the poppy, the Southern Cross, two-up and the famous slouch hat.

However Reflection is about more than just looking back – it is about celebrating our proud past and our vibrant, exciting present, while embracing a future full of brilliant possibilities.

Floriade is a place where you can stimulate your senses, engage your mind and fire your imagination with big ideas and exciting concepts.

Visitors to Australia's biggest celebration of spring can pick up

gardening tips from experts in the field, listen to inspiring musical performances, enjoy culinary demonstrations by world-renowned chefs and keep the kids entertained with an exciting line up of entertainment.

Floriade will be held in Commonwealth Park in Canberra from September 12 until October 11 2015. For more information visit floriadeaustralia.com

Floriade comes to life after dark

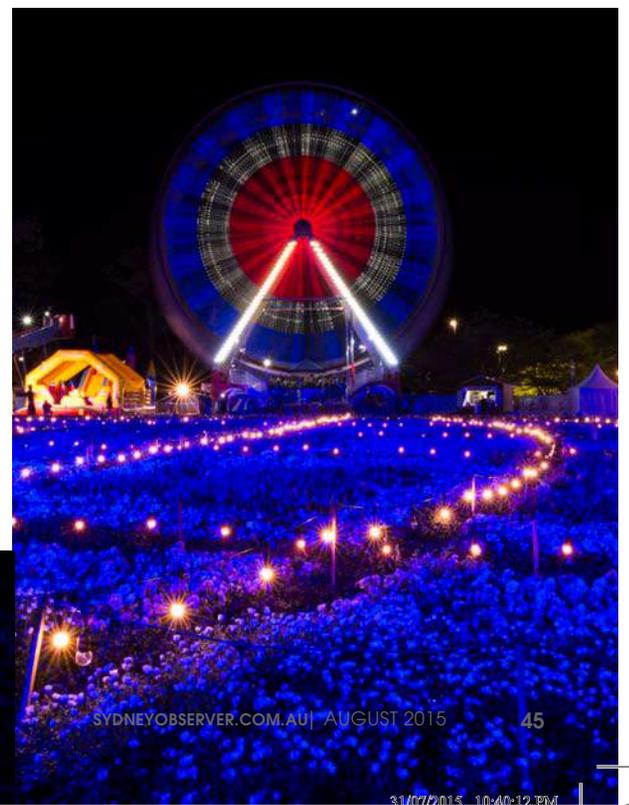
AS THE SUN SETS on Commonwealth Park, Floriade's after-dark extravaganza takes visitors on a journey of discovery with spectacular lighting designs, roving performers, bustling night markets and a fantastic line-up of entertainment.

Experience a taste of our city's national attractions in The Inspiration Hub with interactive activities and exhibitions, or relax in The Comedy Cave with entertainment by top Aussie acts Hannah Gadsby and Joel Creasey.

Delicious food and wine workshops will leave mouths watering in The Tasting Plate, while new pop-up venues – La Petite Grande and The Little Palais – will surprise crowds with classy sideshows, quirky circus acts, a silent disco and a UV dance party.

NightFest runs for five nights only from Wednesday 23 September until Sunday 27 September.

For more information and to book tickets visit floriadeaustralia.com/nightfest



Ask Kerrie



Kerrie Erwin

Andre
October 1988

What does my future hold for my teaching career as a sport and health educator? Will I be successful?

Patience, will and determination are the key for you. Once you have made your mind up with what you want to do you will go far, but I see changes for you when you are older, as you are a person that constantly strives for change to better yourself and your interests. Travel will also be an important part of your life as it helps you understand other people and different nationalities. I do see America around you.

Public speaking, the media and publishing books may also be on the agenda as part of your future. Health-wise, you need to pace yourself and be careful of burning out. Love is also very important to you, and you are very private when it comes to love.

Thank you for the insight! It's reassuring to know that my future holds change and excitement.

Amelia
May 1989

I'm thinking of moving overseas in the next few years. Which country is best suited to me?

The first thing I see around you is Europe. Especially England, as I feel this country is very important to you. I also feel that you are a bit of an old soul and have had many past lives living in foreign countries, as you are drawn to travel and have been since you were little.

The only thing is you can be a bit of a homebody and a little bit stuck in your ways, so be careful not to get home sick, as family is very important to you.

With a very kind and gentle nature your travels will really open you up to amazing experiences and opportunities in your life. Children and marriage will also play an important role when you are older, but not overseas, here in Australia. I see a very good marriage for you in your future with two children.

I also pick up on an older lady in spirit around you, who may have died of cancer. She is a loving guide and wonderful spiritual source of love and protection for you and somebody that really loved nature.

