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FROM THE EDITOR

by Gailsusan Clarke

Technology in the home is a complicated business. We are all constantly looking for new ways to make it easier to use gadgets in the home. We've all tried universal remotes and have been disappointed by them. Could the answer be smart home technology? (Page 34)

With the London Olympic Games starting soon, we've spoken to Olympian Matt Targett's dietitian about what the average Joe should be eating each day, and what our Olympians are eating. (Page 30)

The new First Home Buyers Scheme has received a great deal of criticism. But there are ways to make more of it. (Page 23.)

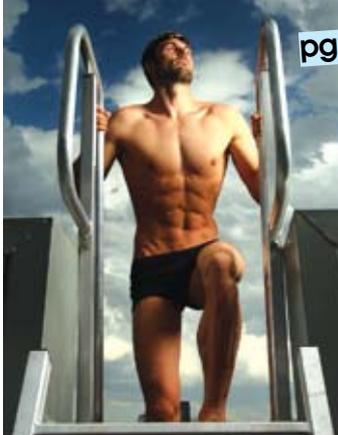
Enjoy the magazine, and let us know what you think!



Photo courtesy of Smart Homes Solutions



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OBSERVANT READER?

It's the first time I've spotted the *Sydney Observer* (perhaps I'm not too observant) but I'll be keeping my eyes alert for your next edition.

It's such a "packed full of info" mag, across a broad range of topics, but having taught disabled children in the distant

past I'm still always interested in all "Educational Matters" (p. 18-22) and I've pinned up the useful "What's On" Calendar (p. 48) with so many great things happening in our vibrant city listed.

Danica Todorovic, Greenwich

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GARDENING INSPIRATION

"Time to Clean up the Garden" in this month's issue has motivated me (despite the weather) to get into my garden. The article is excellent... I am sure I will be so glad when spring comes and the fruits of my labours will delight me.

Lowana Chapman, Killara

HIBERNATING TONIC

I enjoyed the Home & Garden section of this month's magazine. At this time of year, like some of the garden, we tend to hibernate. It is a great tonic though, to spend time in the garden, getting the blood circulating and preparing for the new life of the spring.

Lynne Wiltshire, North Rocks



If you would like to enter any of the giveaway draws, tell us in 25 words or more, what you liked in this month's magazine. The best entries will be rewarded and could be published* 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 25th of the month.

*By sending a letter or e-mail to enter the giveaway the sender authorises any use of it as content by *Sydney Observer*.

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Paul Fletcher MP

Federal Member for Bradfield

As your Federal Member of Parliament, I have repeatedly asked Prime Minister Gillard to apologise for her offensive comments regarding Sydney's North Shore. I have heard and read the outrage that many residents of Bradfield have expressed to me regarding this issue, and it is one that I feel very strongly about. If you would like to stay up to date with my efforts to make the Prime Minister apologise for her comments, please contact me by phone or email, or you can follow me via social media as I pursue this issue further. My electorate is real, as are the people that I represent.

Join the campaign to make the Prime Minister apologise by following me on:

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Free bathroom renovation workshop

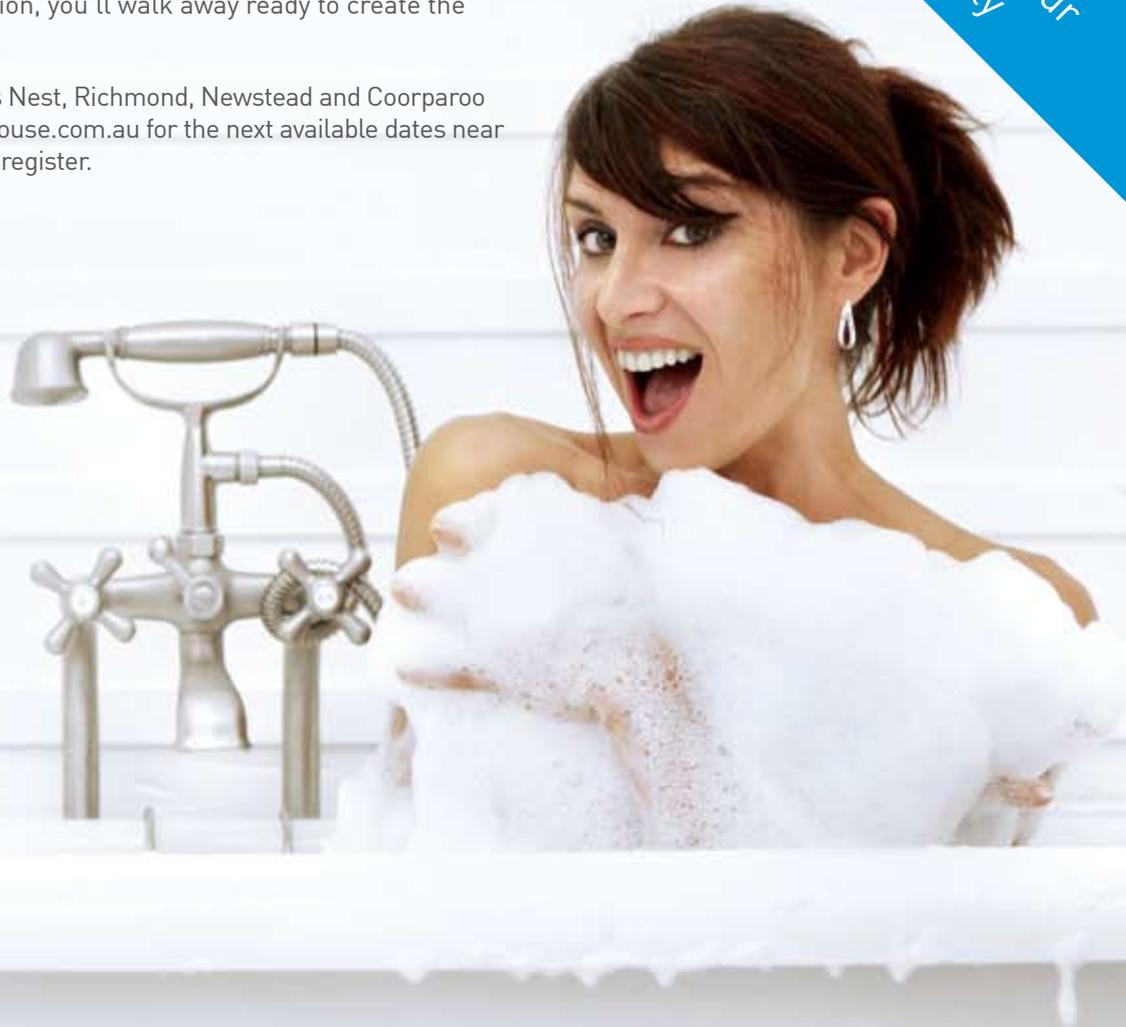
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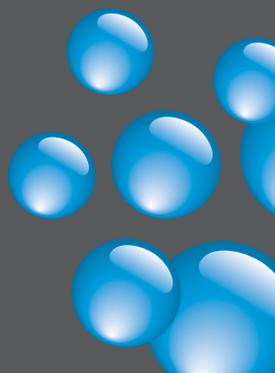
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by Paul Fletcher*

Our incorrect Prime Minister

WHEN THE PRIME Minister told Tony Abbott to “get off Sydney’s North Shore and go and talk to some real families,” the unsettling part was not merely that she seemed to be writing off our area of Australia – when she is supposed to be a Prime Minister for all Australians. The real problem was that she was simply wrong.

The communities of Sydney’s North Shore are as diverse and multifaceted as those anywhere in Australia. The stereotype of the North Shore as some kind of Anglo-Celtic island of privilege is decades out of date.

Here in Bradfield, more than a third of us were born overseas, according to data in the 2006 census. The proportion of us who were born in China and Korea is far higher than the national average.

In an electorate of over 130000 people, over 27000 of us were born in non-English-speaking countries. More than a quarter of people in Bradfield speak languages other than English at home.

The Prime Minister suggested families on the North Shore are not real. The census data paints a different

picture. The people of Bradfield tackle the same day-to-day problems as Australians everywhere. One in ten families in Bradfield has a weekly income below \$650. There are 2000 single parent families with dependent children. Almost 5000 people in Bradfield are unemployed.

The Prime Minister should apologise to the people of Sydney’s North Shore.

“The communities of Sydney’s North Shore are as diverse and multifaceted as those anywhere in Australia. The stereotype of the North Shore as some kind of Anglo-Celtic island of privilege is decades out of date.”

*Paul Fletcher MP is the federal member for Bradfield and The Chair of the Coalition’s Online Safety Working Group.



by Jon James*

Facelift needed at The Glade

MUCH HAS BEEN spoken about The Glade in Wahroonga in recent months.

In March 2012, Ku-ring-gai Council resolved to grant Abbotsleigh and Knox Grammar 12 months in which to submit a development application for construction of a 400 metre synthetic athletics track facility at The Glade, predominantly for their own use.

The resolution, passed on the casting vote of the Mayor, took no heed of broad opposition from half of the Ku-ring-gai Councillors (including two Comenarra and one Wahroonga Ward Councillors), the officers and senior management of Council, the president of the HK&HDCA cricket association, the president of Ku-ring-gai Little Athletics, environmental groups such as Birdlife Australia & STEP and local residents, including Friends of The Glade.

Council’s own investigations showed that only the two schools have any real interest in developing The Glade for seasonal athletics training purposes.

Opposition to a synthetic athletics track at The Glade is motivated by concern that broader community access will be limited (with the schools seeking “prime time” usage for three hours per day, 40 weeks per year for up to 21 years), the unsuitability of the site for such a development (traffic, noise, access, safety, cost, aesthetics, etc.), environmental concerns regarding the impact on the adjacent endangered Blue Gum High Forest and its wildlife, and the loss of cricket and soccer fields which have been well-used for over 40 years.

No one can deny, however, that The Glade is in urgent need of a facelift.

Recent wet weather has again highlighted significant drainage issues, with damage to the grass surfaces

impacting on all users. I believe there would be broad community support for rectification of the existing facilities and amenities to better meet the needs of all the diverse users of The Glade – including all local schools, community and different sporting bodies.

With 40 years since its last makeover, surely the time has come for Council to fix the drainage issues, upgrade the grass surfaces and renovate the tired ablution facilities – modest cost, low-impact actions that would immediately improve The Glade for all its users.

The *status quo* is clearly not in anyone’s interests.

*Jon James has lived in Wahroonga since 2001. He is a member of the Friends of the Glade, but these opinions are his own.



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Swimming in \$38 million

WILLOUGHBY CITY COUNCIL is preparing to redevelop Willoughby Leisure Centre, turning it into an "innovative and modern facility." The project will cost around \$38.1 million, funded by the Council and the income of the existing leisure centre, supplemented by borrowed money. Among the most significant improvements are the addition of a 50 metre pool, a warm water program pool, a kids' water play area and a new gym/health club.

The Council is seeking community feedback on the master plan, which will be on public display until July 12 at the Leisure Centre and Chatswood Library, as well as online. Construction work is expected to start in 2014, and continue until 2019. (James Elton-Pym)



Willoughby City Council

The proposed new Willoughby Leisure Centre.

GOWNS & FROCKS AT KNOX

LAST MONTH, THE unlikely location of the hall of all-boys Knox Grammar School played host to nearly 3000 gowns. Celebrating its 50th anniversary, the Cavalcade of History and Fashion paraded its donated assortment, with items from the late 1700s all the way up to the 1970s.

