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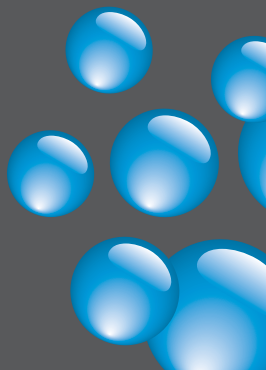
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FROM THE EDITOR

by Gailsusan Clarke

Council elections are just around the corner and it may be that you don't even know who your mayor is, let alone Council representative. If you don't, I suggest you do some research before the election! In the meantime, flip to Page 10 for an analysis of the way council affairs stand in Ku-ring-gai, Hornsby and Willoughby.

I encourage you to read our interview with Paralympic swimmer Sarah Rose, on Page 44. A bronze medallist at Athens 2004, Pymble local Sarah, is making a comeback from a serious back injury, but she is determined to not let that stand in her way.

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

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Photo Frederico Carvalho

PUBLISHED BY: Kamdha Pty. Ltd.
MANAGING EDITOR: Gailsusan Clarke (news@kamdha.com)
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SALES CONSULTANT: Melissa Borg (advertising@kamdha.com)
BOOKING DEADLINE: 20th of the month
P (02) 9884 8699 • F (02) 9884 8799
ADDRESS: PO Box 420, Killara NSW 2071
PRINTED BY: CaxtonWeb

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DISTRIBUTION by PMP Distribution

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

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MEHFIL DELIGHTS

I enjoyed the lovely review of the Mehfil Indian in Gordon. I immediately felt at home in the restaurant.

It is good to read about local restaurants that you don't hear much about, but are often better than some of the larger restaurants in the City. Having never previously tried Mehfil Indian, I will give it a try at the first opportunity I get!

Harry Angus, Crows Nest

FAMILIES STILL GOING STRONG

I enjoyed reading the concise summary of the census results. Wonderful to see that the Ku-ring-gai area still has 82.4 per cent of households made up of families!

Clare Horsfall, Turrumurra

PINING FOR THE OUTDOORS

I really was inspired by the Thomsons Outdoor Pine advertisement to go and visit and design my outdoor renovations with beautiful natural and creative products.

Jannine Ord, Hornsby



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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by Tony Hall*

It is time for a change

THE MOST SIGNIFICANT single issue on Ku-ring-gai Council's agenda during my near-25 years of my service has been the struggle against ugly, inappropriate medium density development.

All metropolitan councils have had to manage this problem. Most did so by compromising with the demands of the state government planners. But not Ku-ring-gai Council.

Since 2001 a policy of blind defiance to any changes resulted in state government planners imposing harsh planning measures that have damaged forever the character of many parts of Ku-ring-gai. Further, changes to lifestyle are also inevitable and Ku-ring-gai's move to apartment-style living with large balconies to replace former outdoor space in single houses, will continue more rapidly as the council has to meet its share of Sydney's metropolitan population growth.

The upside of this change has been the millions of dollars which developers

have paid council to provide facilities for these new residents. This Council already has spent more than \$100 million of this money and existing reserves on new parks and other major projects. However, growth in services has meant more staff needing more accommodation. To meet this demand, as *Sydney Observer* reported in its July edition, the Council has now turned to loan-borrowings to purchase more buildings and senior staff car parks. Use of developer funds is prohibited by law for this purpose.

But a local councillor's duties are much wider than managing planning changes although this is important. They must also understand their complex fiduciary duties. Councils are big businesses today and unfortunately most councillors are ill-equipped to make important financial decisions on how public funds are spent on new projects or investments.

These vital matters that impact directly on council rates and fees, now often are left to staff under delegations resolved on by inexperienced councillors. I am alarmed by

how many councils, including Ku-ring-gai, delegate practically all fiscal responsibilities and legal powers to their staff, always by mandate, at the beginning of a new council's term. Ku-ring-gai, among other councils, invested heavily in high risk derivative investments prior to the Global Financial Crisis. Consequently, a financial or credit timebomb is ticking until these so called "junk bonds" mature. Most of these investments already are worthless and ratepayers will have to foot the bill when they mature. I have at least recently persuaded this Council to protect ratepayers by seeking damages against the promoters of some of these junk bond investments.

Those running for council at next month's elections have heavy responsibilities. Accordingly I have given my support to Monique Llanes and David Ossip to represent the St Ives Ward.

*Tony has spent the last 23 years as the representative of the St Ives Ward. Prior to that he spent 25 years in the Public Service.



by John Burke*

Hunting in NSW national parks

IT'S POSSIBLE TO feel a little sorry for the O'Farrell Government as it struggles with a minority position in the NSW Upper House. However, in capitulating to the Shooters and Fishers Party to allow hunting in national parks it has treated with the devil and abandoned any pretence of a principled position. The tragic recent multiple shootings in the USA and Norway, and indeed our own Port Arthur massacre, are examples of what happens when guns are too readily available. There is no doubt that the Australian gun lobby will be greatly encouraged by this development and will make demands to spread the availability and use of guns whenever it has the opportunity.

All the evidence demonstrates that volunteer recreational hunters cannot reduce feral animal populations. Indeed,

the hunters require healthy feral numbers in order to pursue their hobby.

Despite assurances about the safety of national parks for bushwalkers and other users, it is easy to imagine accidents as some hunters inevitably break the rules or enter the parks from the many access points that will not be marked with warning signs. It will be only a matter of time until some member of the public is mistaken for a feral animal and shot.

While metropolitan parks close to Sydney, Newcastle and Wollongong as well as World Heritage areas are excluded from the legislation there are hundreds of affected parks, including popular ones such as the Snowy Mountains and the Warrumbungles.

In centuries gone by our ancestors used to get great entertainment from executions in the town square. The

possibility of watching people being hung, drawn and quartered drew big crowds. We have, however, moved on from there and there is now an ethic emerging within our civilisation that disapproves of killing any animal just for fun. The photo of the proud MP Robert Borsak with the elephant that he shot is surely repulsive to most people (www.smh.com.au/nsw/shooter-set-to-take-upper-house-spot-after-sudden-death-of-mp-20100801-111f4.html).

The NSW Government should retreat from this deal with the Shooters and Fishers Party, call their bluff and deal with the consequences. The electorate will value a moral stance more highly than an immoral deal.

*John is a member and former vice-president of STEP Inc and a former MD of Rescrete Industries Pty Ltd.



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Tony Hall has made the decision to leave Ku-ring-gai Council.

Hall leaves office after 23 years

by Patrick McAuley

KU-RING-GAI COUNCILLOR, TONY Hall has announced his decision to leave the Council after the September election. The Council veteran of 23 years of service has said his decision had been influenced by family considerations and what he saw as the degradation of local government over recent years because of the intrusive influence of the NSW State Government.

Cr Hall's forthright opinions often got him into trouble and his habit of circulating private council emails to the media and public at large, saw him accrue over 25 misconduct complaints against him. Cr Hall served as Mayor between 1999 and 2000 and his achievements as a councillor of Ku-ring-gai include the first conservation heritage plan in 1988, policies that protected council reserves and the initiation of the first bus service from St Ives to the City.

Branch closes and opens

ARTARMON BRANCH LIBRARY will be temporarily closed from Saturday, August 18 and will reopen on Monday, September 10 at 139 Artarmon Road, on the corner of Tindale road.

The new library will be housed in a restored church building, providing the community with an upgraded self check-out system, online resources, word processing and photocopying facilities.

NEW RANGE IS ABOVE PAR

Hornsby Shire Council

BY MID-AUGUST, THE new state-of-the-art, Thornleigh Golf Centre driving range will be open to the public. The range features two undercover levels with a total of 56 undercover hitting bays. Some of the new features include automatic ball retrievals through contoured synthetic holes and automatic loading onto your tee. A third feature of the range is a 36m high fence backing onto Pennant Hills Road. Owner Paul Selig said the manufacturers believe this to be the largest in the South Hemisphere and is the equivalent of a 12 storey building. The Thornleigh Golf Centre owned range is situated on Council land, but was leased to the Centre and completely funded by it.



Easy to volunteer

EASY CARE GARDENING (ECG) is currently seeking community-minded volunteers to help with gardening and support frail or elderly residents. If you are interested contact ECG on 9983 1644 or visit www.easycaregardening.org.au.

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ELECTION DAY IS FINALLY NEAR

OUR MAYORS; HOW THEY HAVE FARED WHAT ARE THEIR MAIN CONCERNS.

by Patrick McAuley

AS WE EDGE towards election day on September 8, we are increasingly inundated with would-be-councillors telling us how they plan on fixing the local potholes, end council waste and stop high rise buildings springing up everywhere. Unsurprisingly all these things

are common concerns, but with so many candidates making similar promises to fix the same problems, how can you tell them apart?

We spoke to the Mayors of Hornsby Shire Council, Ku-ring-gai Council and Willoughby City Council ahead of the election, to see what they thought of their time in charge, and where they believe the future of their respective councils lie.

Patrick McAuley



SO Files/ Patrick McAuley



Frederico Carvalho



Berman and his Centre

Hornsby Shire Council's Nick Berman has been aiming high and has been successful with these changes during his eight years as Mayor. A constant advocate of the much-needed M2 to F3 link, Cr Berman says the "consequences of not having it are getting worse. I can't imagine what it will be like if in 10 years."

On Christmas Eve, 2010 Council was forced to close the Hornsby Aquatic Centre and much of Cr Berman's tenure has been spent pushing through the new and improved \$22,124,192 Aquatic Centre, which is expected to be completed in 18 months. Cr Berman said that this centre, unlike its predecessor will last 100 years. As well as larger projects, Cr Berman said he will be continuing to deliver important infrastructure, including a pedestrian footbridge in Hornsby. He mentioned maintaining gutters and footpaths in the area as a priority.

Anderson and her LEP

Ku-ring-gai's Council's Jennifer Anderson has been in the office of Mayor for only a short time, but since her appointment in October 2011, the Council has faced a number of challenges; in particular the constant debate over the proposed northern eruv and the rewriting of the Town Centres LEP, which was finalised after a lengthy meeting that stretched into the wee hours on August 1. The plan is now set to be sent to NSW Minister for Planning and Infrastructure, Brad Hazzard for final approval.