Wow, so much of that rings true. It was a great comfort to hear. Thank you Kerrie.

Meditation

Meditation is a very important tool to help us on our spiritual journey in opening our awareness and connecting us with the Divine Source of all that is. Not only does it help us focus so we can do more in our daily lives, it also teaches us to become calm, relaxed, and successful.

Twenty minutes of meditation is all we need for results in our busy lives. Spiritually it can also help us to move to a higher vibration level or frequency, connecting us to our higher self, angel helpers, and our own loving spiritual guides. Once we learn this easy process, our life becomes more rewarding as it helps us go with the flow.

Creating a small space for meditation in your home would be ideal. All you have to do is find a place you can call your own, in which you feel safe and secure and where no one can interrupt you. Also remember to meditate at the same time each day for the best results.

Love and blessings,
Kerrie

kerrieerwin.com.au



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7-16 August

NETBALL WORLD CUP

7 August - 16 August

Where: Allphones Arena, Olympic Bvd and Edwin Flack Ave, Sydney Olympic Park

Cost: Varies

Contact: nwc2015.com.au

9 August

MOSMAN 14KM TRAIL RUN CHALLENGE

9 August, 7am - 10am

Where: Rancan Sisters Fitness, 5 Best Ave, Mosman

Cost: \$35

Contact: rancansistersfitness.com.au

9 August

BEROWRA WOODCHOP FAMILY FUN DAY

9 August, 10am - 5pm

Where: Berowra Heights Village Tavern, 1 Turner Rd, Berowra

Cost: Free

Contact: berowraapex.org/events

9 August

FOUR LEGGED FRIEND WALK

9 August, 9am - 10:30am

Where: Hornsby Chinese Seafood Restaurant, 2A Dural St, Hornsby

Cost: Free

Contact: liveguide.com.au

11 August

ECHIDNA KIDS BUSHWALK

11 August, 10.30am - 11.30am

Where: Pennant Hills, details given upon booking

Cost: Free

Contact: hornsby.nsw.gov.au/bushwalks

12-20 August

THE KOREAN FILM FESTIVAL IN AUSTRALIA

12 August - 20 August

Where: Event Cinemas, 505-525 George St, Sydney

Cost: Varies

Contact: koffia.com.au

21 August

DAVE HUGHES - PUMPED

21 August, 7.30 pm

Where: Enmore Theatre, 118-132 Enmore Rd, Newtown

Cost: \$45

Contact: davehughes.com.au

23 August

WILLOUGHBY FAUNA FAIR

23 August, 10am-3pm

Where: Willoughby Park, cnr of McClelland St and Fourth Ave, Willoughby

Cost: Free

Contact: liz.powell@willoughby.nsw.gov.au

29-30 August

KING'S SCHOOL SPRING FESTIVAL

29 - 30 August

Where: The King's School, 87-129 Pennant Hills Rd, North Parramatta

Cost: \$5 car entry

Contact: springfestival.kings.edu.au

31 August

WRITERS @ STANTON: CHRIS BOWEN

31 August, 1pm - 2pm

Where: Stanton Library, 234 Miller St, North Sydney

Cost: Free

Contact: library@northsydney.nsw.gov.au

4 September

KNOX GRAMMAR GARDEN DAY

4 September, 10am-2pm

Where: Ku-ring-gai Ave, Turrumurra

Cost: Free

Contact: baileym@knox.nsw.edu.au

5 September

TURRAMURRA LOOKOUT COMMUNITY GARDEN OPEN DAY

5 September, 9am - 12pm

Where: Lookout Park, 1328 Pacific Highway, Turrumurra

Cost: Free

Contact: tlcgarden.com.au



COMMUNITY NOTICEBOARD

Community noticeboard

HORNSBY KU-RING-GAI PARKINSONS SUPPORT GROUP
 7 August
 Where: Turramurra Uniting Church, 10 Turramurra Avenue, Turramurra
 Contact: pamelabeattie@tpg.com.au

BREAKFAST SEMINAR: LEADERSHIP
 13 August 7am - 9am
 Where: Warrawee Function Centre, 1479 Pacific Highway, Warrawee
 Contact: 9424-0757, wadames@kmc.nsw.gov.au

HORNSBY ORGANIC FOOD MARKET
 Every Thursday, 8am - 4pm
 Where: Hornsby Mall, 236 Pacific Highway, Hornsby
 Contact: organicfoodmarkets.com.au

LIBRARY BOOK SALE
 20 August 11am-2pm
 Where: Lower Ground Foyer, Chatswood Library on The Concourse, 409 Victoria Ave, Chatswood
 Contact: 9777 7900, library@willoughby.nsw.gov.au