Over 800 people turned up for the show — a number far exceeding the expectations of Maria Circuit, lifetime member and spokesperson for Cavalcade. "We were all a bit amazed," she said. "I really think it's such a shame that so much of what's in museums is never seen and just lives in a bottom drawer somewhere." (James Elton-Pym)

Failed great escape

ON SATURDAY JUNE 23, a fully marked Highway Patrol police vehicle was driving down the Pacific Highway in Berowra. A motorcyclist sped past at speeds of over 160km/h, in a 110km/h zone. The police attempted to stop the biker but failed, resulting in a pursuit.

The chase reached speeds of over 200km/h, and moved into the residential streets of several North Shore suburbs, including Wahroonga, Pymble and Normanhurst. The motorcyclist was fully aware that he was being pursued, speeding away every time the patrol car got close. Police say that on most roads the motorcyclist rode at more than double the speed limit. A 37-year-old Normanhurst man will appear at Hornsby Local Court on July 26.

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POLICE ON TRACK FOR TAKEOVER

OLD TRAIN GUARDS AXED FOR POLICE REINFORCEMENT OF RAIL NETWORK.

by James Elton-Pym

OVER THE LAST two months, the transit officers who used to be responsible for security on the train network have been gradually replaced with police. Eventually, the new "Police Transport Command" will take over security on all modes of public transport, including buses and ferries.

The Minister for Transport, Gladys Berejiklian, said that the safety of commuters is the highest priority. "Safety and security is one of the key concerns of customers, and there is nothing more reassuring than a high visibility, high profile police presence on trains, buses and ferries," she said.

The move has made it easier for the police to launch operations targeting crimes committed on public transport services. Operation Merge II and Operation Merge III to-



James Elton-Pym

The new security. Police at a North Shore train station.

gether resulted in the arrest and charge of nearly 100 people, according to Deputy Commissioner Nick Kaldas. "The NSW Police Force is committed to providing a safe and secure public transport system, a system that every commuter feels confident to travel aboard at any time and to-or-from anywhere," said Deputy Commissioner Kaldas.

Premier Barry O'Farrell said the success of operations to date demonstrated "the determination of the NSW Government to make the State's public transport system as safe as possible." He went on to "warn any would-be criminals there [is] more to come, so my message to them is: obey the law or else..."

As the government is certain and satisfied with the changes, North Shore residents don't share the same confidence. Diane from Turramurra called it a "real waste of resources." She said: "People feel safe anyway. I don't think we need police on our stations."

But some commuters agreed with the changes, with some restrictions about the real focus. "I don't think it matters here, but certainly up West it would," said a Chatswood resident who wished to remain anonymous.

The Police Transport Command takeover will be phased in over 15 months.

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CENSUS TELLS YOU, ABOUT YOU

SURPRISE POPULATION GROWTH AND RELIGIOUS CHANGE IN KU-RING-GAI.

by Patrick McAuley

ON JUNE 21, the first results of the 2011 Census were released. Largely the Ku-ring-gai Local Government Area (LGA) produced similar results of growth to the 2006 Census results with two exceptions. The two big changes were a population growth of over 8214 people and a change in religious status of residents.

Anglican was the common religion again, despite a drop of 3.2 per cent, while Catholicism dropped to third, despite similar results to 2006. But the big change was in the number of people ticking 'No Religion', with 21.8 per cent choosing this option. A rise of 5.5 per cent. NSW Census Director, Mark Harding said this was "consistent with the rest of the nation," and was probably because of several factors. He mentioned the campaigns for Australians to tick 'No Religion', but Mr Harding didn't believe this was a major reason for the change.

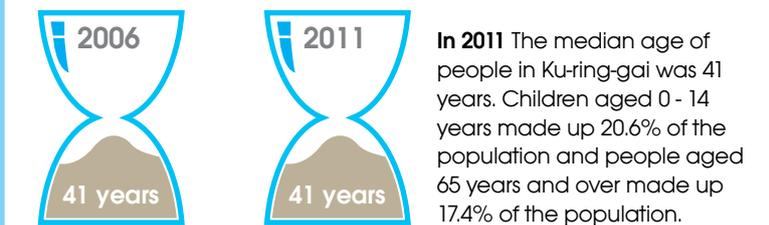
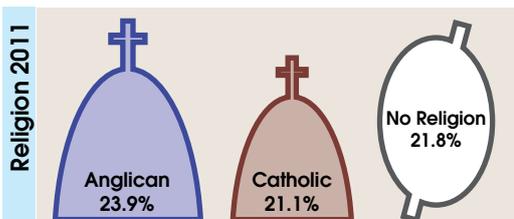
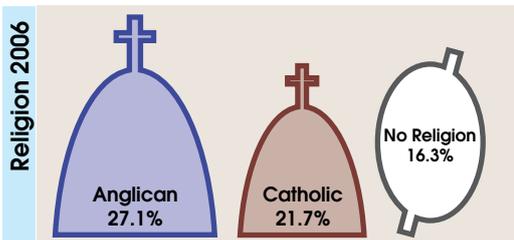
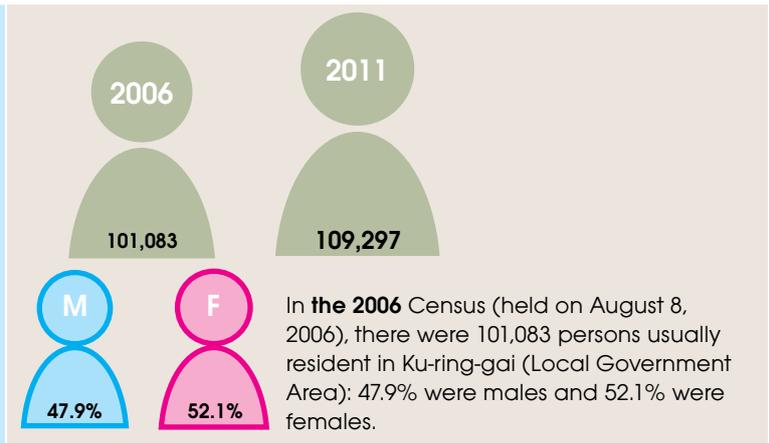
Mr Harding also noted that Catholic was the most ticked box in Sydney, but not in Ku-ring-gai. When asked if anything stood out for him, he said: "Judaism was in the top five in 2006, but it has dropped off the list this time. It's 3.5 per cent less than before." Despite the public uproar over Jullia Gillard's recent comments about the North Shore, the median weekly household income of Ku-ring-gai residents was a healthy \$2508. By way of comparison, neighbours in the Hornsby LGA had a much lower median weekly income of \$1824.

Ku-ring-gai residents were also fairly diverse with only 60.8 per cent of locals having been born in Australia. The three other most common birthplaces were England, South Africa and China. The next release of results will happen on October 30.

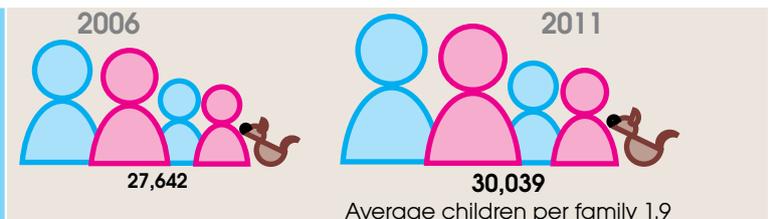


2011	KU-RING-GAI	NSW
People		
Male	47.8 %	49.3 %
Female	52.2 %	50.7 %
Age		
Median age	41	38
Languages spoken at home		
Just English	75.6%	72.5%
Two or more	25.2%	24.5%
Household composition		
Family	82.4%	71.9%
Single person	16.2%	24.2%
Group households	1.4%	3.8%

Ku-ring-gai 2006/2011



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A SEA OF PINK AT ST IVES VILLAGE GREEN

THE CHARITY DAY IN ST IVES THAT HAS SO FAR RAISED \$40000 FOR BREAST CANCER.

by James Elton-Pym

THE STRIKE OUT Breast Cancer Day held on June 30 was a huge success, says member of the organising team Laura Ovens.

Just under 1000 female softball players, aged between five and 65, "turned St Ives Village Green into a sea of pink."

Around \$40000 has been collected from the event so far, with more to be counted. The website for the day will be open for a further six months to collect more donations.

"A key this year has been the social media aspect," said Ms Ovens. A Facebook

account was set up for the event, which formed a "massive community." The on-line activity of the day has doubled the internet traffic of the National Breast Cancer Foundation, the body to which the proceeds are donated.

Laura sees social media as a way to communicate with a younger demographic, which is especially important because "early detection is so critical for this disease." Moreover, online discussion helps to "normalise the condition and get people talking."

To donate, visit the website at www.everydayhero.com.au/sobcday.

Gina Bridge was one of many who dressed in pink for the day.

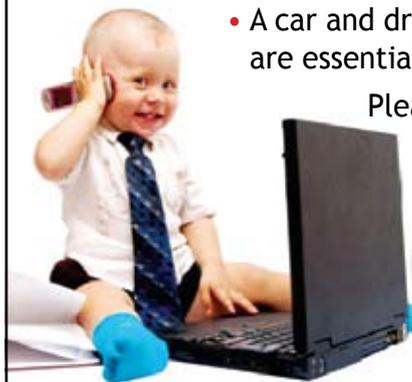
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Members of the Striker Out Breast Cancer Celebrity game (top) and Emma Bridge of Channel 9 with happy participants (below).



BANDICOOTS THRIVING AND DIVING

by James Elton-Pym

RESIDENTS OF THE Ku-ring-gai area believe bandicoot populations are on the rise, with holes dug by the creatures appearing in backyards, and the Council agrees. But according to Senior Ranger for northern parts of Sydney, Mel Hall, the critically endangered Southern Brown variety of bandicoot could be in more danger than ever before.

"There has been a steady increase in bandicoot numbers since the regional fox baiting program commenced," said Council spokesperson Andrew Robinson. John Burke from STEP Inc., a local environmental protection group, agreed, calling it a "huge increase."

But Ms Hall said there is no way the Southern Brown – which is "not at all suburb-friendly" – is what people are seeing in backyards. More likely, they are seeing the common and non-threatened long-nosed variety.

She says the Brown is in serious danger of extinction. It only exists in two confirmed lo-

Photos: NPWS



Two joey bandicoots. A southern brown (top) and a long-nosed (below).



Photo: F Christo

cations in NSW: Ku-ring-gai National Park and Garigal National Park. "I haven't found a Southern Brown in three years," she said. "Not a single one. If we can't save it in Ku-ring-gai, it's gone. It's the dodo."

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Ku-ring-gai Council have said that their offices in Gordon are too small.



Patrick McAuley

COUNCIL'S \$26M OFFICE BUDGET

KU-RING-GAI COUNCIL'S DRAFT BUDGET SEES PRIORITIES TAKE A BACK SEAT.

by Paul Clark

A LARGE PERCENTAGE of the Ku-ring-gai Council capital works budget for 2012-13 is set to be spent on new Council buildings. The Ku-ring-gai Delivery Program and Draft Operational Plan for 2012-2013 shows that 33 per cent of the capital works budget, or \$26 million, will be spent on Council buildings. The only larger item in the capital works budget is Parks and Recreation, which is allocated 45 per cent of the budget. Roads and Transport receive 11 per cent of the capital budget, under \$9 million. The budget allocates a total of \$79 million for capital works. The Council's Media Relations Officer, confirmed that the figures published in the draft are correct.

The Delivery Program and Draft Operational Plan, exhibited for public comment until June 8, included an introduction from General Manager John McKee: "The Council Chambers building at Gordon is at full capacity. We will further explore options for improving office ac-

"The big problem is the purchase of a \$25 million dollar building for office accommodation. It's hidden in the budget."

Councillor Tony Hall

commodation for our workforce over the coming year." Mr McKee could not be contacted to comment on the options to be explored by Council.