At the time of her appointment Cr Anderson stressed approachability. Many of the delays behind the Town Centres LEP were possibly caused because of this approachability. The jury is still out on how Cr Anderson's new LEP will be greeted by the community.

Reilly wants more time

Pat Reilly has seen some changes in his time as Mayor of Willoughby. Cr Reilly has represented the Middle Harbour ward since 1987. Cr Reilly is an experienced hand who has seen rapid growth in Chatswood and Willoughby during his time in office. Last year under his steady hand, the generally successful Concourse was opened, and Cr Reilly believes there are a few more things he needs to tie together at the Concourse before calling it a day.

For this term Cr Reilly has earmarked increased pre-school care centres in the area and improved recreational areas. He said he is a strong believer in community consultation. In an interview with the **Sydney Observer**, he admitted he was unhappy with Westfield limiting free parking to two hours, and that he had been looking at the Council's contract with Westfield that very morning.

Frederico Carvalho



Dugald Mackenzie will be a candidate at the September 8 election.

NEW COUNCILLORS FOR COMENARRA?

DUGALD MACKENZIE FROM West Pymble has been inspired to run for Ku-ring-gai Council after years of being involved in planning projects with a variety of councils. Mr Mackenzie is partner at Mackenzie Architects, and a father of five who has lived in the area for the last 13 years. When asked why he is running for Council in the Comenarra Ward, Mr Mackenzie said: "I've spent the last ten years immersed in local government through architecture. I've

seen some of the bad sides of local government and I understand what some of the good things are and I desperately think we should be changing things; specifically the culture. [We need a] culture of can-do."

Mr Mackenzie's running partner is Grant Dyer of West Pymble. Mr Dyer is a self-described entrepreneur and described the Council at being "ineffective at managing its resources. Nominations for Council close on August 8.

Cosh Living to come

KILLARA ARTIST SOARS TO FINALS

SALLY RYAN WAS ONE OF 20 FINALISTS FOR THE NATIONAL PORTRAIT PRIZE.

by James Elton-Pym

MUCH TO THE embarrassment of the subject, Killara artist Sally Ryan's portrait of her son now hangs on public display in the historic Moran House. The oil-on-canvas work is realistic, but with the lively warmth of paint. Around it are the 29 other finalist portraits chosen from the pool of 900 entries to the Doug Moran portrait prize – the richest portrait prize in the world, with the winner bagging \$150,000.

The portrait is called "The Defendant," because the many hours of sitting to be painted took a toll on her son. "I guess he looked like he was on trial... and being judged."

Sally has only been painting portraits for four years – since she gave up her job teaching art at Sydney Grammar School to paint for a living. "I'm really quite obsessed as an artist,



Sally Ryan (left) with her portrait, 'The Defendant'.

I literally paint every day," she says. "There's never a day that goes by that I don't paint."

This portrait took around two months of constant effort: "I do very slow, careful work." Managing the slight variations in the way the

model sits over such a period can be a challenge. "It comes down to many years of experience with painting. You study the bones, you study the muscles ... so that your knowledge of the figure that you're painting is so good that you can cope with those small changes."

This year, 150 semi-finalists were displayed at moranprizes.com.au, before the select final 20 were announced. When Sally saw the quality of the works, she dismissed the idea of being picked. She went to Bathurst with her friends for a week to paint, and was greeted on return with the surprise.

"It is a big deal for me," she says. Describing herself as an "emerging artist," being hung in a major portrait prize like this is a major achievement for her. Looking to the future, Sally wants to build a body of work large enough to do her own exhibitions. As for this work? "This one I'll keep," she says.

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BUMPING AWAY BABY BLUES

ONE IN FIVE AUSTRALIAN MOTHERS SUFFER FROM PERINATAL DEPRESSION.

by Kieran Gair

WHEN SACHA PARKER gave birth to her son in 2002 she attributed the intense sadness, periods of weeping and constant feelings of being worthless to the lingering effects of a car accident months earlier. But as her anguish became more constant, her feelings of worthlessness intensified and thoughts of suicide began to rule her life. Sacha came across Hornsby Heights community group, Baby Bumps. It was there that she was able to find the support she needed to overcome the self-described "horror" of perinatal depression.

Sadly Sacha's traumatic experience is not uncommon. A recent report by the Australian Institute of Health and Welfare in July shed light on the prevalence of perinatal depression, the period between conception and 12 months after the birth. The report, which surveyed around 29,000 women revealed that up to one in five mothers had suffered from perinatal depression.

Leading Australian psychiatrist, Dr Bryanne Barnett said that perinatal depression can be a disease (psychotic), an illness (Major Depression) or a predicament (long-standing low mood condition). During the perinatal period Dr Barnett said that "A great many extraordinarily important things

happen over that time. Even if things go well, with no hitches for mother, father or baby, the stresses are significant and changes in the parental lives are permanent. Anxiety

"It was the worst experience a mother could go through. I nearly committed suicide. You feel utterly worthless."

Sacha Parker,
perinatal depression victim

levels are high, relationships are altered, finances and social and work commitments have to be rethought."

Greater recognition of the condition and mounting evidence suggests that perinatal depression can have considerable and long-lasting effects on the whole family. CEO of the Gidget Foundation, a not-for-profit organisation which aims to promote awareness of perinatal anxiety and depression, Catherine Knox, said that "perinatal depression is a biological, psychological and social issue. It is a whole package of things. It doesn't dis-

criminate and it has always been around but people are finally starting to speak up and share their stories."

■ Support groups save lives

Sacha describes her depression as the "worst experience a mother could go through. I nearly committed suicide. You feel utterly worthless. I was thrown in the deep end; the books didn't say anything about perinatal depression."

The Australian National Infant Feeding Survey showed that close to 50 per cent of respondents were diagnosed with depression during pregnancy, while around 8 in 10 sought help from a professional, family or friend. However, the survey revealed that postnatal depression was more common in women with depression history, smokers and other particular characteristics (see bottom of page).

For Sacha her recovery from depression improved once she had moved to Hornsby and joined the local Ku-ring-gai - Hornsby support group, Baby Bumps. "My support just grew out here, in hindsight I was very lucky to move to Hornsby." Baby Bumps helped Sacha take what she says is the most important step - talking about perinatal depression. "Saying it's ok, you can make it - that first step, talking about it, is very hard."

Personal files/Sacha Parker



Sacha considered suicide after giving birth to her son, Edward in 2002.

Characteristics of perinatal depression victims

- Smokers.
- Younger women (aged under 25).
- Had a history of depression or mental illness.
- Came from lower-income households.
- Native English speakers.
- Were overweight or obese.
- Had an emergency caesarean section.



Patrick McAuley

The Baby Bumps group meets every week at the Hornsby Heights Community Centre.

Preventive attitude is the best preparation

Catherine Knox believes that support groups are “absolutely the best way to recovery.” However, with focus shifting to the pregnancy period, it has become equally important to emphasise an effective method of preventing perinatal depression. “Screening women pre-birth, through an interview with a health professional, is a worthwhile and effective way of picking up problems that could suggest perinatal depression.” With at least some public hospitals in every state offering all pregnant patients a chance to discuss how they’re coping mentally, Catherine is hoping that the Emotional Wellbeing program, still in its infancy at North Shore Private hospital, will give pregnant women the chance to discuss any concerns about the approaching birth.

The Coordinator of the Emotional Wellness Screening Program at North Shore Private Hospital, midwife Katrina Crawshaw said that “assessing mental health in pregnant women is just as important as a blood test or ultrasound.” The evaluation is optional and designed

to avoid the symptoms of perinatal depression that can arise after the birth.

“Assessing mental health in pregnant women is just as important as a blood test or ultrasound.”

CEO of the Gidget Foundation,
Catherine Knox

■ From hell to hope

With over 29,000 past or current sufferers of perinatal depression in Australia, Sacha Parker said that every community needed a support group like Baby Bumps. “I went from hell in the beginning to coming out with three happy kids at the end, I can’t emphasise how important a support group is. We’re a little community group in Hornsby helping out all of the mums that we can.” (Kieran Gair)

Symptoms

- Hopelessness
- An inability to be happy
- High level of anxiety
- Difficulty in relaxing and sleeping even when the baby is asleep
- Loss of appetite and sleep disturbances
- Resentment towards the baby
- Exhaustion, emptiness and social withdrawal and detachment
- Feeling like you can’t take care of the baby
- Suicidal or disturbing thoughts about the baby

THE TUNNEL THAT IS NOT SO SECRET

THE STORY OFTEN TOLD BY A TEACHER, WRITTEN AND ILLUSTRATED BY TWO LINDFIELD TEACHERS.

by Patrick McAuley

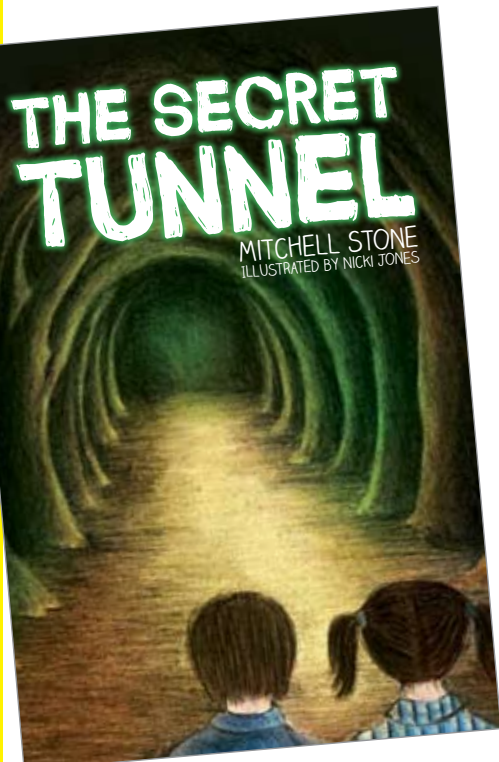
SPORTS TEACHER AT Lindfield Public School, Mitchell Stone, is famous for telling wild and imaginative stories to students, teachers and friends. What he isn't known for is being an author - at least not until now. Mitchell has reinvented his famous story of the secret tunnel beneath the school. *The Secret Tunnel* tells of the adventures of two students, Edward and Sophie, at the mythical Lionfield Public School.

Teacher, Mrs Sally Thompson said about Mitchell: "He is much loved by the whole school and he loves telling the children sto-

ries." The talents of the teaching staff is not limited to Mitchell, as the book was illustrated marvellously by colleague and teacher, Nicki Jones.