COMPUTER SKILLS COURSE
 6, 13, 20, 27 August 7pm-9pm
 Where: Gordon Baptist Church, 20 Park Ave, Gordon
 Cost: \$20 (4 lessons)
 Contact: 0409 527 989, christineyorston@gmail.com

FREE CHIPPING FOR MULCH - WESTLEIGH
 16 August 8am-2.45pm
 Where: Next to 8 Warrigal Drive, Westleigh
 Contact: 9847 4856

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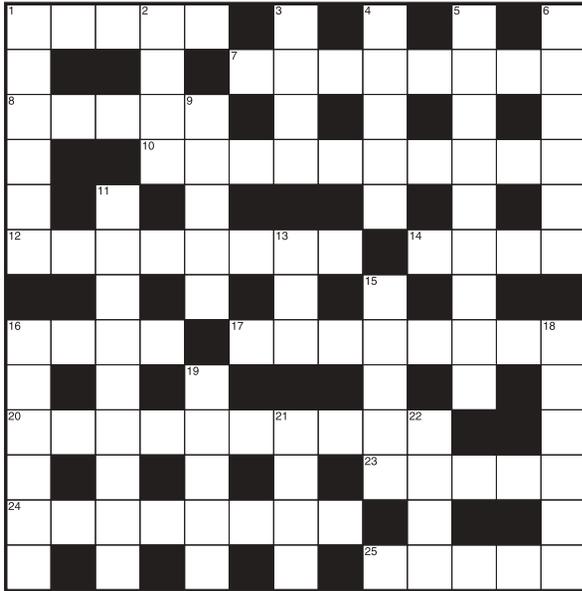
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Puzzles



ACROSS

- 1. Privileged class
- 7. Former soldiers
- 8. Edible organs
- 10. Horseracing track
- 12. Entitling
- 14. Moved through water
- 16. Tasks
- 17. Scraps
- 20. Pop instrumentalists
- 23. Finnish steam bath
- 24. Highly charged
- 25. River-mouth land

DOWN

- 1. Develop
- 2. Rupture
- 3. Measure (out)
- 4. Furnishing scheme
- 5. Diminishing
- 6. Admiration
- 9. Large spoon
- 11. Partly cooked
- 13. Gesture of assent
- 15. Radiates
- 16. Sharply serrated
- 18. Musical composition
- 19. Taunts
- 21. Curved-bill bird
- 22. Auction

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

						4		
			7	4		6		
1	8			2	6			5
2	4				8	7		9
5			1	9	2			8
8		1	4				5	6
9			2	6			3	7
		2		3	5			
		6						

Solutions

2	9	5	7	8	1	8	6	3	4
4	6	8	5	3	6	2	1	7	7
7	3	7	4	1	6	2	8	5	9
6	5	2	3	7	4	1	9	8	8
8	4	3	2	9	1	7	6	5	5
9	1	9	7	8	5	6	3	4	2
5	7	5	6	2	3	4	8	1	1
8	1	6	9	4	9	7	5	2	3
3	4	2	8	1	4	2	9	7	6

A	T	L	E	D	S	S	D	D	D
T		L	O	R	I	C	E	L	E
A	N	A	S	A	B	I	L	G	G
N		S	T	S	R	I	T	A	U
O	G	I			B	O		A	V
S	T	S	E	N	T	S	O	B	S
		I	E	O	E	R			
M	W	S	G	L	I	N	B	A	E
E	O	R	D	P					V
E	S	O	R	C	O	C	E	A	R
T	R	C	T	L	F	A	L	O	F
S	A	N	S	E	R	A	V	E	
E	N	D	M	E	I	T	E	L	I

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According to Member for Ku-ring-gai Alister Henskens, Ku-ring-gai has a high number of residents over 65. The electorate is in the top 25 per cent for this age group. With the number of senior citizens set to double by 2050, aged care services are becoming more important than ever.

“Many years ago, lifestyle facilities like Adventist Aged Care, were simply a pipe-dream”- said Mr Henskens. “Years ago, there was the notion that seniors were more a burden than anything. We’ve got a much better, positive and rewarding experience for our senior citizens today.”

Adventist Aged Care operates 2 aged care facilities within the Sydney area. Kings Langley facility is set amongst 8 acres of lush garden yet only meters from T-link bus route and shopping areas. Wahroonga facility is strategically placed near the Adventist Hospital and surrounded by 22 acres of natural bush.

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- ✓ Run a pet therapy program
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- ✓ Drive a bus
- ✓ Be a green thumb and help things grow
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- ✓ Art and craft

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