The draft budget includes increases to rates and other Council charges. Domestic waste charges will increase by \$15 for houses and \$10 for units, while other fees and charges are to increase by an average of 3.6 per cent. The budget also includes a rate pegging increase of 3.6 per cent and an employee award increase of 3.25 per cent.

Councillor Tony Hall, representative of St Ives Ward, said that he believed an

excessive amount of the capital works budget was to be spent on council buildings. "The big problem is the purchase of a \$25 million dollar building for office accommodation. It's hidden in the budget," he said. "The building we are buying is one that we lease already." Councillor Hall said that he is concerned that the purchase of additional office space will put pressure on the council works budget. "It means that kilometres of footpaths are not going to be built in Ku-ring-gai. There is a backlog of footpaths, roundabouts, parks and drainage systems that are going to be put back because of this purchase," he said.

The Budget

- Total:** \$79 million
 - Parks and Recreation:** \$35.55 million
 - Council buildings:** \$26 million.
 - Roads and Transport:** under \$9 million.
- Domestic waste charges will increase by \$15 for houses and \$10 for units, while other fees and charges are to increase by an average of 3.6 per cent.

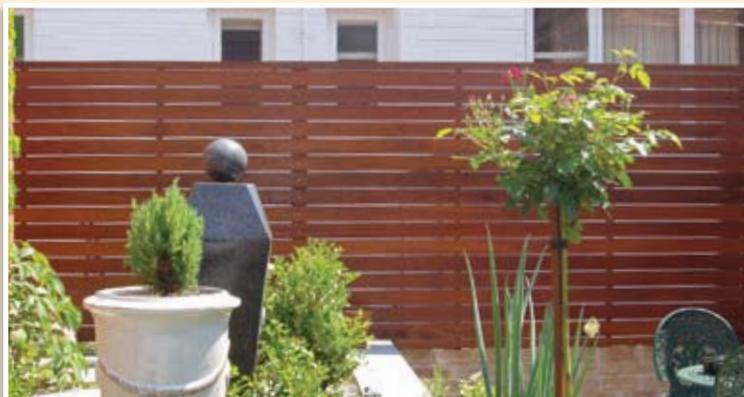
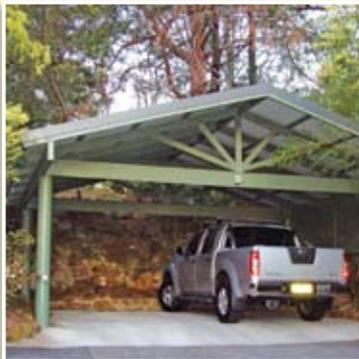


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TECHNOLOGY PROVIDES VISION

RECENT ADVANCES ARE HELPING STUDENTS WITH VISION PROBLEMS TO FIT IN.

by Sean Slatter and James Elton-Pym

IN AUSTRALIA, AROUND one in 2500 children has significantly impaired vision, but a number of recent advances have helped them integrate technology and education. For two students from Epping Boys High School, these innovations are essential in helping them fit into their school and believing in their own academic life.

One of the Year 8 students uses a STRIX; a portable CCTV device used to see board-work at a distance. The other has a Graduate, which is another portable CCTV device, as well as a

laptop and a monocular. Each piece of technology used in the classroom has a different purpose. Digital cameras help students see the board, while analogue cameras are used to look around the classroom.

Principal of Epping Boys High, Peter Garrad, said the key to helping the Year 8 boys has been a forward-thinking approach to the problems they may face. "Our philosophy has always been to understand the needs of the kids that go here," he said. "We knew of these students' condition before they started going to school here and therefore were able to help them."

Such equipment is not something that could be called cheap – with the prices averaging around a few thousand dollars – but the cost is proportional to the benefits that they bring. "Each technology is customised to each student and helps kids who are used to being isolated interact easily," said the Managing Director of Quantum, Tim Connell.

Quantum specialises in sight support solutions and of the equipment currently sold by them, the one that excites Mr Connell most is the Focus 40 Blue Wireless Display. Its main advantage is it can connect to any other device, allowing students to access Braille anywhere. Tim says devices are also used for students who have "print difficulties in general," not just those with vision impairments.

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Photos: Redeemer Baptist School

Redeemer charity extends to PNG

by Patrick McAuley

REDEEMER BAPTIST SCHOOL shares an unlikely connection with Itokoma Primary School in Papua New Guinea. Brothers, Hannington and Rickstand, are two local teachers at Itokoma School. They are also old boys of Redeemer Baptist School, having been sponsored by members of the Redeemer Baptist Church to attend the school 12 years ago.

Hannington and Rickstand were appointed as teachers at the school last year and have since helped build a connection with their old school. Redeemer students have been doing their bit, by fundraising to help supply solar lighting and electricity for the school. They have organised sausage sizzles, mufti days and a hugely successful Gala Day on Redeemer's oval.

Year 10 student, Aidan Bailey said: "We're already privileged, and we know these people personally, we know what they need." Thomas Bailey, his twin brother, added: "This is what we do at our School. It's like a tradition. We're taught to think about others." Principal Jonathan Cannon explained: "The next generation are being trained to respond effectively to the needs of others. We want our students to go deeper than an anonymous charity drive."



Members of Itokoma Primary School in remote Papua New Guinea (top) and students from Redeemer Baptist School at the charity Gala Day (right).



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KILLARA'S DEMOUNTABLES GOING

PERMANENT CLASSROOM MEANS QUALITY EDUCATION FOR KILLARA STUDENTS.

by Kieran Gair

KILLARA HIGH IS the state's big budget school winner, with funding finally being allocated to build desperately needed classrooms.

The Member for Davidson, Jonathon O'Dea, has campaigned tirelessly with the school community for the much needed improvements since he was elected. "Since becoming the State Member for Davidson in 2007, I have consistently campaigned, along with the school community, for building improvements at the school," said Mr O'Dea.

The number of demountables has been growing over the past 15 years, finally peaking at 20, earlier this year. As student numbers increased, the rows of demountables gradually expanded across the oval, taking up recreational areas. P&C President, David Jordan said: "We have been pushing the Government for six



Dr Mark Carter (left to right), Jonathon O'Dea and Adrian Piccoli.

years. We will get more permanent classrooms and the removal of some of the demountables will see students reclaim the oval."

With planning for new technology and visual arts facilities already under way, Mr Jordan is hoping construction will commence by the end of this year.

Principal Dr Mark Carter said: "We are all looking forward to the upgrade in facilities and in the improvement of learning conditions and the quality of teaching facilities. The upgrade will improve the amenities provided to young people in the school and instill a greater confidence in the community."

Under the Public School Upgrade Fund Killara is able to apply for up to \$200000 in funding, which will be allocated to a new Technological and Applied Studies (TAS) facility, including brand new visual arts areas and workshops. The proposal also includes refurbishment of the ground floor of Block B into general learning space and to allow the reduction of demountables on site.

Despite the facilities, the school has maintained academic results and consistently performed among the best in NSW.



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ADREN'S STUDENT WINS AWARD WITH A BONNY TALE

Sydney Writers Festival/Prue Upton

YEAR 7 STUDENT at Arden Anglican School, Bonnie McRae, has been announced as the overall winner of the Sydney Morning Herald's Young Writer competition. Bonnie said: "It was a complete surprise! I've never thought of myself as a writer, but this award is a big thrill!"

The competition was open to students from Years 7-9 in NSW and the ACT. To enter, students chose a story starter from Mat Peet, Lucy Christopher and Eoin Colfer and continued the story for 1000 words.

English teacher at Arden, Mrs Kathryn McDonald, said: "Bonnie's story; 'In your Face', used techniques like similes and sensory language to communicate a story about bullying. It wasn't a preachy tale, but one gently told with humour, where the boys resolve their differences by the end."

Bonnie has won a \$200 book pack for herself and the school, a Sony eBook reader, membership of the Pilot Pen Ambassador program and a supply of pens until she leaves school. (Patrick McAuley)



Teacher Kathryn McDonald, with Bonnie McRae.

Wenona Girls School



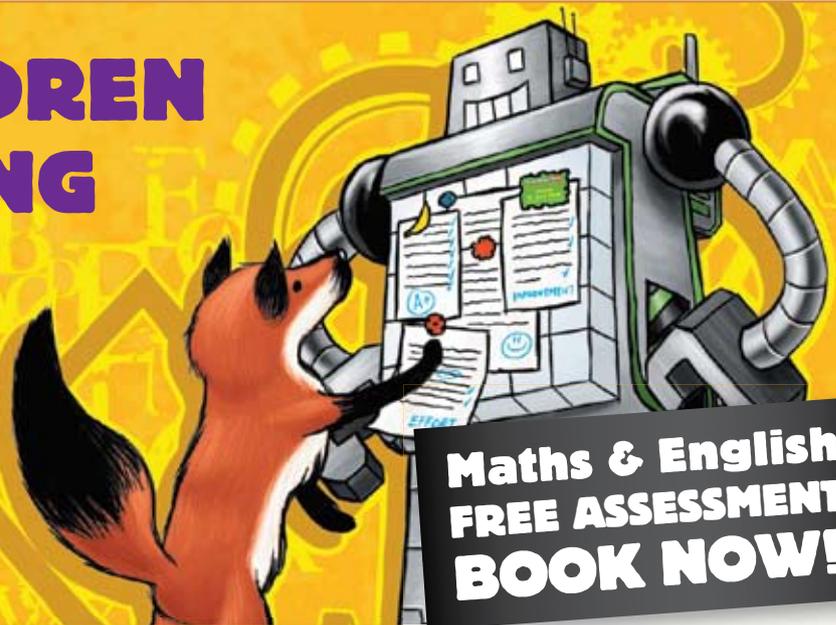
Head of Junior School David Brown (left); Governor Marie Bashir; Principal Briony Scott; and students Mila Piccardi, Luisa Martin and Matilda Harvey.

Excellent Governor visit

WENONA GIRLS SCHOOL in North Sydney celebrated the Queen's Diamond Jubilee with a visit from the NSW Governor, Her Excellency Professor Marie Bashir.

The celebration was made up of students from Kindergarten to Year 2 at Wenona, and Professor Bashir was invited to attend by Year 2 student, Luisa Martin. Two other students from Year 2 wrote to the Queen and the Governor-General, but unfortunately they were not able to attend the occasion. Professor Bashir said to students: "The whole world admires the Queen because she is sincere and kind." She also spoke of how Prince William had visited her on his recent trip to Australia. (Patrick McAuley)

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HOLIDAYS

AFFORDABLE SCHOOL HOLIDAY FUN AND EDUCATION IN SYDNEY.

ANMM/Andrew Frolows

by Paul Clark

SCHOOL HOLIDAYS OFFER children and parents the opportunity to get out and about and enjoy Sydney. Taking the family out can be expensive so it makes sense to look for good value when planning a day out.

■ National Maritime Museum

The Australian National Maritime Museum offers very good value for money. Jude Timms from the Maritime Museum says that the Big Ticket, costing \$60, is the best value for families. It offers entry to signature attractions such as the destroyer Vampire, submarine Onslow and replica of James Cook's Endeavour, as well as access to all the galleries and special exhibitions.

Special Exhibitions these school holidays include Remembering Titanic – 100 years. The tragic Titanic sinking was 100 years ago this year, and the special exhibition includes newspaper reports, photographs and models of the famous ship.

Children can also participate in the marine archaeology activity Shipwreck Stories, or handle objects from the museum galleries in the Cabinet of Curiosities. Permanent exhibitions at the museum include rare art and adornments belonging to Indigenous Australians, and artefacts from European voyages to Australia dating back to the 18th century.