While "Lionfield Public School" is a different school to the real North Shore school, many of the characters are similar to some at Lindfield Public School. Mitchell admits the two main characters are based on students Edward Cameron and Sophie Simms, while the other characters are based on teachers at the school.

Mitchell says a sequel is on the cards, but it remains to be seen whether his other well-known stories will make an appearance.



Where to buy: The book is available at Lindfield Book Shop, 328 Pacific Highway, Lindfield, for \$15.

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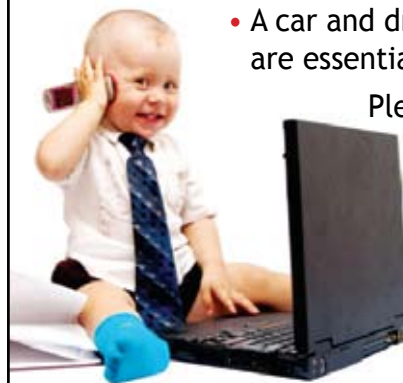
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William Ho

(Above) Students listen to Nicki Jones and Mitchell Stone at the book launch. (Below) Nicki Jones, Edward Cameron, Sophie Simms and Mitchell Stone.



Frederico Carvalho

ROSEVILLE COLLEGE SPEAKER AWARDED

YEAR 11 STUDENT at Roseville College, Alice Strauss has won the prestigious Pat Fisher Best Speaker Award from Zonta International, ahead of competitors from some of Sydney's finest schools.

Alice was nominated after her Year Adviser, Angela Knight and Director of Pastoral Care, Elizabeth Oakley observed an "exemplary attentiveness to the needs and service of others." Mrs Oakley said she "leads by example in student government and by volunteering with community organisations."

She is a regular volunteer at the Roden Cutler Lodge in Gordon, through the school's Building Connections initiative. "Somebody told me that it is admirable that I volunteer my time in a time-poor society" explained Alice. "But I don't think of it like that. I enjoy it and it matters." Alice says she hopes one day to work for either the Red Cross or the United Nations. Year 12 student, Zoe McLaughlin of Roseville was also a finalist in the event. She too was nominated because of

her work in student organisations and community volunteering.

The award was given by Zonta International, an organisation that works towards advancing the status of women in 63 countries worldwide. Awards are open to students between the ages of 16 and 19 years of age who have demonstrated leadership capacity.

Roseville College



Roseville College student Alice Strauss, won a prestigious award for speaking.

Open Mornings at Arden



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DISNEY DREAM COMES TRUE

FIGURE SKATERS GET CHANCE TO IMPRESS ON ICE.

by Miranda Middleton

THREE TALENTED YOUNG figure skaters came close to fulfilling their lifetime dream of performing in Disney on Ice, as they were chosen to skate in the Sydney pre-show at the Allphones Arena in July. "I've grown up watching Disney on Ice and always wanted to be in it, so it was a dream come true," said Katie Pasfield who, at age 13, was the second youngest performer on the ice.

Her seventeen-year-old sister Zara, who was the 2011 Australian senior ladies figure skating champion, said that it was the most high-profile show she had ever performed in, and that it was a great experience to skate in front of such a large audience. Exciting opportunities like these make Zara's rigorous training regime of two sessions a day, six days a week, all the more worthwhile. "Skating

is something I love doing so it doesn't feel like a chore. It's actually a great outlet for stress," said the Year 11 Pymble Ladies' College student.

Along with the Pasfield sisters, Karina Chan from Sydney Girls High School also performed a two-minute solo in the pre-show. "It was one step towards being in Disney on Ice," said the fifteen-year old, who enjoyed skating to the fun and upbeat number from Princess and the Frog, 'Down at New Orleans', and hopes to perform in more shows when she is older.

Zara and Katie's mother, Jodie Pasfield, said that this chance for the girls to exhibit their talent was a nice break from the intense competition that they are usually involved in. "The girls gave a fabulous performance and really looked like they were enjoying themselves, which is the most important thing," she said.

Photos: Personal files

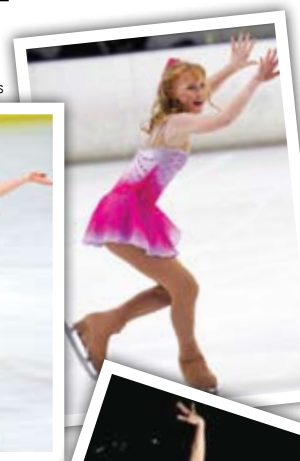


Figure skaters, Zara Pasfield (top left), Katie Pasfield (middle) and Karina Chan (bottom).

Mini masterchefs 'dish up'

STUDENTS ARE PUTTING their Masterchef viewing to good use by preparing nourishing meals for community members in need. A host of local primary and secondary schools now regularly donate home-cooked meals to 'The Dish', a service initiated by St John's Church Wahroonga eight years ago.

Initially a soup van which operated in Hornsby every Friday night, 'The Dish' now provides a three-course meal for between ten and twenty people for three nights each week.

Headmaster of the Knox Preparatory School, Mr. Mark Hemphill, was eager for students to support 'The Dish' as part of their Service Learning program. Every Friday of the school term, Year 3 students take it in turns to plan, prepare and bring in nutritious meals for those less fortunate than themselves. "Our boys here are very privileged, so they have the responsibility of finding ways to help those in need," said Mr. Hemphill.

With eleven other schools also contributing to 'The Dish' on a regular basis, the van now operates on Monday and Tuesday evenings as well. Once a month, girls at Abbotsleigh cook a variety of delicious meals, from lasagne to profiteroles, which are later served from 'The Dish' van by Abbotsleigh staff members. The school's Director of Service Learning, Michael Farrell, said that the girls get a great sense of satisfaction out of contributing to 'The Dish', even though they're behind the scenes. "There's a strong culture of giving here," he said. "Something practical and hands-on is what we're always looking for," he said.

Secretary of 'The Dish', Alison Stewart, is extremely thankful for the support of the staff, parents and children at all of the schools which are involved. "I am overwhelmed by the generosity and willingness, in each of the school communities, to give," she said. "Such an ecumenical outreach is inspiring." (Miranda Middleton)

Knox Grammar School



A group of Year 3 Knox Grammar students with home-cooked food for 'The Dish.'

Alison Stewart



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FIDLER BUILDING AIN'T BAD

SCHOOL'S NEW LIBRARY HAS BEEN HONOURED WITH AN ARCHITECTURE AWARD.

by Paul Clark

A NEW BUILDING at Ravenswood School for Girls, Gordon, has been recognised by the Royal Australian Institute of Architects, with the award of the Sir John Sulman Medal for Public Architecture. The medal is for the design of the new library and resource centre, the Mabel Fidler Building.

The design brief from the school to BVN Architecture required the building to use space in innovative ways. One example is the 'La Scala' staircase, which doubles as a seating area for presentations with the aid of a retractable screen.

Ms Jo Abignano, Director of Community Relations at Ravenswood, says that the new building has all the latest technology and resources to facilitate learn-



The Mabel Fidler Building, the prize winning design.

ing for kindergarten to Year 12 students. The building is also the new main entry to the school. "It's a very visual space," says Ms Abignano. "Students can prepare Powerpoint presentations, write on the

walls, or book rooms for private study." The building includes a Junior School library which was funded with \$2.75 million from the 'Building The Education Revolution program'.

The new building is named after Ms Mabel Fidler (1871-1960) who founded Ravenswood in 1901 and continued as Headmistress until 1925. Ms Fidler founded the school on a block of land adjacent to her home 'Ravenswood', in Gordon. The school was purchased by the Methodist Church in 1925 and today Ravenswood is a Uniting Church school.

First awarded in 1932, the Sulman award honours Australian architect Sir John Sulman (1849 - 1934) and recognises excellence in public and commercial buildings. The 2012 award is the seventh time BVN has won a Sulman medal.

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What about me?

by Graham Anderson*

IT IS REALLY hard for a celebrity to command real attention without being in the limelight 24/7- for better or for worse: from Janis Joplin or Kurt Cobain to Amy Winehouse or Ke\$ha.

Of course bad behaviour has always caught the eye. When the poet John Milton published 'Paradise Lost' in 1667 the poet complained that the bits featuring Satan were a whole lot easier to write than passages featuring God. Bad behaviour can make careers!

In Greek mythology there was a proud and handsome hunter named Narcissus who, when he saw his own reflection in a pool of water, fell in love with it, not realizing it was merely an image. Celebrity is all about image. It is all about me.

A recent study of adolescent personality disorder isolated two key areas of blame:

1. Social media with a focus on the "me" and my every trivial action.
2. And celebrity - where the "me" is the most important. The "me, myself, I" is embedded in our language: MySchool, MyBus, MyTicket, MyFerry. And don't we love the iPod, the iPhone and the iPad. The "I" makes us special too.

Our schools are preparing students under this influence of celebrity and "me" for jobs that do not exist, using technologies

Each student should be well known in a school community, well cared for in a respectful environment and well taught through purposeful learning

that have not been invented in order to find solutions to things we have not yet recognised as problems.

Social researcher, Hugh Mackay, notes the following: young people will keep their options open, wait a long time both to get married and to try for pregnancy; have expectations typically higher than their parents; and not just want satisfying work, but satisfying and fun workplaces.

Our schools must equip students in ways that will enable them to flourish, through providing quality education for each and every student. In every initiative, endeavour and decision our schools must seek to be concerned with improving the educational experience of our students: to become men and women of conviction and integrity, so that they will enrich the communities in which they will live and work. Each student should be well known in a school community, well cared for in a respectful environment and well taught through purposeful learning: understanding what it is to be both a collaborative and an independent

learner; a critical thinker, a strategic planner, an effective listener, a communicator and a creative problem solver; to develop confidence, resilience, respect for self and others. A student who has a spirit of kindness, generosity, tolerance, empathy, integrity and a sense of service to others is a young person who will defeat the cult of celebrity and "me".

The advice of the ancient Greek philosopher, Socrates, is still relevant: "I cannot teach anybody anything. I can only make them think... education is the kindling of a flame not the filling of a vessel."

* Graham Anderson has been principal at Arden Anglican School since 2010. Before that he was the acting principal at Bishop Druitt College in Coffs Harbour.