Exhibits like the submarine HMAS Onslow are the crowd pleasers of the museum. Onslow has been in dry dock for a thorough clean. "She was taken off to Garden Island,"

says Jude. "She's coming back this week to be open in time for the school holidays."

The Maritime Museum prides itself on being a family friendly venue. The museum has ramps and lifts for strollers and prams, and there is waterfront parkland nearby suitable for picnics. Jude says that the only limitation to be aware of is the narrow spaces on-board the museum vessels. "Those spaces are too narrow for strollers and prams, and there are ladders to go up and down," she says. For more information visit: www.anmm.gov.au.

■ Museum of Contemporary Art

For those who favour Circular Quay over Darling Harbour for a school holiday excursion, there are new things to see at the Muse-



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um of Contemporary Art (MCA). The MCA reopened in March this year after a \$53 million redevelopment, and people taking advantage of the school holidays to visit will find a variety of educational programs offered.

The MCA Creative Studios school holiday program, 'Contemporary Kids', allows children to play art games and make their own art installations inspired by works on display. The program is free for children and no booking is needed.

The museum also offers Soft Sculpture and Animation workshops, which require

Photos: Paul Clark



The MCA (above) and a rather waxey Shane Warne (right).

prepaid bookings. Kelly Stone from the MCA says that children can learn more about contemporary art by joining an educational tour called 'Art Safari – Perfect Patterns'. "The safari leads children through the gallery to look for patterns in the artwork, to inspire them to create artworks of their own," she said. The Art Safari costs \$15 per child or \$10 for members of the MCA. Parents or carers accompany the safari for free. For more information visit www.mca.com.au.

■ **Madame Tussauds**

Across Darling Harbour from the Maritime Museum is Madame Tussauds wax museum, which opened in Sydney in April this year. Madame Tussauds contains life-size wax figures modelled on popular personalities from television, films, music, history and sport.

Rachel Launders, a visitor to Madame Tussauds, said that the museum was a fun photo opportunity. "There were displays where you could pick up props or put on wigs to have your photo taken with the figures, so that is what everyone was doing," she said.

She said a visit could be educational. "You would have to get children to focus on information supplied on the touch screens. Most people seemed to be there for the photos," she said. Rachel also reminded us that bookings online are cheaper by 10 to 30 per cent. A family booking at the door will cost \$110. She said: "There is also the option of buying a ticket that covers admission to the Sydney Aquarium and Sydney Tower Eye as well as Madame Tussauds. That might be worth buying if I am showing visitors around." For more information visit: www.madametussauds.com/Sydney.



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by Vicki Steer *

The switched on classroom

EACH YEAR, AS technology becomes more sophisticated, schools are finding new and innovative ways to bring technology into the classroom. Instead of banning smartphones, iPads, iPhones and personal digital assistants (PDAs), many teachers are finding ways to incorporate student-owned or school-supplied devices to take advantage of various applications that add a technological edge to lessons and school-based activities.

One way is our new Bring Your Own Device (BYOD) program. In this program, secondary students have been allowed to bring in their own devices from home to use at school.

The girls have all been so enthusiastic and positive about BYOD. It has given them a sense of authenticity and personalisation in their learning when using their own device. They are also more inclined to use them in informal learning spaces as well as in the classroom. This means they can continue learning in a range of environments and rather than have devices tucked away in pockets and secretly looking things up, there is now an environment of trust and openness.

One of the main goals of BYOD is to help prepare its students to be

responsible digital citizens, enabling them to use technology in a positive, productive and ethical way. It is a requirement that all students sign a digital citizenship pledge, before bringing a device to school, and that they also have current anti-virus

Students can still access school laptops in classrooms and computer rooms, but although not mandatory, many are bringing in their own technology and enjoying the flexibility and immediacy it brings...

software installed on all laptop devices. It is interesting to note the types of devices the students are favouring for BYOD.

In Years 7 to 9, most girls tend to bring tablet devices such as iPods or iPads, while girls in the senior years are more likely to bring laptops or Ultrabooks.

We have recognised the need for a balance between security and allowing the girls to do what they needed for their education, and have managed to meet this need with the creation of a separate wireless network for the students. The infrastructure must be right, and internet download and bandwidth capacity are critical.

Our internet download skyrocketed when we introduced BYOD and we had to adjust accordingly. One component of our IT spend is being redirected to provide a robust network to handle BYOD. We upgraded our internet connection to Australia's Academic and Research Network, which provides high-speed internet services to Australian universities, research institutions and many K-12 schools.

Students can still access school laptops in classrooms and computer rooms, but although not mandatory, many are bringing in their own technology and enjoying the flexibility and immediacy it brings to them in their different learning environments at school.

*Vicki Steer has been the principal at Ravenswood School for Girls since 2005. Before that, she was the Principal of Lowther Anglican Grammar School.



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SCHEMING FOR A NEW START

FIRST HOME BUYERS HAVE A DIFFERENT OPPORTUNITY, BUT CAN THEY USE IT?

by Patrick McAuley

FROM OCTOBER 1, the \$7000 Home Owner Grant will be replaced by a \$15000 First Home Owner Grant (New Homes) Scheme. The new scheme has been hailed as both generous and puzzling as it means first home buyers will be forced to buy only new homes if they wish to receive the grant.

The Office of State Revenue defines a new home as a "home that has not been previously occupied or sold as a place of residence, and includes a home that is a substantially renovated home and a home built to replace demolished premises." Finding the right home is sure to be an exhausting process. There's so much work to do to make sure you get what you pay for. And to make the most of the scheme, you really need to do your homework. While the scheme has opened up opportunities and closed some doors, the value of the fund is more than twice the size of the old grant. So how can you make the most of the scheme?

■ Choosing the buy

Consider the differences in the new Scheme. Weigh its advantages and disadvantages together and look for opportunities where others might not see them. One method suggested by Research Analyst with PRDnationwide, Oded Reuveni-Etzioni is to "buy well-located properties in lower price brackets." He explained that this was because "they tend to trade better in times of economic uncertainty."

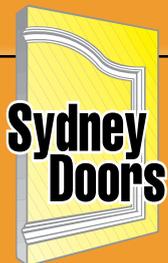
■ Good areas to buy in

Since the First Home Buyers Grant inception in 2000, eight of the top ten beneficiaries suburbs for the grant have been in Sydney's west. The only two outside Sydney's West are Gosford and Hornsby. While, western Sydney is still expected to be popular for first home buyers, under the new Scheme some different, specific areas represent real opportunity. Mr Reuveni-Etzioni suggested: "South of Syd-

ney areas such as Botany and in Penrith a new Landcom development is under way north of the railway station which will be interesting to follow over the next 12 months." He also suggested that "in the Liverpool and Parramatta CBDs, look for buildings within walking distance of the train station."

■ Possible snags?

Once you find your perfect first home buy, you need to make sure you know what you are doing. You should maintain the same sense of caution you had when looking for a property. NSW Director of Residential at Colliers International, Ian Bennett, said buyers "need to have a good solicitor or conveyancer to make sure they aren't going in with their eyes shut." He also explained that developers are sure to be offering "some clever offers" for first home buyers because of the new scheme.



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YOUR CHANCE TO BE LANDLORD AS CONFIDENCE COMES BACK TO THE MARKET.

by Kieran Gair and Patrick McAuley

SENIOR ECONOMIST WITH Housing Industry of Australia, Andrew Harvey, says that despite the uncertainty of higher rents in the housing market, affordability of investment properties "has improved recently." He concluded that if "if you are financially able, it is not a bad time to invest."

While apartments, are a time tested investment that everyone knows about, but finding the right area to buy in can be tricky. Especially with a supposedly rapidly changing transport system, and a change in the family landscape. Milton Drever of Ray White Turrumurra said the two factors you should consider are: potential capital future growth and, in the long-term, the rental occupancy. "You don't want somewhere that you can't find an occupant. You always want a healthy ten-



Patrick McAuley

Apartments in Hornsby are a good option as they have established strata levies.

ant stream." Another factor he suggested was proximity to public transport and the CBD.

Research analyst from PRDnationwide, Oded Reuveni-Etzioni said that "despite negative signs from the stock market people are investing more in property and confidence is coming back to the real estate market." He

explained that because "Families are smaller and there is an aging population, there is a greater need for apartments and a lower risk in investing in them."

If you do want to take the first step in the real estate world, try to answer the question 'How much do I have to spend?'. According to Mr Drever, the bigger the budget, the bigger apartment you should be looking at. "You will more than likely have more people paying the rent and better capital growth potential," he said.

The Turrumurra's real estate agent suggested Hornsby is a good area to buy in, as "It has a lot of older style apartments with established strata levies." He explained that it was because "They are all very consistent compared to a lot of newer apartments where you don't know what the fall out of the strata levies will be.

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LIFESTYLE



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SENIORS GIVE THE THUMBS UP TO GARDEN VOLUNTEERING SERVICE.

by Samantha Malagre

FOR SOUTH TURRAMURRA resident, Leon Roberts, retirement is not about the quiet life. During the last eight years, he has volunteered with Easy Care Gardening Inc, a non-profit organisation that provides a gardening maintenance service for the fragile, disabled and elderly in the community.

Leon says that the service enables many of its clients the ability to stay in their homes, but there is also the added benefit of socialising as part of a team. "Team members like to talk about their lives with each other. It's not just about gardening, but to help each other," he says.

Volunteers can come from all walks of life. The teams don't just mow lawns, they also prune flower beds, weed and make gardens safe for those who no longer can. Easy Care



Easy Care Gardener Leon Roberts has been a volunteer for eight years.

Gardening was established in 1988 and now benefits residents from North Sydney to Hunters Hill. Currently, there are over 500 volunteers that serve over 1000 clients.

St Ives resident, Lillian Hughes says if it wasn't for the service she could never stay in

her home. At 99 years of age, she is amongst the oldest clients that Easy Care Gardening has. "They do an excellent job. They even come inside and make me morning tea or take out the rubbish for me," she says. Lillian has used the service for the past 10 years.

To help possible volunteers to make up their mind, the institution supplies the transport and tools required. Everyone can collaborate, even with little or no horticultural skills. The strongest competency needed is will because all training is provided. "You don't need to know anything about gardening. As long as you are capable of doing some work," reinforced Leon.

Become a volunteer

Easy Care Gardening needs volunteers of all ages and experiences. For more information call 9883 1644



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MEDICAL ADVICE AND INFORMATION

AUSTRALIANS ARE FREQUENT USERS OF MEDICINE, BUT DO YOU KNOW ENOUGH ABOUT THEM?

by Patrick McAuley

IT'S WELL-KNOWN THAT older Australians are the highest users of multiple medicines in Australia, but did you know that according to NPS (National Prescribing Service), adverse drug accidents amount for more than 400000 GP visits and 140000 hospital admissions each year?

NPS will be hosting a series of health talks for people over the age of 50 at the MOSAIC Multicultural Centre in Chatswood. Each of the sessions will discuss the use of medicines, as well as more in-

formation on medicines themselves. Additionally, there will be a discussion of health and medicine options. The sessions are free.

Info and timetable

MOSAIC Multicultural Centre, Chatswood

Ph: 9777 7952

Email: mosaic@willoughby.nsw.gov.au

English session: 11m-12pm, July 16

Japanese session: 1pm-2pm, July 18

Mandarin session: 11.30am-12.30pm, July 30

Do you use a pedometer?

by James Elton-Pym

A STUDY CONDUCTED by the University of Western Sydney suggests that pedometers could encourage the elderly to do more exercise. Experts advise people do 10000 steps each day. The research suggests the use of pedometers encourages the elderly to do more leisurely exercise, including activities like walking to the shops instead of driving.

Pedometers generally cost around \$20, and seem to provide better motivation than a doctor simply advising people to walk more.

What do you think? Are you an elderly person who has used a pedometer? Did it work for you?

Let us know, at editor@kamdha.com.

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HEARING EXPERTS



“The best way to avoid sickness is to exercise.”

Head Physiotherapist, Trish Schlotfeldt at Lady Davidson Hospital

Move yourself to ward off illnesses

by Kieran Gair

HEALTH PROFESSIONALS ARE urging older Australians to exercise during winter to ward off the flu and other illnesses.

The flu can be potentially life-threatening if found in people aged 65 and over and can worsen existing illnesses such as severe asthma and diabetes.

Head Physiotherapist at Lady Davidson Hospital, Trish Schlotfeldt, said: “The best way to avoid sickness is to exercise. Embark on a simple walk everyday, stay hy-

drated, participate in a gentle exercise program or join a hydrotherapy class.”

As well as benefiting cardiovascular health, osteoporosis and lung performance, exercise can improve mental processing and social-psychological wellbeing.

Staying hydrated is an important part of staying healthy during winter. Hydration decreases the risks of injuries, flu and cardiovascular difficulties and improves physical and psychological functioning. Trish said that, “hydration is very important to ensure overall health. Many

elderly people who may have incontinence issues may neglect to drink water, but it is absolutely crucial that people, especially the elderly, continue to hydrate during winter.”

Indoor activities such as aquarobics and gentle gym classes can help older people maintain their health and fitness, while avoiding the cold weather. Another choice is to maintain their exercise practices through shopping. Supermarkets and shopping malls can match a simple walk and are protected from cold environments.

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- West Pennant Hills - 2 bedroom



For further information, please call 1800 649 226 or visit www.independentliving.org.au



EAT LIKE AN OLYMPIAN

THE PRESCRIBED DIET FOR THE AVERAGE JOE THAT HELPS YOU TO PERFORM AT YOUR BEST.

by Patrick McAuley

AN OLYMPIAN'S SUCCESS is so often based upon endless hours of hard work. But it's just not about brute effort. Today's athletes are increasingly reliant upon a catered diet that gives them the right energy at the right times, helping them become the best they can. But what can you do, if you're just an average person, exercising more than five times a week as nearly 30 per cent of the population are. Where's your team of dietitians?

Daniela Manche, Sports dietitian for Olympians Matt Targett and Matson Lawson said: "You need your training to pay off every time and you want to be always ready." She ex-

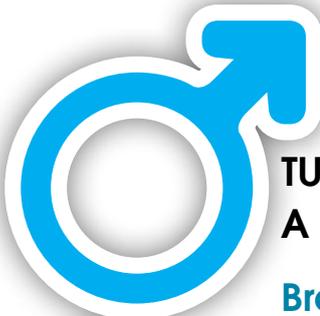
plained that a good diet can make sure you are always at your best.

At the Olympics, athletes will eat 232 tonnes of potatoes, 25000 loaves of bread; 75000 litres of milk and over 100 tonnes of meat according to London 2012. Obviously there is a great deal of planning that goes into each meal. Daniela said: "Diets change between sport and each is matched to each sport. For example, triathletes have different carbohydrate needs."

Understanding what you should and shouldn't be eating isn't easy. Fortunately, Daniela ran the **Sydney Observer** through what an average person should be eating each day, assuming they're exercising one hour a day.

Matt Targett

Matt Targett is a veteran of the 2008 Beijing Olympics and will partake in London 2012, men's 100 metre free-style relay.



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Lunch

2 salad rolls with some protein (ham, chicken or cheese), Salad and a glass of juice.

Afternoon Tea

Yoghurt, muesli bar or a couple of slices of toast with Vegemite and cheese.

Dinner

Chicken stir fry with two cups of vegetables and 200-250g of chicken. One cup of rice.

Snack

Smoothie for desert with milk chocolate sauce and a banana.



MAINTAIN ENERGY FOR YOUR BUSY LIFE

Breakfast

40g of sultana bran with low-fat milk and a piece of fruit.

Morning Tea

A low-fat yoghurt or a handful of almonds.

Lunch

Whole-grain salad sandwich with ham, chicken or cheese.

Afternoon Tea

Tin of tuna with a couple of crackers or Vita-Weats.

Dinner

150g of meat or chicken, two cups of vegetables or salad and a cup of carbohydrates like pasta.

Snack

Low-fat custard and fruit or a glass of milk.



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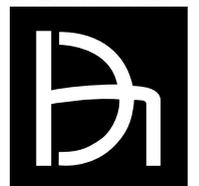
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by Dr Ian Sweeney*

Healthy teeth forever

DENTAL DECAY IS a debilitating disease at any age. However, in very young children; the effects can be quite devastating. For the first time in 40 years, the Centre for Disease Control and Prevention in the US has noted that the number of preschool age children with multiple cavities is on the rise. Dentists are noticing young children with as many as six to 10 cavities in baby teeth and the level of decay is so severe that the children require extensive procedures to repair them, often under a general anaesthetic.

The number of preschoolers that require this type of extensive dental work suggests that many parents are not attending to their child's oral health needs from an early age. Other issues include excessive snacking, sugary foods and beverages, bottles or sippy cups with drinks other than water at bedtime.

Behavioural issues may also be to blame. When toddlers express dislike for the tooth-brushing experience, some parents fail to enforce it. Making brushing a fun experience and part of the normal evening routine will be beneficial in the long run. A child will learn that the last thing to happen before bedtime is to brush their teeth. Parental modelling is important as the toddler will see and learn that mum and dad brush as well.

■ **General Rules to follow:**

- A child's first dental visit should occur prior to their first birthday for an assessment of cavity risk.
- Children less than two require gentle brushing with a soft child size brush without toothpaste. At two, start to use a small smear of toothpaste.
- Reduce snacking. Starchy or sugary food causes the pH level in the mouth to drop, leaving teeth awash in an acid bath for 20

minutes until saliva normalises the pH.

The frequency of exposure to acid is more important than the sugar content of food.

- Skip "gummy" treats (i.e. Fruit snacks, fruit roll-ups) which stick to the teeth, exposing them to acid attack for longer. After eating a sugary snack or drinking a juice or fizzy drinks, rinse with water prior to brushing.
- Cavity causing bacteria may be passed on to your child by sharing utensils or "cleaning" a pacifier in your mouth.
- Brush preschoolers' teeth for them. They are not in a position to effectively brush their teeth until approximately eight to 10 years of age. Flossing should occur as soon as adjacent teeth touch.

*Dr. Ian Sweeney holds qualifications in Dental Implant Surgery and Conscious Sedation and Pain Management, and is a dentist at **Northside Dental and Implant Centre in Turramurra**. Ph: 9144 4522.

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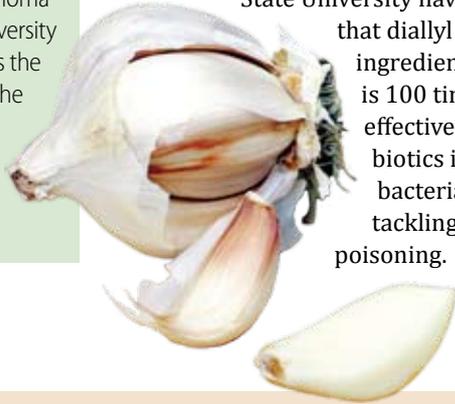
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DECREASING BRAIN TUMOURS

A NEW DRUG, called Dabrafenib, has led to a decrease in brain tumours in melanoma patients. Medical Researchers from University of Sydney have found that the drug has the ability to shrink secondary tumours in the brains of patients. Specific trial results showed that brain tumours in nine of the ten patients shrank within the first six weeks.

TACKLING FOOD POISONING

STUDIES UNDERTAKEN AT Washington State University have shown that diallyl sulfide, an ingredient in garlic is 100 times more effective than antibiotics in removing bacterial cells and tackling food poisoning.



Berry nice!

BERRIES ARE GOOD for the brain and improve cognition. An article from the American Neurological Association has said that long-term consumption of berries, which are high in flavonoids, could slow rates of cognitive decline by up to two and a half years.



Fight against cold

GOLD KIWIFRUIT COULD reduce the length of a common cold. According to the British Journal of Nutrition, people who eat a gold kiwifruit regularly, suffer from a cold for fewer days. This is compared to other fruits, such as bananas.



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SYDNEY OBSERVER | JULY 2012

MAKE YOUR HOME SMART

TECHNOLOGY MADE EASY FOR YOU IN YOUR HOME. HOW DOES IT WORK?

by Patrick McAuley

TECHNOLOGY IS A complicated business and understanding it isn't that simple. More and more Australians are choosing to install smart technology in their homes. Saving them endless amounts of time and energy. All with the press of a button.

James Billington is the Director of Smart Home Solutions. A smart homes company that specialises in designing and installing electronic systems for the home. Including home automation, home entertainment systems, lighting control and security systems. James ran the *Sydney Observer* through the advantages of a smart home.

■ The concept

Basically a smart home, is a home with special wiring that allows residents to remotely control electronic devices in the home, all with the just one press of a button. A smart home is built up from the cabling and the cabling all connects to one central location, making it easy to mix systems and introduce new technologies into the home. This is different to the average cabling in the home. It makes using technology easier and less complicated. By way of example James says if you are downstairs in your home and wanted to go upstairs to your bedroom, you can press just one button, and a path will light your way upstairs.

■ The cost

Prices obviously vary dramatically between installations. James says that on average people will spend \$50000, but some of the more expensive installations he has done, have included one in Point Piper that was worth \$600000 and a \$250000 home theatre installation in a home in Tennyson Point. But while your jaw may have temporarily dropped because of those prices, James says smart home installations can add real value to your property. Also the houses that he has worked on in the past have sold very quickly because of the technology. So this could be the extra edge you might want later in life when the time comes to sell your home.



This home from Tennyson Point has a \$250000 home theatre installation.



A smart home has technology accessibility spread throughout the house.

■ Is it for you?

If you're the type of person, who is constantly scrambling with ten different remotes, then this is probably for you. James says the three main reasons to smarten up your home: it will make your life more fun, it is an efficient use of your energy and can add value to your home.

Unfortunately it is difficult to make your home a smart one once it is already built, so unless you are undergoing a renovation soon, this smart technology throughout the home probably won't be for you.

Lastly, before you commit to a smart project, you should do some research on the company or contractor who is doing the work. There are many contractors and companies that say they specialise in smart technology for the home, but are not so reliable. James warns that it's important to check that any company you approach are Custom Electronic Design & Installation (CEDIA) approved.

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HIDE CLUTTER INSIDE THE COUCH

THE STORAGE SPACE THAT HAS PROBABLY NEVER OCCURRED TO YOU.

by James Elton-Pym

THERE IS A myth that lounges with storage compartments are always uncomfortable – but according to Paul Priday of King Furniture, these controversial couches can be better than you think.

Normally, cushioning is sacrificed to make room for a cavity beneath the seat that can be used to store items like bulky vacuum cleaners. This can result in the stiffness these couches are notorious for. King Furniture couches, however, are based on a steel frame. When asked why the other brands are less comfortable, Mr Priday said: “They don’t all have that metal structure. They take out cushioning. We put some in.”

Storage couches are a particularly popular option for “young people starting out in their own homes,” he says. When young cou-

ples have their first children, the storage space can be used for kids’ toys. People also put them in holiday houses, where the extra space can be used to store recreational items.

With some storage couches, it can be difficult to access the compartment. King Furniture’s Delta model, however, is particularly easy to use. “Because it’s a steel frame, you can have other features like the hydraulic lifting system,” he says. This means that when you begin to lift the cushion, the system takes over and “automatically eases itself up.”