Correction: Ravenswood principal, Vicki Steer, was the Head of Grant House at Lowther Anglican Grammar School. She was not the principal of the school, as read on the "From the Principal" in our July issue.

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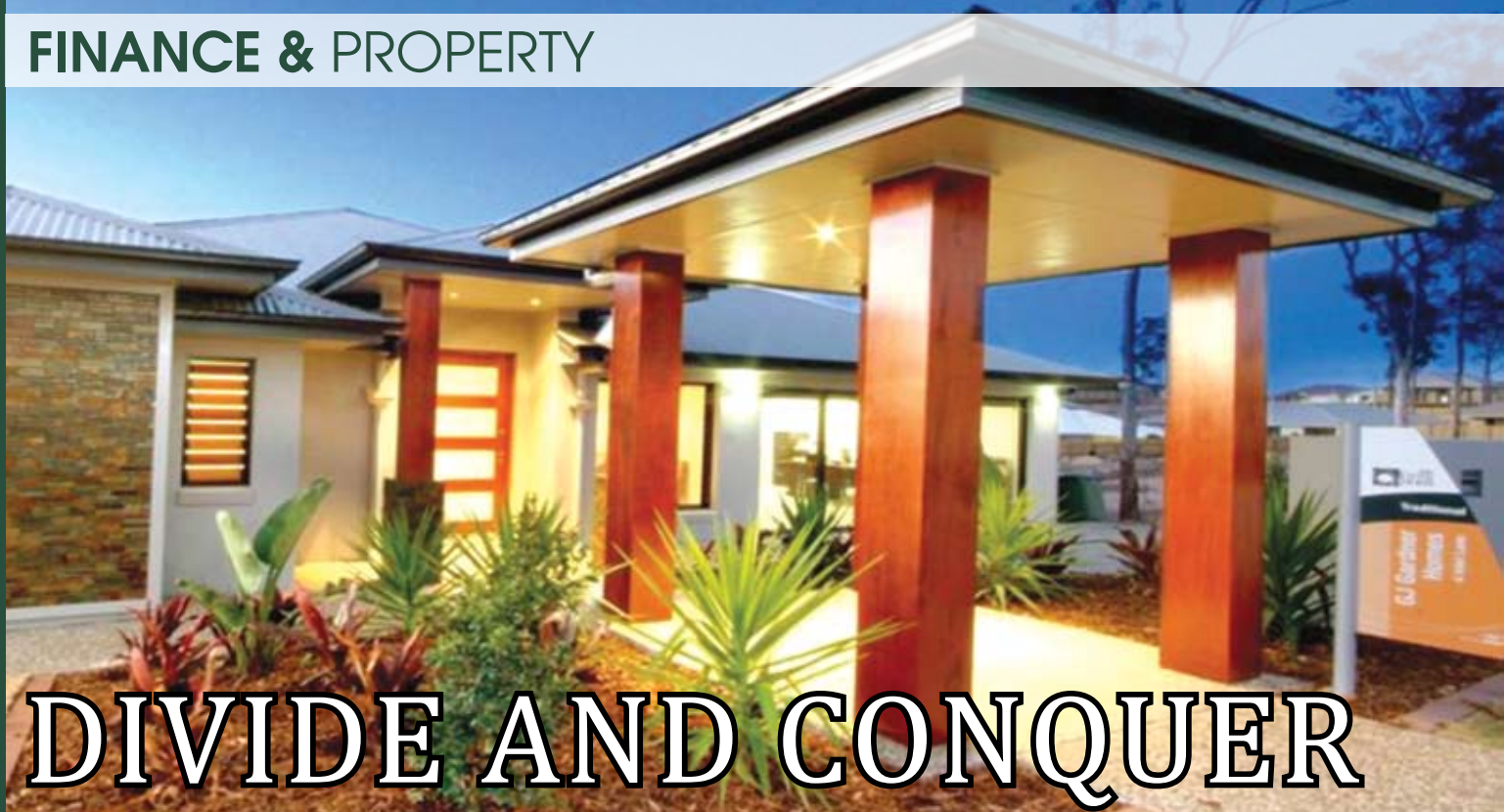
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DIVIDE AND CONQUER

DON'T MOVE OUT, THERE'S A FEW OTHER OPTIONS THAT MIGHT SUIT YOU.

by Patrick McAuley

MAINTAINING THE OLD family home, when most of the young chooks have fled the coop, is a troublesome, time-consuming and expensive necessity. More and more Australians are choosing to downsize their living spaces by subdividing the old block, thus bringing in a new source of income.

■ Reasons to downsize

If you find the spare bedrooms, dining and lounge areas are rarely used, then this is probably applicable to you. Melissa Lueckl of G.J. Gardner Homes says one of the main advantages of downsizing is you don't have to move from your home later again in life when stairs become too much of a trouble. "Downsizing to a single story home makes great sense as we age," explained Melissa. "It is not silly to plan with this in mind – it might mean remaining in your own home for longer if the living and facilities are on one level with no stairs to worry about."

■ Subdivide?

The next logical step is to think about moving out and into a new home, but perhaps you should think outside the box. Maybe think about your old block. It may be that you have a large enough property to subdi-

vide and build a new home or two on the old block of land, bringing in extra revenue at the same time. Companies like G.J. Gardner Homes make this easy by helping you with the process. They even have customised designs that are easy to alter.

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If you find the spare bedrooms, dining and lounge areas are rarely used, maybe it is time to downsize.



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PLANNING FOR YOUR RETIREMENT

WITH A LONGER RETIREMENT AGE THAN EVER BEFORE, HAVING SECURE SAVINGS IS INCREASINGLY IMPORTANT.

by James Elton-Pym

AUSTRALIANS ARE LIVING longer, but retiring at the same age. Superannuation dollars are needed to stretch further than ever before. Chartered Accountant Peter Vickers points out that these days, “your working life is nearly the same as your retirement life.” He says the best way to make your money last is a diverse portfolio.

One way to achieve this is through a self-managed super fund. These offer you more choice and control of your money. This suits investors with bigger nest eggs – as Mr Vickers says, if you have close to a million in savings, “you like to be able to manage that yourself.”

Mr Vickers says there are three kinds of useful investment: lending your money to someone, buying property, and investing in someone’s business, usually via the share market. While it’s possible to invest in all of these in your own name, he says “that’s what the super fund does anyway.” Additionally, going through a super fund has a “tax advantage.”

These three investment options go through cycles, independent of each other: “At

any time, you’re probably better investing in one of those, not three,” he says.

There are some other kinds of investment to be wary of, though. The gold market, Mr Vickers says, is “speculation, that’s not investment ... you need a crystal ball to know what part of the cycle it’s in.”

There is no such thing as a safe investment, he says: “It’s all about comparative risk.” No economist could have predicted the GFC, and the unexpected can happen. More recently, the northern hemisphere’s dry summer has driven up agricultural prices. These things are impossible to predict, but can be mitigated against with a diversified portfolio, he says.

Your decisions about the way you invest for your retirement depends on how involved you’d like to be. People who “want to control their money and know what they’re doing ... [should] have a self-managed fund or invest in [their] own name.” For those who don’t know, or don’t want to know, a regular super fund will do the job.

To know what would be the best investment for you, remember to talk with your financial advisor.

There are three kinds of useful investment: lending your money to someone, buying property, and investing in someone’s business, usually via the share market.

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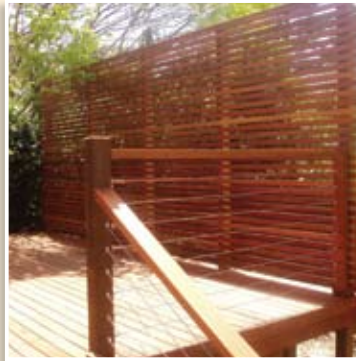
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JUST 123 YEARS OF FATHERHOOD

THE GREAT-GRANDFATHERS WHO KNOW MORE THAN MOST ABOUT BEING A FATHER.

by James Elton-Pym

BETWEEN THEM, FRANK Miller and Rob Campbell have been fathers for 123 years. With Fathers' Day fast approaching, the *Sydney Observer* consulted the wisdom of the elders on the mysteries of fatherhood.

"I don't know if I've got much wisdom, but you can consult as much as you like, the fee's the same!" jokes Frank as he sits down. He's now 87, and was made a great-grandfather three years ago.

So what makes a good father? "First of all the ability!" says Frank. More seriously, he says fathers need to "try to teach [their children] what's right and what's wrong," and "be a little strict." Rob sees "the ability to learn" as vital.

Both men modelled their parenting style on their parents. Frank's father was a World



James Elton-Pym

Frank Miller (left) and Rob Campbell know more than most about being a father.

War I veteran who went to Gallipoli. "My parents were a great example to me," he says.

The two believe time spent outside with your children is the most valuable, and regret the amount of time today's youth spend on computers. Excessive time with a

screen, Frank says, "destroys a child's imagination and ability."

"Fresh air's a damned good thing," he says. The times he remembers spending with his children were the "things you did together, out in the bush" and the "joy of seeing [his] daughter bring in a live fish." Rob remembers taking his children out to the opera and ballet when they were only seven.

Now with two great-grandchildren, Frank feels "tremendous" family pride. He says there's something special about the family name lasting three generations: "I think how pleased my father would have been," he says.

So what do these experts plan for the first Sunday of September? "We don't believe in Fathers' Day," Rob declares. "Far too commercialised," Frank affirms.

For these men, the success of their children is commendation enough.



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Killara Gardens wins award

Pathways Aged Care, Killara Gardens, has won national recognition by receiving the Better Practice Award from the Aged Care Standards and Accreditation Agency.

The Better Practice Award, which recognises innovation, improvement and better practice in aged care was awarded to Killara Gardens because of their Wellbeing Program. This program focuses on the residents emotional welfare, in order to provide meaning and quality for residents through encouraging socialisation and positive thinking.

Accreditation Agency's Chief Executive Officer, Mr Mark Brandon, congratulated Killara Gardens on their award. "Their efforts are testament to the high quality care in Australia's residential aged care industry and are deserving of recognition," Mr Brandon said.

A select panel of aged care experts reviewed almost 200 nominations to decide the winner of the Better Practice Awards.