Still not convinced? Mr Priday says the best thing you can do is to go and try out King Furniture’s models. “Bounce around and sit on it, and make a comparison.”



King Furniture

King Furniture

Chatswood showroom is at 216 Victoria Ave. Ph: 9410 3366
www.kingfurniture.com.au

The Delta Circle model is a popular buy.

Rug your home up this winter

by James Elton-Pym

AS THE WEATHER gets colder, people are throwing down rugs on the cold floorboards for warmth. For those considering investing in a new rug, it’s worth being aware of the trends.

One particular style of rug is booming in popularity, according to Andrea Nejadiran from rug selling company Unitex International. “At the moment, shag rugs are still very very popular, especially going into winter.”

The shag rug has always been cosy and warm, but plagued by issues of shedding, leaving white strands everywhere. Now, though, shags are manufactured using polypropylene, a shedding-resistant material.

If you’re looking for a safe rug choice that will stand the test of time, Ms Nejadiran recommends a shag in a neutral colour. She’s been expecting the rise of shag rugs to slow down for years, but their popularity is rising “exponentially.”

Shags aside, recent times have seen a “huge comeback for traditional rugs.” Even in very sleek, modern homes, Ms Nejadiran says a traditional rug can greatly compliment the look of a room.

Animal patterns, too, are in vogue. The company sells pat-



Unitex International

The platinum carbon shag is a cosy, warm rug that doesn’t mat.

terns of zebra, cheetah and tiger, with the zebra print especially popular at the moment. This trend, like the shag rug, has defied expectation: “I thought it would slow down last year, but it’s continued to power on.”

Whichever style you choose, Ms Nejadiran says rugs can really add to both the look and warmth of your house.

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WINTER GARDENING MADE EASY

GET ALL YOUR WINTER JOBS DONE WHILE THE TIME IS RIGHT AND TAKE CARE WHEN PRUNING.

by Hugh Myers

BY MID-JULY YOU should have completed your major rose pruning jobs for the year. Any dead wood should be cut out as low as possible; don't leave a stump where disease can get in. Any branches that turn into the centre should be cut out, along with any sickly looking branches. Prune the remaining tall branches back to a well developed bud that is pointing outwards. Do not touch any basal or water shoots as these contain the future foliage and flowers for next season. When finished pruning, give the shrub an all-over spray with a good fungicide like Triforine or Mancozeb Plus and this should get rid of any disease spores that might be about. Dispose of cuttings and rubbish in a plastic bag and put the bag in the rubbish bin not the compost heap.

■ Citrus Leaf Miner

Inspect any Citrus trees, checking for sick shoots or leaves that have squiggly lines on them as these are the signature of the Citrus Leaf Miner. To get rid of them, prune them off and then spray the tree with a good horticultural oil such as Pest Oil (mineral) or Eco Oil (organic). Spray under and over the leaves. Get rid of any rubbish into the rubbish bin not the compost heap.

■ Cacti and succulents

Stop watering cacti and succulents and let them dry out. If they are potted, move them under shelter where the winter rains can't reach them, but the light can. Cacti and many succulents go dormant at this time of the year and don't require water. If they are left wet they can rot.

■ Fuchsia

Most Fuchsia will be finishing flowering by now, but by pruning your Fuchsia fairly hard as it finishes flowering you can often persuade the plant to produce a second flush of flowers. The prunings can be used as cuttings to produce more plants.

■ Tuberous Begonias

Poke your finger into the soil around your Tuberous Begonias. It should be quite dry by now so don't worry about it as this is the way it should be. You should have stopped watering a month ago. Tuberous Begonias are going dormant and disappear at this time of the year and if they have wet or damp feet, they could rot.

■ Scale

Even though the weather has turned quite cold, Scale is still about, and amongst its favourite meals are nice and tender Fern fronds. Should you find your Ferns have been attacked, be careful, as Ferns can be sensitive to the usual oil sprays. Spray a single frond and see what the reaction is first. Should you have a heavy infestation, remove the frond completely. Your Fern will soon produce another one for you.

■ Maidenhair Fern

You can prune back your Maidenhair Fern now by taking it back to stubble. Just make sure that you keep the soil damp, but not wet. The Fern will go dormant over winter and it will tell you when it wants to be fed by putting out new shoots in the spring.

■ African Violets

Where are your African Violets sitting now? If they are in the kitchen alongside the window where they get plenty of light, but no direct sun, now is the time to move them as they do not like the cold and a pane of glass is no insulation from the outside cold. Find a spot that while it is away from the cold, it is still brightly lit and a little bit warm. Watch the water at this time of the year, just damp is the way to go. Get rid of any dead leaves and accumulated rubbish; and a pair of long nose pliers can be very useful for doing this job. Long nose pliers can be purchased cheaply at any hardware shop.



■ Perennials

Have you large clumps of the old perennial favourites such as Aster, Peony, Delphiniums and Chrysanthemums? As the plants get older the clump gets bigger, but the flowers will get smaller and not quite so beautiful. After several years they should be divided and replanted in good fertile soil. As the plants die right back at this time of the year, now is the time to do it. Lift the clump with a fork and wash the root ball with a hose so you can sort out the roots. The best divisions are on the outer edge of the clump so discard the tired old centre of the clump. Before planting, fill the holes up with Seasol a couple of times and let drain. Once the plants are settled in give them a drink of Power Feed to help them along.



*Hugh Myers is a member of the Ku-ring-gai Horticultural Society inc. The society meets on the first Tuesday of the month at St Ives Village Hall, Memorial Rd, St Ives (opposite Woolworths) at 7:30 pm. Visitors are welcome. Phone 9449 6245.



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Photos: Frederico Carvalho

INDIAN FLAVOURS NOT SO FAR AWAY

MEHFIL RESTAURANT OFFERS THE AUTHENTIC SOUTH-ASIAN TASTES AND COLOURS YOU EXPECT.

Mehfil, which in Hindi means gathering, is a small restaurant that has been in Gordon for over five years. Many assume Indian-inclined palates have to travel all the way to 'Little India' (aka Harris Park) in Sydney's west, in search of that authentic North Indian taste. Not so. Mehfil was almost full with diners on the chilly, rainy night *Sydney Observer* dropped by. Possibly because the food is as authentic as Indians expect and any other diner imagines.

Most of the dishes on the menu are tried-and-tested Indian staples. To start, Mehfil's sizzler mixed *entrée* was a reasonable take on popular snacks including samosa, pakora and kebab. The accompanied mint sauce was exceptionally tasty.

Mains included the old favourites, butter chicken and palak paneer, a dish of spinach and ricotta cheese. The butter chicken was well done, with the meat fresh and of excellent quality. The buttery sauce was not too oily and the rich flavour permeated the meat nicely.

The palak paneer was also a delicious dish. Perhaps, because chef Garry has 20 years' of cooking experience in Australia and makes his own paneer (cheese) to accompany the fresh English spinach. With enjoyable mains moderately priced from \$14, and attentive staff, Mehfil is a great local establishment. Be glad you don't have to spend 45 minutes travelling to get to a tasty Indian meal in the future.

Specialty: Butter chicken

Address: 768 Pacific Highway, Gordon

Info: 9498 7122, www.mehfilindian.com.au

Opening hours: Dinner 7 nights, 5:30pm onwards



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If you are looking for a traditional Italian meal, **Bellini's** in St Ives is a must. A favourite with the locals, this buzzing restaurant has something to suit everyone's taste buds. From traditional spaghetti, steak, chicken, veal and market fresh seafood to mouth watering pastas. And don't forget to look at the regularly updated specials.

Specialty: Traditional Italian cuisine

Address: 351 Mona Vale Road, St Ives

Contact: 9488 8332

Opening hours: Dinner from 6pm, 7 days a week



Thai Tucka

Tuck into some Thai

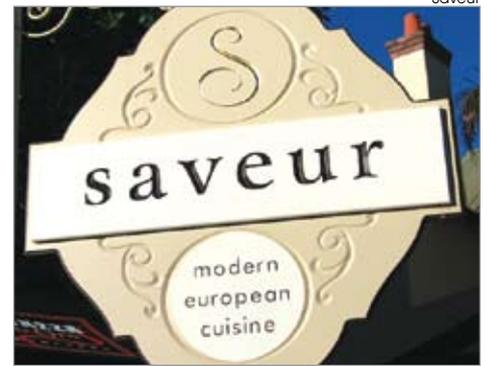
Thai Tucka restaurant in Gordon has been satisfying its customers hunger for over 15 years now. They pride themselves in serving fresh, cooked-to-order cuisine in a relaxed and comfortable atmosphere. An exemplary sense of service means you are guaranteed an enjoyable dinner. Dining options include a la carte dining and takeaway, functions, parties and celebrations of all kinds.

Specialty: Thai cuisine

Address: 758 Pacific Highway, Gordon

Contact: 9498 1122

Opening hours: 7 days, 5:30pm - 10pm



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Address: 11 Hill St, Roseville, NSW 2069

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THE LAND OF MOORS, KILTS AND THE FRINGE

THE PERKS AND DOWNSIDES OF VISITING EDINBURGH, MAKE FOR A FANTASTIC HOLIDAY.

by James Elton-Pym

"EDINBURGH IS A very creepy place," says Lane Cove performer, Keira Daley, who believes the atmosphere and character of the city is what makes it such a great place to visit. "It has a reputation as a very haunted city ... [with a] blood-thirsty past."

Lady Nerd, as she is known on-stage, has been to the Scottish capital twice before, and is headed there again in August on tour with the Sydney Fringe Festival. She shared with *Sydney Observer* the experiences she had on her last visit.

For her, the highlight was the annual Festival itself. "I encourage everyone to go," she said. "You see people on incredibly tall unicycles juggling chainsaws. I'm not even exaggerating." She went on to call it an "Olympics antidote," for those more interested in the arts than the London games.

The city has a lot to offer the tourist beyond the Festival, though. Edinburgh Castle is particularly spectacular, offering incredible views of the whole city. A

cannon fires every day at 1pm, which apparently is a shock difficult to adjust to: "everyone forgets about it every day, and everyone jumps," she said.

As someone who has come from a relatively young country she was also interested in the "seriously old stuff" at the Royal Palace. Putting on a thick Scottish accent, Keira spoke of the "craggy rock" that is Arthur's Seat – the peak of a group of hills that can be easily climbed, and grants panoramic views of the city.

But not all the memories were good. Her "coffee experience" was remarkable in a bad way. "I can tell you one of the worst things is the coffee. It's almost like a national conspiracy that you will never drink a good one there." The weather, too, is a shock to someone used to Sydney conditions. "The word 'summer' shouldn't be in their vocabulary," she said, but admits "these are petty gripes."

Keira is looking forward to seeing Edinburgh again. The rich history and the modern day activities make the city a "fascinating place to be."

Photos: Keira Daley



Sydney performer Keira Daley recommends the annual Fringe Festival in Edinburgh.

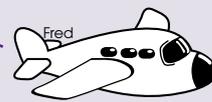
3 things to do (by Keira)

1. Edinburgh Castle - It's seriously old and a constant, formidable presence looming large over the city. The history is grizzly and the view is spectacular.
2. Climb to the top of Arthur's Seat - I haven't actually done this yet, but it's been on my list and this year is the year! It's the other thing that overlooks Edinburgh, down at the other end of the Royal Mile. A huge craggy rock from which to watch the sunrise.
3. Throw yourself into the Fringe - Be in town during August. Walk down the Royal Mile in the middle of the day and be flyered by lunatics in leotards. Watch fire-eating, unicycling street performers. Get the word on the street about the best shows, and also pick something bizarre at random for the fun of it.