More details

For additional information and more details on the program, please contact Killara Gardens on (02) 9418 5200 or visit www.killaragardens.com.au

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A new concept in home healthcare has arrived through Form Plus Function, which provides a variety of different products that offer a fresh, new perspective on independent living and home healthcare.

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Form Plus Function enables retirees "to continue to live at home with safety and style," says CEO Katie Flannigan.

More info

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High tea at Dee Why Gardens

Dee Why Gardens residents benefit from the security and assistance that comes with living in a village community, while still enjoying freedom and independence in their retirement. In the central Clubhouse there are a host of facilities that enhance residents' lifestyles including a billiards room, library, heated indoor swimming pool, dining room and café.

Dee Why Gardens will be opening its doors on Wednesday, August 29 for a high tea event and you're invited. Guests will come along and enjoy a delicious high tea with likeminded people in the ambiance of the clubhouse. This event also offers the perfect opportunity for you to take an obligation free tour of the facilities and display homes to see exactly what Dee Why Gardens has to offer. RSVP's are essential as places are limited, please contact Garth or Kate on 1800 155 171.



Dee Why Gardens village community.

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AUSTRALIA'S MISJUDGED KILLER

THE BOWEL CANCER CAMPAIGN LAUNCHED TO RAISE AWARENESS.

by Miranda Middleton

BOWEL CANCER AUSTRALIA recently launched a new campaign, 'The Bowel Movement', to raise awareness about bowel cancer prevention and early detection. Claiming over 4,000 lives every year, bowel cancer is Australia's second most fatal cancer. If detected early, it is also one of the most curable, yet the Department of Health and Ageing has found that less than 40 per cent of bowel cancers are detected in their early stages.

"We're firmly of the belief that Australians are not well enough educated about bowel cancer," said gastroenterologist and Director of Bowel Cancer Australia, Dr. Cameron

Bell. He hopes that 'The Bowel Movement' campaign will encourage more Australians to talk about bowel cancer, take a bowel cancer screening test, and tell close relatives about their family's medical history.

According to Bowel Cancer Australia, people are most at risk of getting bowel cancer if they are over the age of 50, have a significant family history of bowel cancer, or have previously had an inflammatory bowel disease or cancers of the colon, rectum, ovary, endometrium or breast. The National Health and Medical Research Council recommends that at the age of 50, people should start having a Faecal Occult Blood Test (FOBT) every one to two years.



"If you're 50 or over, you're crazy not to be doing something to reduce your risk of such a common cancer, which is lethal if you don't get it early," said Dr. Bell.

The FOBT is a simple do-at-home test designed to detect microscopic amounts of blood in the stools, which can be a warning sign of bowel cancer. Screening test kits are mailed out to all Australians who are 50, 55 or 65 as part of the Federal Government's National Bowel Cancer Screening Program, and are also available at most community pharmacies.

"It's not embarrassing, it's not unpleasant, and given that it could save your life, it's very well worth doing," said Dr. Bell. According to Bowel Cancer Australia, if bowel cancer is de-

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tected before it has spread beyond the bowel, the chance of surviving for at least five years after diagnosis is 90 per cent, and most people are able to return to their normal lifestyle.

To request a test kit, call 1800 555 494 or visit bowelcanceraustralia.org

Richard Darke personal file



Richard Darke, Mosman resident and winner against cancer.

Two times winner against cancer

Richard Darke, of Mosman, hoped that he had seen the last of cancer when he successfully beat prostate cancer in 2007. However, a change in his bowel habits in 2010 made Richard suspect that something was not right. "After having prostate cancer, I was more aware and conscious of how these things can come up and get you," said the 65-year-old retiree, who was quick to take an FOBT.

Richard had in fact taken the test only one year prior, with negative results, but the test came back positive the second time around, with a subsequent colonoscopy revealing stage one cancer in his bowel. "I was shell-shocked by the news at first, and felt fatalistic that maybe this one would get me," he said.

Going into hospital for surgery, Richard was most anxious about the probability of needing a colostomy bag after the operation, either temporarily or permanently. "This really terrified me, especially given my active lifestyle," he said.

Fortunately, due to the early detection and local containment of the cancer, it was

able to be fully removed and Richard did not require a colostomy bag. He was in hospital for 11 days with unpleasant side effects, but with the support of his family and friends and a switch to a low-fibre diet, he has since returned to his normal active lifestyle, having recently done a ten-day wilderness walk in Kakadu National Park.

Despite having to fight cancer twice, Richard considers himself incredibly lucky. "I could lead a miserable life in a poor country like Somalia or the Sudan, but I live in the first world, with first-class treatment, and I am able to have a life due to early intervention," he said.

He has worked with Bowel Cancer Australia at seminars and exhibitions to encourage all Australians to take advantage of precautionary measures such as the FOBT, which can potentially save your life. "If you get tested and detect any cancer at an early stage, you can treat it and have a full recovery," he said. "If you don't, bowel cancer is deadly."

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No drill dentistry

by Dr Ian Sweeney*

ACCORDING TO A recent national survey, nearly 30 per cent of us visit our dentist infrequently, if ever. This reluctance has led to higher levels of tooth decay across all age groups. Fear of dentistry due to poor past experiences is the primary cause of the lack of attendance. If a parent has a fear of dentistry, it is important that they do not pass it on to their children.

NSW health figures show that tooth decay is relatively common in Australian children. Nearly half the children aged five and six years (48.7 per cent) had a history of dental decay in their primary teeth, while nearly half of children aged 12 years (45.1 per cent) had a history of decay in the permanent teeth. Young children from the lowest socio-economic areas had about 70 per cent more dental decay than children from the highest socio-economic areas.

Over the last 20 years the dental profession has noticed the decay rate among children dropping. However, the rate of dental decay now appears to be on the rise. The issue appears to be largely related to early feeding patterns including excessive snacking, consumption of sugary foods and beverages, bottles or sippy cups with drinks other than water at bedtime.

Preventive dentistry involves preventing disease rather than treating it. Educating patients to prevent dental decay is the key to success. The success of preventive dentistry is based on regular maintenance and understanding basic dental problems together with commitment and application by the patient and their families. A modern “no drill approach” to dentistry involves the application of professional strength fluorides, use of dental sealants, and intensive coaching on tooth brushing and flossing techniques.

Patients willing to conform to a dental care regimen tailored to their risk status can reverse their rate of decay. A National Health and Medical Research Centre study has shown a 40 per cent reduction in the incidence of decay, an almost 50 per cent decline in the need for first-time fillings, and more than 50 per cent reduction in the number of repeat fillings, even in high risk patients.

Research such as this is changing the way dental students are taught, with the Westmead Centre for Oral Health, a major dental teaching hospital, introducing a “No Drill Clinic” into their teaching curriculum.

*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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Photos: Pacific Pools



Pool renovations can dramatically alter your backyard. They are a good opportunity to add features like waterfalls.



REINVENTING YOUR OLD POOL

MORE AND MORE AUSTRALIANS ARE CHOOSING TO RENOVATE RATHER THAN DESTROY THE OLD POOL.



by Patrick McAuley

SOME POOLS DON'T age that well. They may develop stains, tiles may crack or you may just be sick of the sight of it. If this is the case you may be thinking through your options. You may even be thinking about moving because of that tiresome pool.

According to Kim Woods of Pacific Pools, renovations are becoming increasingly popular. While a pool renovation can be a chance to do basic repairs, it is also an opportunity to introduce new features like spas, or waterfalls. Kim said there are alterations you can make. "We can change the shape of the pool to a certain extent. We can lengthen or shorten a pool, add a spa inside the pool or alongside it, add water features, and even deepen or reduce the depth of the pool."

A pool renovation will also lengthen the lifespan of an existing pool. Some general pool repairs can help you save signifi-

cantly, perhaps preventing you from building a new pool from scratch.

Because of the enormous variety in projects, Kim wasn't able to say what the average price of a pool renovation might be, but she mentioned some pool projects can take just 10 to 12 weeks.

While a pool renovation can be a chance to do basic repairs, it is also an opportunity to introduce new features to it.



Spas can be added alongside or inside the old pool.

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SPRING AND SUMMER are just around the corner. Barbecues on the veranda with the family gathered around will be soon as common as flies buzzing outside the kitchen window. One option to help you enjoy this year's warmer months is a different sort of roofing system, or outdoor entertaining area where you can enjoy the full benefits of the weather, by actively controlling what it's like outside. All this is possible with a vergola system.

The system is an opening roof technology that is electronically and remotely controlled allowing you to choose and adjust the warmth of an extra outdoor living space. General Manager of Vergola NSW, Peter Rust, says adding a

vergola opening roof system "is like adding an extra room to your home."

It works by tilting the opening louvres to allow sunlight in or out. Peter explained that the system allows you to keep your outdoor space cooler in summer, but warmer in the cooler months. One of the main advantages of the vergola system is that it can be enjoyed all year round, and not just in the warmer months.

The average cost is around \$20,000, but each system is custom-made to suit your home, so prices vary. Some new features include rain sensors, remote controls and a wider selection of colours.

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PRUNE AND WATCH FOR DISEASE

YOU WILL NEED TO PLAN YOUR PRUNING AS THE WEATHER WARMS UP.

by Hugh Myers*

WE ARE APPROACHING the end of winter and now is the time to take a good look at your hibiscus with the thought in mind of how to prune it. If a hibiscus is pruned in August rather than September, which has been the norm up to now, the new growth will arrive early and toughen up before the erinose mite has time to breed up. Erinose mites like nothing better than nice soft new growth on a hibiscus in September. You will know if your particular plant is affected as the leaves will be covered in small bubbles and the stems and flower buds will be quite distorted. The mite has been slowly spreading south from Queensland and particularly affects the large-flowered Hawaiian type of hibiscus. After pruning, give your hibiscus a good drink of Seasol and a good flower-and-fruit fertiliser to encourage it to form new growth and flowers.

■ Cannas

It is time to go and have a look at your cannas and do a bit of tidying up. They will be pretty dormant now and starting to look untidy. Cut out any spent flowering stalks right down to ground level, but watch for the new shoots and make sure you don't cut them too. Dig up the whole clump and get rid of all the old dead and rotten rhizomes. Dig in a lot of good compost and cow manure and then re-plant the good healthy rhizomes with the neck of the rhizome sticking out of the ground. A good layer of sugar cane or straw mulch will



complete the job. To encourage them to settle down, give them a good watering with Seasol. Dump all your clippings in the compost bin.

■ Passionfruit Vine

How is your passionfruit vine going? If it has been in for a few years, it is time to go and have a look at it and prune out any dead wood and cut back any bare stems to a place where there are well developed shoots. Clean up any accumulated rubbish from on the ground and get rid of any fallen fruit. Put these into the garbage bin not the compost. As the weather warms up and the vine starts to put out new growth, scatter several handfuls of Dynamic Lifter around the base of the vine and give it a good watering. With the Dynamic Lifter on the surface you will get a steady slow feed of fertiliser into the ground every time it rains.

■ Cactis

At this time of the year, cactis will be dormant and not making any growth, but keep your eye on them. With all this rain and humidity about, they can be subject to attack by

the black spot fungus. This is the same black spot that attacks roses and it affects cacti in just the same way. Check in all the crevices and between the ribs. Spray with Triforine as soon as you see it so as not to let it spread. Triforine seems to stop it in its tracks.

■ Camellia

Your *Camellia sasanqua* will have almost finished flowering by now. Get rid of all the dead flowers and if it is a hedge, stand off and have a look at it as it will probably need a light trim to spruce it up a bit and encourage more bushy growth. Clean up any rubbish from underneath the bush as that is where future problems breed.

■ Primula and Polyanthus

Take a pair of secateurs and go and have a look at your primula and Polyanthus. They are probably full of dead flowers so cut off all the dead flower heads and give the plants a drink of Seasol. With any luck at all you will get a second flush of flowers.

■ Aphids

Even though the weather is still on the cold side, aphids are still around. They don't mind the cold so keep an eye out for them as they can decimate a plant in no time at all. To get rid of them, spray with a systemic insecticide such as Confidor. Spray under and over the leaves and the stems. If there are weeds nearby, get rid of them also as certain weeds can play host to aphids.

■ Liliiums

Have you got a vacant half-shaded spot in your garden and are wondering what to put in it? Why not try *Liliiums*? *Liliiums* are true lilies and can put on a spectacular show. Some of the better known ones are the white-flowered November lily, the orange-flowered Tiger lily and the Golden Ray lily from Japan which has large white flowers spotted purple and striped yellow. There are also many others available so check at your garden centre. The soil should be well drained and worked up with plenty of compost and manure. Plant the bulbs about 15cm down and about 30-40cm apart. They will form a large clump over time. You can expect flowers from late spring through summer. Keep the water up to them during the hot weather. As usual with bulbs at the end of flowering, let the foliage dry right out before you remove it and put it in the compost bin.



*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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THE AUTHENTIC PATISSERIE

THE LITTLE BIT OF FRANCE IN CASTLECRAIG THAT DELIGHTS AND SATISFIES.

by Patrick McAuley

SOMETIMES THE MOUTH watering aromas of foods are better than the actual taste of the food. In the case of Ganache Patisserie at Castlecrag, the delicious aromas of food being prepared are nothing in comparison to the delectable array of foods.

Situated on Edinburgh Road, Ganache Patisserie has been one of the more popular stops for knowledgeable locals for many years. It has become one of Sydney's worst-kept secrets and this is hardly surprising. A delicious range of taste-tantalising foods makes it very hard to walk by without grabbing a couple of chocolate macarons. It is a wonder that store-owner and chef, Didier Sockeel isn't constantly snacking on his range of treats. Most of the credit for Ganache's menu lies with Didier and his dedication to his craft.

French born, Didier immigrated to Australia in 1992 and until he opened the store in 2001, he worked at La Renaissance in the Rocks. Didier makes sure he keeps up-to-date with the latest French culinary secrets by making the trek back to France each year to learn about new techniques. A couple of years ago



Photos: Frederico Carvalho

Didier Sockeel travels back to France every year to learn new techniques.

he was unhappy with his croissants, so he went back to France to learn a new technique, and improved his method. He says they are now the most popular item each morning.

Didier's menu is very extensive and constantly changing, but something that may interest many, is his own creation, the Black and

White. This comprises of layers of white and dark chocolate mousse, separated by flourless chocolate sponge, then wrapped in fine white chocolate, or dark chocolate if you prefer. A scrumptious treat for all occasions.

If you're looking for a tasty macaron, gluten free dessert, or even a baguette, then Ganache is the patisserie for you.



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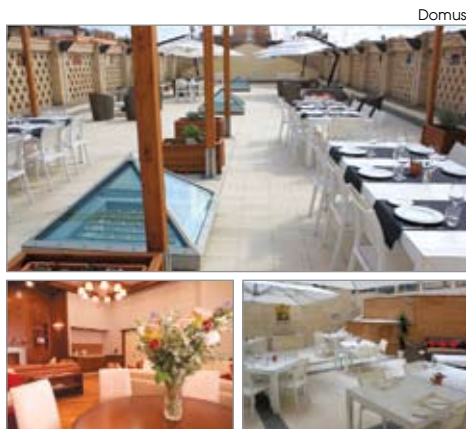
WHEN IN ROME, FIND THE LITTLE BIT OF AUSTRALIA SO THAT YOU ENJOY YOUR STAY.

by Paul Clark

ROME CAN BE overwhelming for the first-time visitor. In summer, the city is hot and crowded with tourists. There is a lot to get used to, not the least of which is crossing the road on foot. On my first visit to Italy, I found the simple act of crossing the road a little confronting. This time I plucked up some courage, following the example of the wonderful Roman locals, and managed to cross unassisted.

A quiet, efficient hotel is the perfect balance to the noise and bustle of Rome's streets. Domus Australia fills the role perfectly. It is located in a relatively quiet area near several embassies and government buildings. Access to transport is excellent, with the bus and metro stops at Repubblica or the railway station at Termini all just ten minutes walk away.

Established by the Catholic Church in Australia in 2011, Domus operates exactly like a hotel and is open to anyone who wishes to



The Domus is a welcoming and affordable base camp.

book. There are only 32 rooms, enhancing the welcoming guest-house feel. There is Wi-Fi, a comfortable lounge room, rooftop bar, and restaurant, laundry and garden.

Everything in the rooms and facilities looks and feels new as the building was fully

renovated in order to create the guest-house. The advantage for the guest is in details such as quiet and powerful air conditioning, a shower screen that actually keeps water in, and sparkling tiles, paint and metal finishes.

The one minor criticism of Domus is that all the corridors and guest rooms are tiled. While these are cool and comfortable, they do not absorb much sound. This is usually not a problem, unless someone is noisily moving luggage around late at night.

At €150 a night, equivalent to \$180 Australian, Domus is good value. All accommodation in Rome requires visitors to pay a City Tax levied by the government, in addition to the room rate. The cost at Domus is €2 per person, per night, for up to 10 nights.

Domus is an excellent choice for your stay in Rome. With friendly, efficient and knowledgeable staff and a convenient location, this is a good base camp from which to explore the 'Eternal City'.

The enormous chapel

Photographs do not do justice to the beautifully decorated chapel located within the Domus complex. Decoration of the chapel includes a painting of St Mary of the Cross MacKillop, by Paul Newton. Pope Benedict XVI visited this chapel for the official opening of Domus Australia in 2011. Mass is celebrated in English every day.



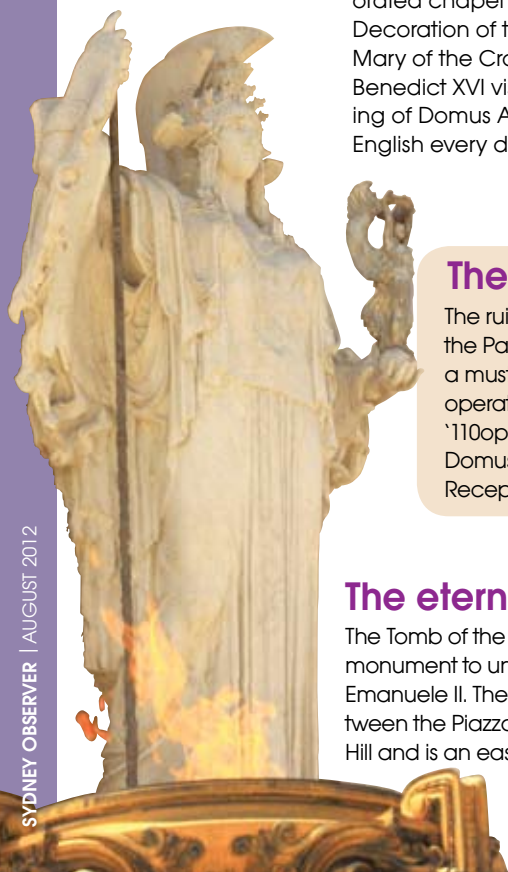
The Forum

The ruins of the Forum, located between the Palatine hill and the Capitoline hill, are a must see. 'Hop on/off' buses from many operators service the area. I used the '110open' bus, which has a stop close to Domus at Piazza Repubblica. Check with Reception at Domus for details.



The eternal flame

The Tomb of the Unknown Soldier, part of the monument to unified Italy's first king, Vittorio Emanuele II. The monument is located between the Piazza Venezia and the Capitoline Hill and is an easy walk from the Forum.



Photos: Paul Clark

Pick the right luggage for your dream escape

by Kieran Gair

TO AVOID THE seemingly inevitable back aches of travel and the embarrassment of seeing the contents of your bag rip straight through the bottom and onto a wet London street, we have gathered together a few tips to help you take the lug out of luggage.

The cardinal rule of purchasing luggage is to tell your salesperson everything; where you are going, how long for. What the climate will be like, what is the purpose of your trip and how much you are willing to spend. By telling them everything about your trip you minimise the chances of a travel disaster.

Store Manager at Hornsby Kathmandu, Richard Ryan, said that the two most common places where a bag will begin to wear out is on the bottom of the bag and around the har-

ness. "Stitches begin to come loose around the straps. Also make sure you have a reinforced bottom." To minimise pressure on the shoulders, backpacks should have webbing across the straps and a padded area that rests on the wearer's shoulders. A padded hip or waist strap will help balance the bag on your body.

Whether you are travelling into a Vietnamese monsoon or into water-starved Egypt, it is always best to travel with waterproof luggage. Richard Ryan said that "waterproof luggage is highly recommendable. Dry weather is never guaranteed and it is not worth the risk. You do not want luggage that can't handle rain." Although most bags are not waterproofed on the outside, most are protected on the inside by a moisture-resisting sealant.