3 things to be wary of

1. Coffee - Sydneysiders are spoilt by amazing coffee, so if you have a dependency you may have a problem in Edinburgh, where most "coffee" is either weak, burnt or, occasionally, chunky. Talk to Aussie ex-pats about caffeine safety zones.
2. Weather - The weather can go from sleet to sunburn in an hour, so be prepared for sunshine and drizzle, sometimes simultaneously.
3. Ghost tours - Don't get me wrong, these are fascinating, but if you're squeamish, claustrophobic, or genuinely scared of the paranormal, perhaps go for a nice stroll in the drizzle instead.





5 tips to travel with no hassle

by Samantha Malagre

TRAVELLING OVERSEAS SOUNDS exciting, right? Seeing new lands and experiencing new cultures heightens our own sense of awareness, but not preparing for your dream holiday can quickly turn into a nightmare.

Australians love to travel, in fact 6.8 million travel overseas every year. Despite this incessant need to explore, the reality of world travel can be quite costly. A round trip to Europe could end costing you between \$5000-\$10000 when you consider flights, accommodation, food and spending costs. And any mistake in planning can make you regret your big holiday. Take away the burden of overseas travel, by using these five simple tips, to ensure you have a trip to remember for all the right reasons.

1 Plan your trip before you leave: It may seem like common sense, but you'd be surprised just how many people don't prepare for a pending overseas trip. Michael Schischka, International travel consultant with Mary Rossi Travel, says it's essential that travellers "prepare as much as possible and make sure that you pre-book your accommodations well in advance." This includes discussing with your travel agent your options at least six months before your travel date.

2 Visas, Passports and travel insurance: When travelling overseas passports are mandatory, so make sure that your passport has not expired or about to expire within six months of travelling. Schischka from Mary Rossi Travel says that travellers need to be aware of the importance of travel insurance, as you never know when you might need it. A doctor or emergency medical treatment could result in a six figure bill. Insurance is for peace of mind. If your suitcase is lost or you need medical treatment, someone else picks up the bill.

3 Register your details with Smart Traveller: Travelling overseas sometimes means

to expect the unexpected that's why registering your details and itinerary with Smart Traveller (www.smarttraveller.gov.au) is essential when travelling to some parts of the world. It may seem unnecessary at first, but in situations of emergency such as a terrorist bombing or a tsunami, it can be a great source of relief and support.

4 Carry a prepaid debit or credit card: An appropriate amount of money should be set aside for travel. The use of travellers cheques was standard in the past, but now prepaid debit or credit cards are recommended. The prepaid travel card, available by Travelex, can be used to buy goods or services in almost every country around the world. And if you lose your card, it can quickly be replaced.

5 When in Rome... : Australians are known for their laid-back attitude and good-time humour, but when travelling overseas, Smart Traveller advises that people take into account the culture of the country in which they are travelling. Wearing appropriate clothing in some parts of the world, and obeying their laws is essential to having a positive experience.

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Photos: Brisbane Roar

ROAR HELPS NICK MAKE NOISE

WITH TIME SHORT AND THE SCORES TIED, BRISBANE TURNED TO A NOBODY TO WIN THEM THE FINAL.

by Patrick McAuley

BRISBANE ROAR NEEDED something new to see them over the line. A fresh inspiration to help them break apart the increasingly troublesome Perth Glory. So Brisbane Roar manager, Ange Postecoglou turned to a little known 20 year old from Castle Hill named Nick Fitzgerald. The outcome was a positive one, as Nick helped the Roar win their second successive championship.

Just a year earlier, Nick was a youth team player at the Central Coast Mariners. While some of his teammates, including Mat Ryan, Bernie Ibini and Mustafa Amini, were earning rave reviews for the performances in the first team, Nick was in the background playing youth football with little opportunities in the first team. Unsurprisingly, Nick began to believe his future lay elsewhere.

At seasons close, Nick bid the Mariners good-bye and departed to join the

reigning champions Brisbane Roar. To make things more complicated, the Mariners had recently lost in the final to Brisbane. "I went there for something different," said Nick. And it was a smart decision by the then 19 year old. Nick played the majority of the season in the National Youth League, performing so well he was named the National Youth League Player of the Year. Towards the end of the season he managed to break into the first team, making 13 first team appearances and scoring twice.

Nick is quick to pay credit to outgoing coach, Ange Postecoglou, who has recently been named as the new manager at Melbourne Victory. "Ange was great, ever since I first came up to the club and it was disappointing to see him go." Brisbane have made the decision to replace Ange with the club's longtime assistant-manager, Rado Vidosic. While many think Ange's shoes will be difficult to fill, Nick doesn't agree. "Rado is the one who can keep this streak going and [help us] win another title."

About Nick

Full Name: Nick Fitzgerald

Age : 20

Position: Midfielder

Current Club: Brisbane Roar

Former Clubs: Central Coast Mariners, Blacktown City Demons & Castle Hill United.

Career Statistics: 14 appearances, 2 goals

Brisbane Roar won the Grand Final in questionable circumstances after a dubious penalty in the dying stages.



by Patrick McAuley

Gordon Rugby lost nine on the bounce

Patrick McAuley

GORDON RUGBY'S SEASON is in turmoil. Despite pre-season predictions by First Grade coach, John Briggs, of a push for the top six, the North Shore based club have lost nine consecutive matches, culminating in a disastrous 29-0 defeat against local rivals, Manly.

Even more worryingly, the club now languish second from bottom, with only Randwick below them. John Briggs is feeling the pressure, but he is confident things will change soon. "As a group we've been working hard to improve our game. We're working hard to keep the ball and defend better." While he was coy about revealing the immediate plan to turn around the results he said from now on the "idea is that we have a fresh approach. Start a new chapter. I know that that if we get our form together, we'll get our results."

In the recent game against Manly, Gordon had one player sin-binned and another sent off. Briggs denied there was a discipline problem and said the referee's decisions were "fair enough, as long as they're consistent."

The Gordon First Grade team is inexperienced, and this season was always billed as one where some of the younger players



Gordon First Grade Coach has lost nine matches in a row.

would get some vital experience. Briggs puts many of the losses down to simple inexperience, explaining "It only takes a couple of minutes to lose concentration and for the other team to put a couple of tries past you."

The Highlanders last win was against Randwick and they face the table proper-uppers on July 14. With just five games left before the final series begin, the time is now to turn the season around. (Patrick McAuley)

DATE	ROUND	AGAINST	POSITION	WHERE
July 14	Round 12	Randwick	12th	Away
July 21	Round 13	Warringah	8th	Home
July 28	Round 14	West Harbour	9th	Away
August 11	Round 15	Penrith	10th	Home
August 18	Round 16	Parramatta	6th	Home

DUCKWORTH LEAVES AN IMPRESSION

WHILE THE NEWS for Australians at Wimbledon 2012 has been fairly disappointing, one Australian managed to make an impression with a surprise result in qualification.

Pymble's James Duckworth enjoyed one of the upsets of the tournament by defeating world No 111, Aljaz Bedene. The 22-

year-old Slovenian went down to Duckworth 6-3 7-6(0), despite the Australian 20 year old being ranked 79 places below him in the world rankings.

Unfortunately Duckworth crashed out in the second round of qualification to Frenchman and world No 144 Marc Gicquel, 3-6 7-6 4-6.

WANDERERS FIND HOME IN WEST

THE SPORTING LANDSCAPE of Australian sport has changed forever, and if you blinked you may have missed it. On June 24, the new A-League team, Western Sydney Wanderers, introduced themselves to the locals at a small poorly reported upon event at Parramatta Stadium. Over the coming years, the Wanderers could easily grow to become the biggest football club in Sydney, Australia and Asia. To remind you of the playing potential, some of the past and present footballing greats that hail from this area of Sydney include: Harry Kewell, Mark Schwarzer, Paul Okon, Brett Emerton and Christian Vieri. Not bad!

What perhaps has been most underestimated by the Australian media is the Wanderers' potential for support. In the last year of the old National Soccer League, the area comprised of the ethnically divisive teams; Sydney Olympic, Marconi and Sydney United. There was also Parramatta Power. These teams failed dismally as mainstream products. But still, between them they attracted an average of 11044 fans with a total of 142786 fans going through the turnstiles at 51 matches. This is the same supporters base that has largely been ignored in the rush to avoid an ethnically controlled game. A majority will be looking to choose the Wanderers as their team.

Once the club has built its foundations it has to think smart, and the next logical step is to get the kids and families through the turnstiles. In NSW, there are 290000 registered footballers, with the vast majority coming from Sydney. If the club was to even attract just 5 per cent of that, they would have a whopping 14500 extra fans. These two markets is where the club has to look for its support. They shouldn't waste time on frivolous Sydneysiders who have never bothered with the sport till now. There is already a market just waiting for a team to follow. These people want a team who wants them and fortunatly enough, Sydney finally has that team.

Follow: @MrPatMcAuley

KEEP THAT BODY MOVING

PILATES, MEDITATION AND YOGA IN HORNSBY STUDIO LEAD TO BETTER HEALTH.

by Patrick McAuley

KEEPING IN SHAPE and staying healthy is more than just blind, brute effort. It is increasingly a careful and delicate balance between body, mind and diet. One method many are turning to is pilates. Owner and instructor at Mindful Movement in Hornsby, Karen Willey, is convinced that it is good for everyone. "It makes the most sense for me. It puts all the pieces together," said Karen.

Mindful Movement offers pilates, yoga and meditation classes for all ages. Everyone has their own little aches and imperfections and Karen says that pilates can help fine-tune your body and banish these aches. "I have never met a body that can't be improved somehow." Even the male beginners, normally cynical, are convinced about the success of the practice. "Once a man starts they soon realise



Mindful Movement pilates classes cater for both genders and all ages.

how beneficial it is." She continues: "Some of the men who come, have been running for 30 years and they say pilates helps them improve their running technique."

Three good reasons to do pilates

1. Good movement brings good health.
2. Make you feel better.
3. Minimise risk of injury and decrease risk of reinjury.

Most of the people who come to the classes are between the ages of 30 and 60. Karen says: "They are looking for supervised classes. In our classes we make sure it is appropriate for your body." Another advantage that she mentions is injury prevention and recovery.

Karen has been running her small select studio for four years now, but has been practicing pilates since she first discovered it 15 years ago. She has a background in nursing and also holds a Masters in Sports Science. Class costs vary, but a general 10 week term, of one hour each, will cost \$180.