For anyone planning a holiday it is important to ensure that your luggage has a



Kathmandu Roadhaul
DUO Luggage
RRP \$549.98



Kathmandu Hybrid Trolley 50L
RRP \$449.98



Kathmandu Incite gridTECH
pack RRP \$399.98

long-life. Kathmandu recommends that a light-weight and strong inner frame, such as one made from fibreglass, can be a dependable and simple solution for travellers. Generally frame materials are listed on the luggage tag and your salesperson should be able to tell you what they are and which luggage would best suit your needs.



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ROSE IN BLOOM FOR LONDON 2012

A MEDLEY OF TALENTS MEANS ROSE IS ONE OF THE PARALYMPICS' SHINING LIGHTS.

Photos: Frederico Carvalho

by Paul Clark

SWIMMER SARAH ROSE has just finished another training session, one of six she completes every week. She has recently been selected for the Australian swimming team for what will be her third Paralympics. "Our training schedules are very tight," says the 26 year old. "We are trying to judge everything so we can perform at our peak when the time is right."

The right time is not far away. Sarah departs for the London Paralympics on August 10, and goes straight into a training camp in Cardiff, Wales. Her first event, the 200 metre individual medley, will be on September 3. Sarah competes in the Paralympic classification SM6 in the medley and S6 in freestyle and butterfly. She swims in classifications SM6 and S6 because of short stature caused by the condition Achondroplasia.

Sarah says her interest in swimming was originally for recreation. "I went to Pymble Public School and they had a swimming pool

there. I always enjoyed the water and the pool and the beach," she says. The Sydney Olympics and Paralympics motivated her to take her recreational interest to a different level. "I was so inspired by the athletes and their abilities, how quick they all were, I thought, "This is something I could do."

Success came early, with Sarah winning a bronze medal in the 50m butterfly at the 2004 Paralympics in Athens. "It was an amazing experience coming away with the bronze," she says. "I had not been in international swimming for very long." A fourth place followed in Beijing in 2008, once again in the 50m butterfly, but then came spinal surgery in 2010. She had to be patient during a long period of rehabilitation. "The nerves were all damaged and I could not do any vigorous exercise. After that I just had to get back in the pool to see if my back could take it, and it could," she says.

Each week is crowded with activity. Apart from training, there is regular physiotherapy,

massage and swim meets. "I work for Roads and Maritime Services, in Marketing, and they are extremely supportive of what I do. They do anything to accommodate my training schedule," she says.

In London, Sarah will be competing in the 50 metre butterfly, 200 metre individual medley and the 50 metre freestyle. She is looking forward to some tough competition. "The Chinese are really strong at the moment. There is a very quick Czech girl, also a few people I have not competed against because I've been out of the international circuit for a little while. It will be interesting to see who is there and who pops out of the woodwork," she says.

Coverage of the Paralympics will be available on the ABC, and Sarah says that Fox Sports are also sending someone to cover the Paralympic Games. "The ABC do a great job," she says. "It's always good to get more coverage, but we've come a long way from previous Games."

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"I was so inspired by the athletes and their abilities, how quick they all were, I thought, this is something I could do."

Paralympic swimmer, Sarah Rose

Sarah Rose gained a passion for swimming while attending Pymble Public School.



Leathart relishes role of being an inspiration

by Miranda Middleton

Sprinter Tim Leathart didn't let anything get in the way of his selection for the 2012 Olympics. Just five months ago, the 22-year-old, of Pymble, didn't even qualify for the 100 metre final at the Olympic Trials due to a groin injury, yet his perseverance and burning desire to make it to London helped Tim to bounce back and earn a spot in the men's 4x100 metre sprint relay team.

"My coach and I agreed that there was nothing we could do to change the result of the Trials and the only thing we could do was to recover and build towards the State Championships and Nationals," said Tim, who was desperate to go to the Olympics.

He didn't start training seriously for athletics until after leaving school, when his coach told him that he had the potential to be quite competitive. The athlete now follows a rigorous training schedule, including five track sessions, three gym sessions and yoga each week.

In the little spare time that he has, Tim enjoys speaking to and trying to inspire the younger generation of athletes. Before leaving for London, he visited the track and field team at Knox Grammar School, his former high school.

Master in charge of track and field at Knox, Matt Byrne, said the boys were in awe that someone who didn't make the school athletics team until Year 11 is now representing



Tim Leathart's personal best in the 100m is 10.36 seconds.

Australia at the Olympics. "I could see some of the kids who work really hard but aren't quite there yet thinking, 'Well if he can do it, then I've just got to stick at it,'" said Mr Byrne.

Tim tells young athletes not to be discouraged by the hardships and obstacles that they will inevitably face. "Use them to learn and adapt and you'll be a stronger athlete for it," he said.

The Australian men's sprint relay team will race in London on August 10. "Our first plan for London is to make the final, and from there just run our best and anything can happen, hopefully a medal," said Tim.

AUSTRALIAN SPORT STRUGGLES

WHAT A MONTH for sport. More Ben Barba brilliance, Andy Murray's tears, Spain's destruction of Europe at the Euro 2012 and of course those Olympics. As the Olympics roll on, it has become increasingly apparent we are not the sporting nation we were, or thought still were.

Could it be in the past, we have drawn encouragement from success in sports that nobody else cares about? Personally, I think this could be true. At the time of writing, China and the United States of America are pushing ahead of the pack in the medal count while Australia languishes behind mighty Kazakhstan in 15th position.

Since 2000 – where we racked up 58 medals – our tally has consistently dropped. In Athens, we managed 49 and in Beijing we won 46. While perhaps I am jumping the gun, the reality is that in 2000 we were also world champions in rugby league, rugby union and cricket. Today India are the cricket champions and our noisy neighbours are champions at both forms of rugby. Cadel Evans' heroics last year at the Tour de France seem a long time ago and if it wasn't for Casey Stoner and perhaps the existence of Aussie Rules, maybe we'd have to reassess our notions of self-worth and even our own self-inflicted notion of being a sporting nation. Whatever that actually means.

Perhaps I am being unfair on our athletes. Their funding has been lowered and they're 'giving it their all' by 'having a go.' How 'true blue' of them.

My remedy at least for now is, we the public, reign it in a bit. Enjoy our sport. Watch how our New Zealand neighbours celebrated a bronze medal while we wrote-off a 21 year old after he only won silver. We need to learn from those noisy neighbours and go back to our roots and applaud effort, not just skill. Cut them down if they flaunt it, but pat them on the back when they fail.

If all else fails, we can wheel Shane Warne out of retirement and thrash the Poms one more time.

Follow: @MrPatMcAuley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Camellia Gala Day
 Over 300 camellia plants, some more than 50 years old, and over 83 different varieties will be on display. There will be 'Sogetsu Ikebana' (Japanese flower arranging) demonstrations and lessons on how to build a dry stonewall.

- Lisgar Gardens, Lisgar Rd, Hornsby
- 11am-3pm
- Hornsby Council 9487 6666

5



160 years of photos
 Australian fashion photography will be on display in this fascinating opening at the State Library. Over 30 iconic images from the Library's collection, ranging from mid-19th Century hand-coloured portraiture through to contemporary fashion shots.

- Until December 29
- State Library of NSW
- 9273 1414
- Free

13



Sharkwater movie night
 Rob Stewart's vivid documentary *Sharkwater* takes you into the most mysterious waters around the world, challenging mythic perceptions of sharks as bloodthirsty monsters and instead showing them as masters of evolution.

- 7pm
- Gordon Library, 799 Pacific Highway Gordon
- 9424 0933, walksandtalks@kmc.nsw.gov.au
- Bookings essential

10

Boy Girl Wall
 A hapless IT-professional-wannabe-astronomer and a writer with writers-block, struggle to keep their lives from falling apart. The wall that divides them will do anything to bring them together.

- Until August 18, 8pm-10pm
- Zenith Theatre, Cnr of Railway and McIntosh Streets, Chatswood
- 9777 7547, paunit@willoughby.nsw.gov.au
- \$38

Spring Festival Launch
 See dynamic performances from several dance groups.

- 6.30pm
- The Concourse, 409 Victoria Ave Chatswood
- events@willoughby.nsw.gov.au, 9777 1000
- Free



Art and Design Makers' Markets
 Head to the bustling Lane Cove Plaza to find original artworks, jewellery, fashion, gourmet food, candles, pottery and ceramics; all handcrafted, designed and produced by the artists/makers present at the market.

- 9am-3pm
- Lane Cove Plaza
- bronwyn@lanecovealive.com.au, 0403 073 006

Lantern Club
 Help the Ku-ring-gai Lantern Club. They do marvellous work, fundraising for deaf and blind children. They are always looking for help.

- 10am
- Turramurra Uniting Church, 10 Turramurra Ave
- Beverly, 9487 6012

14

17

18

Into the Woods Musical opening
 Don't miss Hornsby Musical Society's upcoming musical *Into the Woods*. A fractured fairytale combining many well-known children's stories. The show will feature many local talents, and is sure to entertain the whole family!

- 8pm
- Hornsby RSL Club, 4 High Street Hornsby
- admin@hornsbyms.org, 9477 7777
- \$25 - \$35

Park Art
 Displaying the talents of students and teachers from Willoughby Park Centre's art program.

- 10am-3pm, until August 26
- Willoughby Park Centre, Cnr of McClelland Street and Warrane Road
- 9777 1000, www.willoughby.nsw.gov.au

Narnia Exhibition last day
 Don't miss out on this educational and entertaining experience. Walk through coats in the wardrobe into the wonderful world of Aslan, the White Witch and Turkish delight.

- 10am-5pm
- Powerhouse Museum, Ultimo
- www.powerhousemuseum.com, 9217 0355
- Family \$45, child \$12, adult \$17

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 Head to the bustling Lane Cove Plaza to find original artworks, jewellery, fashion, gourmet food, candles, pottery and ceramics; all handcrafted, designed and produced by the artists/makers present at the market.

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- Lisgar Gardens, Lisgar Rd, Hornsby
- 11am-3pm
- Hornsby Council 9487 6666

26



SEPTEMBER

1

CRICKET GLORY AT THE SCG AWAITS

CRICKET IS DESPERATELY looking for the next batch of Australian superstars and if you think your young tike might one day have what it takes, then you should see that they get the best coaching available while they are still in their sporting formative years.