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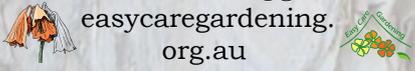
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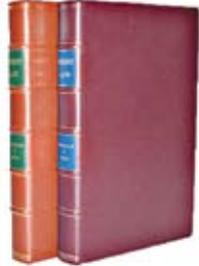
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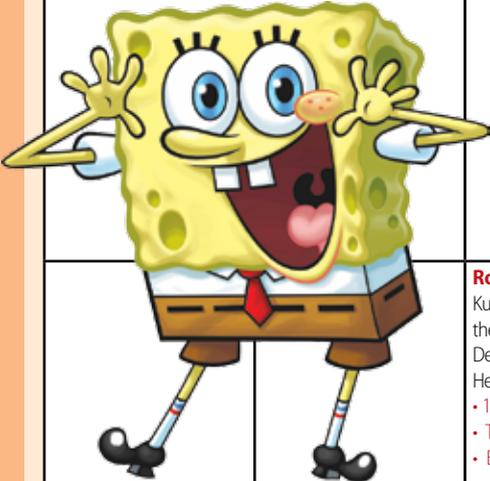
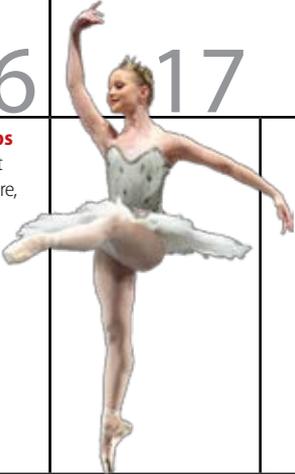
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<p>Classical Spanish Guitar Young Australian guitarist Slava Grigoryan will join the Willoughby Symphony in Rodrigo's Concierto de Aranjuez, one of the most recognised concertos of our time. It's cheerful, rhythmic chords and beautifully crafted second movement naturally evokes a sun drenched Spanish afternoon.</p> <ul style="list-style-type: none"> • 8pm • The Concourse – Concert Hall, Chatswood • \$10-\$78 		<p>Responsible Investing Learn how to increase your profit with a clear conscience and invest in a fairer future.</p> <ul style="list-style-type: none"> • 6:30pm • Location TBA • Free • Leonne Donnelly 9777 7100 or email@willoughby.nsw.gov.au 	<p>School Holiday Bushland Adventures Have fun on an exciting school holiday bushland adventure with Karen Smith, the regional Aboriginal Education Officer, explore the gully, play Koori games and listen to stories of dreaming.</p> <ul style="list-style-type: none"> • 9am-5pm • Flat Rock Gully Reserve, Naremburn • Di Eva on 9777 7755 or diane.eva@willoughby.nsw.gov.au 			
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		 <p>WWW.SMASH.ORG.AU</p>		<p>SpongeBob Live SpongeBob SquarePants saves the greatest burger in the world, the Krabby Patty, from the evil Plankton. For all ages.</p> <ul style="list-style-type: none"> • 11am-1pm, 9-11 July • Centre Court (near Food Court) Westfield Hornsby • Free 		<p>SMASH A celebration of anime, manga, art and gaming</p> <ul style="list-style-type: none"> • 9:30-5:30pm • Sydney Convention Centre • Cost: \$35
15	16	17		12	13	14
		<p>Royal Institute For Deaf & Blind Children Ku-ring-gai Lantern Club is meeting at Turramurra for their traditional fundraising for the Royal Institute for Deaf & Blind Children. Help them, to help others.</p> <ul style="list-style-type: none"> • 10am • Turramurra Uniting Church • Beverley at 9487 6012 			<p>Home Buyer and Property Investor Show The leading event in Australia dedicated to educating home buyers and investors of all levels.</p> <ul style="list-style-type: none"> • July 20-22, 12pm-5pm • Darling Harbour Convention Centre • \$18 	
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<p>Eisteddfod McDonald's Ballet Scholarships Eight talented dancers will vie for some of the most prestigious scholarships in the Southern Hemisphere, and a variety of selected dance groups and special guests will perform.</p> <ul style="list-style-type: none"> • 6:30-9:30pm • Sydney Opera House, Bennelong Point • Cost: \$58 for adults, \$48 for concession • Loraine Golden on 9261 8366 or at marketing@sydneyeisteddfod.com.au 						
22			25	26	27	
<p>National Tree Day Planting activities will run between 10am - 2pm and there will be indigenous plant giveaways for local residents, as well as children's activities.</p> <ul style="list-style-type: none"> • 10am-2pm • Artarmon Reserve (Oval) • Free 	<p>Seniors Morning Tea Enjoy morning tea whilst discussing Gothic Art and Architecture.</p> <ul style="list-style-type: none"> • 10am-12pm • West Ryde Library, 2 Graf Avenue, West Ryde • 9952 8376 					
29	30					
					AUGUST	<p>Market Morning Buy homemade treats and second-hand goods at St. Andrews Uniting Church's annual Market Morning.</p> <ul style="list-style-type: none"> • 9am-12pm • St. Andrews Uniting Church, corner of Kenneth and Christina St, Longueville • 9911 3550
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R	O	A	D	S		Y	E	A	R	L	I	N	G	S	
E			E		N	N		A		K		P			
	U	N	F	R	E	E	Z	E		T	A	S	T	E	
U		O			S		S		M					C	
P	U	S	H	E	R	S			T	R	A	N	S	I	T
S		E		L						T		A		I	
T	I	D	I	E	S	T		G	R	E	M	L	I	N	
A				V		I		R			A			G	
N	I	C	H	E			P	L	A	C	A	R	D	S	
D		I		N		S		N		C				H	
I	R	R	I	T	A	T	E	D		H	A	L	V	E	
N		C		H		E		M		E		O		N	
G	R	A	B			B	R	E	A	K	D	O	W	N	S

SUDOKU

Novice 0308

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

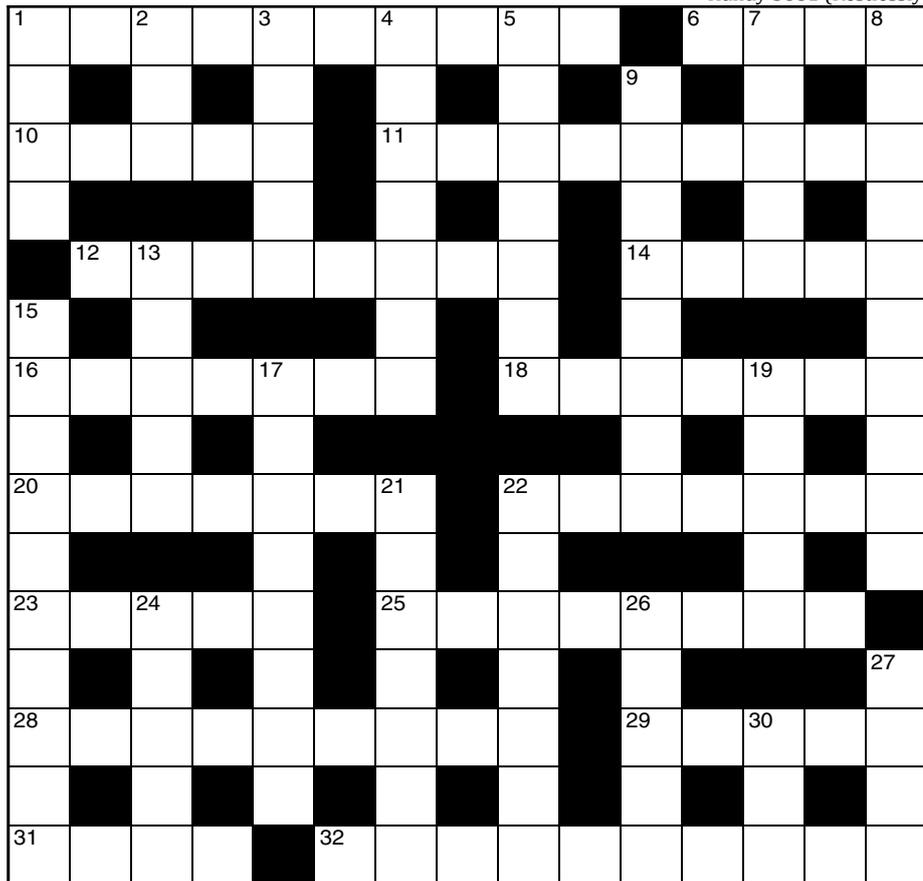
WORDSEARCH

PX163

T	R	I	H	S	H	S	A	R	J	T	Z	V	Y	T
H	W	J	Q	X	P	W	E	T	S	U	I	T	S	S
C	A	L	I	F	O	R	N	I	A	P	K	E	N	C
R	B	N	G	S	T	R	O	H	S	D	R	A	O	B
I	O	D	G	H	X	I	R	H	D	C	K	P	R	E
O	D	R	D	T	A	E	D	Z	S	I	E	E	S	V
H	Y	A	C	R	E	W	R	C	N	A	F	D	T	A
T	B	O	U	F	A	N	A	G	X	R	E	B	A	W
D	O	B	T	C	U	O	O	I	U	S	E	L	I	F
R	A	G	B	A	B	Q	B	S	I	A	W	P	R	K
I	R	N	A	R	I	S	T	E	C	N	E	E	A	J
D	D	O	C	V	L	H	R	H	E	O	I	E	L	W
B	L	K	E	A	M	O	R	U	N	R	S	X	L	
N	E	D	I	T	M	S	H	T	H	B	K	O	E	I
G	N	I	P	O	R	D	S	A	E	R	I	A	L	R

Crosswords

Handy 3681 (Restlessly)



Across

- 1. Uneasily
- 6. Not quite closed
- 10. Streets
- 11. Young horses
- 12. Defrost
- 14. Oral sense
- 16. Drug peddlers
- 18. En route, in ...
- 20. Neatest
- 22. Sabotaging
sprite
- 23. Nook
- 25. Protest posters
- 28. Aggravated
- 29. Split in two
- 31. Seize
- 32. Nervous
collapses

Down

- 1. Underdone
(steak)
- 2. Large lake
- 3. Beaten person
- 4. Deviousness
- 5. Skinniest
- 7. Chinese boats
- 8. Esteeming
- 9. Apartment
sharer
- 13. Nuzzled
- 15. Of good
character
- 17. Last minute, ...
hour
- 19. Cold side dish
- 21. Punting adviser
- 22. Mum's mum
- 24. Around (that
date)
- 26. Felt painful
- 27. Egg layers
- 30. High or ...

Wordsearch

Wordsearch PX163 (Surfing)



FIND ALL THE WORDS listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

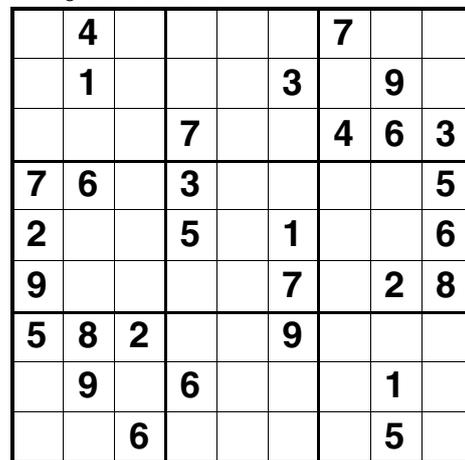
- | | | |
|--------------|------------|------------|
| AERIAL | FADE | RIDING |
| BEACH | HANG TEN | SHORTBOARD |
| BOARD SHORTS | HAWAII | SNAKING |
| BODYBOARD | KNEEBOARD | SURFER |
| BREAK | LEASH | SWELL |
| CALIFORNIA | LONGBOARD | TIDE |
| CARVE | MALIBU | WAVE |
| CREST | RASH SHIRT | WETSUIT |
| CUTBACK | REEF | WIPEOUT |
| DROP IN | RESIN | |

SUDOKU

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

Rating: ★☆☆☆☆

Novice 0308



Kelly's Office Furniture New, Second Hand and Complete Office Fitouts

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- Desks
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- Home-office furniture
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- So comfortable!
- Incredibly modern aesthetic.
- 5 year warranty.
- Seat slide, back and seat recline.
- Soft moulded foam seat.

- MESH support prevents pressure points.
- Suits all body shapes!
- Also available in high back with adjustable height head rest, when you need a break.
- FREE ergonomic assessment in store!

"Best ergonomic chair I've seen in 30 years" OWNER, KOF

Let Kelly's create your ideal office fitout

NO MATTER HOW BIG OR SMALL.

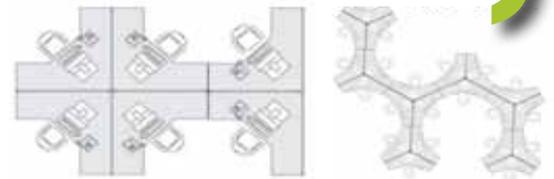


Kelly's Office Furniture were very easy to work with, to come up with a fit out that met our needs. We received the quality we required as well as good value for money

Photos: The Grand Dee Why

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