St Ives Wahroonga Cricket Club have one of the best coach to player ratios in the state, and their In2Cricket Centre program is famous for being a great way to be introduced to the skills of cricket in a fun, relaxed and safe environment before moving into competitive cricket. To top it off, last year, the kids were chosen to take part in the lunch break exhibition of the Australia v India at the SCG. Who knows what 2012 will offer.

St Ives Wahroonga Cricket Club



When: 27 October - 1 December
 4-6 years old: 8-9am, 7-10 years old: 9am-10:30am
Cost: \$80 with kit, \$40 for returning players with kit
Contact: www.wahroongacricket.com, E: Ben at president@wahroongacricket.com

THE ULTIMATE SCIENCE FESTIVAL

THE ULTIMO SCIENCE Festival is 11 days when the Sydney's inner, scientific mind explodes into action. On the agenda is everything from pub science to science- art and film, family fun, school sessions, lectures, comedy, sneak peeks into museum storage and just scientists generally showing off. This is science showing its fun side to all the world.

When: August 16-26
Where: Ultimo, Harris St
Cost: Prices vary (some free)
Contact: ultimosciencefestival.com



The top-of-the-line Sony Cyber-shot HX20V is easy to use.

THE GIVEAWAY TO SNAP UP

THE NEW SONY Cyber-shot HX20V is one of the best high performance compact cameras around. The HX20V builds on the significant reputation of the H series for powerful optical zooms and innovative image sensors, by providing a versatile, pocket-sized camera with crisp AA lens technology that is both easy-to-use, and takes high-quality photographs and videos. The presence of a 20x optical zoom,

high-speed autofocus and an 18.2 megapixel sensor with high sensitivity technology means you'll have no trouble taking blur-free quality photos and movies.

For your opportunity to win a Sony Cyber-shot HX20V and be published in the September issue of the **Sydney Observer**, tell us in 25 words or more what you liked in the August issue of the magazine.



Here at the **Sydney Observer** we want our readers to feel appreciated and so each month we have all sorts of giveaways, from theatre tickets, to chocolates, books, flowers and movie passes. If you would like to enter any of the giveaway draws then all you have to do is write to us and send your entry to **PO Box 420, Killara NSW 2071** or email editor@kamdha.com with your name, address, and contact number by the 25th of the month.

PUZZLES SOLUTIONS

CROSSWORDS

Handy 3293 (Friendless)

F	R	I	E	N	D	L	E	S	S	T	E	X	T
I	V	E	A	U	S	B	E						
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C	R	U	S	A	D	E	R	B	U	Y	U	P	
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SUDOKU

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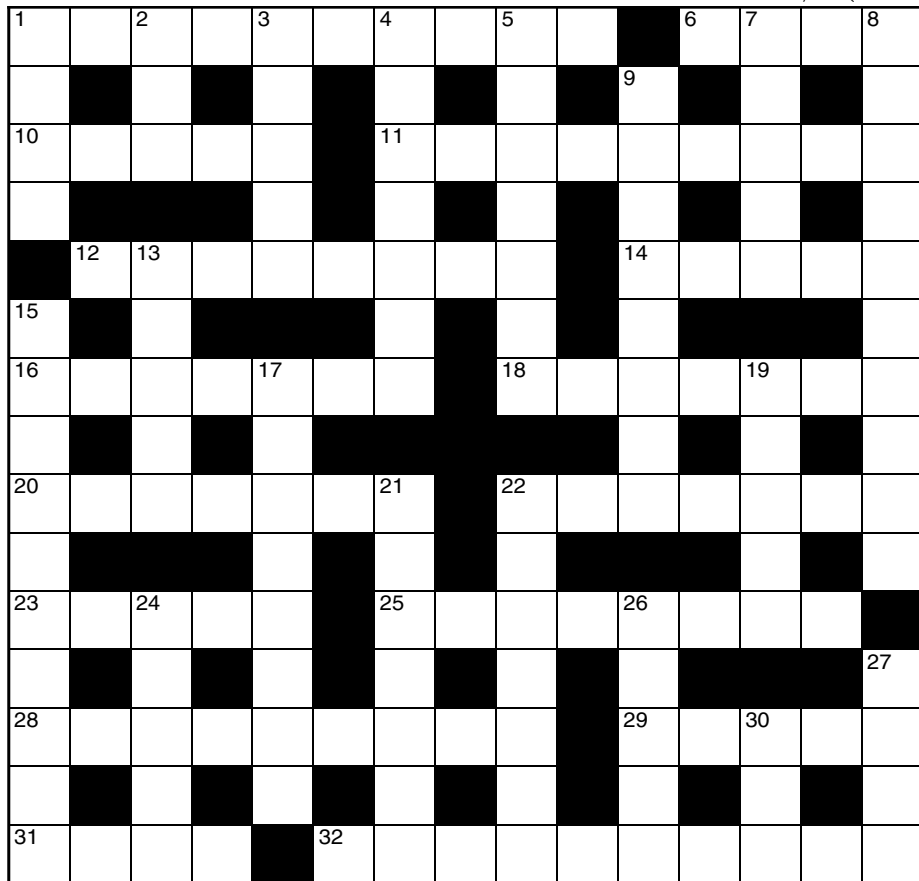
WORDSEARCH

PX_0164 - Teaching

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

Crosswords

Handy 3293 (Friendless)



Across

- 1. Companionless
- 6. Printed words
- 10. Inspects
- 11. Unfastens
- 12. Morals
- 14. Purchase (entire stock) (3,2)
- 16. Thinner on the ground
- 18. Proficient
- 20. Midges or flies
- 22. Most guarded
- 23. Locate
- 25. Triangular flags
- 28. Fell asleep (6,3)
- 29. Outspoken
- 31. Famous English college
- 32. Horoscope-maker

Down

- 1. Roman numeral V
- 2. I have (1'2)
- 3. Sets (of tables)
- 4. Clean & iron
- 5. Residential districts
- 7. Jet black
- 8. Plane testers (4,6)
- 9. Piercing
- 13. Wanders
- 15. Help
- 17. Foolish (notion)
- 19. Group of warships
- 21. Drains through tube
- 22. Cone-bearing tree
- 24. Of hearing
- 26. Smithy block
- 27. Mumble drunkenly
- 30. Tooth

Wordsearch

PX_0164 - Teaching

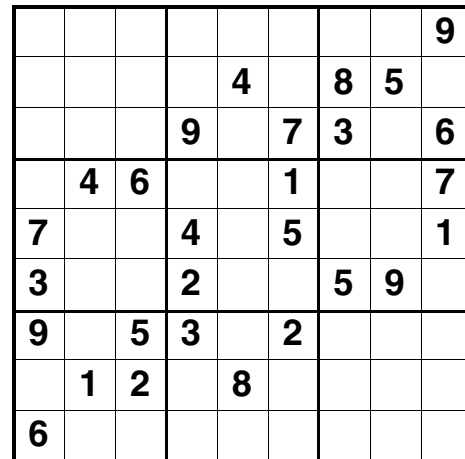


FIND ALL THE WORDS listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

SUDOKU

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

Rating: ★☆☆☆☆



- | | | | |
|------------|----------|-----------|------------|
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| DEGREE | LEARN | PRINCIPAL | TUTOR |
| DEPARTMENT | LESSONS | PROFESSOR | UNIVERSITY |
| DESK | MARKING | RESEARCH | WRITE |
| DISCIPLINE | MENTOR | STUDENT | |
| DISCUSS | NURTURE | TENURE | |
| FACILITATE | OFFICE | THEORY | |



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■ Crafted Interior

To step into the XJ is to take your seat in a theatre of luxury and delight. The exquisitely crafted interior greets you with form hugging supple, leaders, classic real wood veneers and crisp contemporary aluminium surfaces.

Minimal sweeping lines give the cabin an airy contemporary elegance as every aspect is ergonomically tailored to fit its audience. The XF greets you with an enticing solidarity pulsating red 'start' button, ringed in glinting chrome. Engaging the engine instigates the drama - the XF wakes, the performance begins. Welcome to the show.

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With the XF, Jaguar introduces the cutting-edge diesel and petrol engines. The precision crafted engines are the first in a Jaguar to incorporate intelligent Start/Stop technology, lowering fuel consumption by sitting down the engine when the car is in standstill. However, as soon as the brake pedal is released the XF's dedicated restart timing enables the engine to be fully operational, ready to go, before the accelerator is even pressed. Even with its improved fuel economy, the XF's diesel and petrol engines make no compromises in performance.

The XF incorporates the very latest cutting-edge technology as well as the most contemporary styling and efficient aerodynamic modellings.

■ Active Safety

The XF's safety systems are anticipatory, utilising an array of technological features to be ready for almost anything and assist the driver in deal with the unexpected. Bi-function HID Xenon headlamps provide adaptive front lighting which react to the car's speed and deflect headlamp beams deep into corners for extra confidence at night. The Adaptive Cruise Control monitors vehicles around it, automatically slowing if the vehicle in front brakes then resuming the pre-set speed once the obstruction is cleared. With eight airbags including driver and front passenger thorax protection, side curtains front and rear, you can be confident you are protected all round.

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The XF helps protect those around the car. Should an impact with a pedestrian unfortunately happen, the XF's Pedestrian Contact Sensing System instantaneously raised the bonnet by a short distance to cushion the casualty's body and to avoid contact with the bonnet.

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COMMERCIAL PROJECTS

NEW HOMES



ARCHITECTS THINK, CREATE AND RESPOND TO THE NEEDS OF A CLIENT. THEY TAKE YOUR IDEAS AND DEVELOP THEM TO ENSURE THE BEST FOR YOUR PROJECT. THE DRIVING FORCE BEHIND OUR DESIGN APPROACH IS TO CREATE COMFORTABLE, SUSTAINABLE AND FUNCTIONAL LIVING SPACES.

- At Mackenzie Architects:
- // We respond with a solution that is economical and functional
 - // We understand the importance of working to a timeline and a budget
 - // We design with care and with attention to detail
 - // We design to brief and reflect the existing genre of a neighborhood
 - // We are competitive and have a strong customer focus
 - // We have experience with small and large projects from concept design to construction and completion
 - // We help guide clients through the challenging process of local government

We offer design solutions for:
New homes
Home alterations
Home additions
Residential apartment dwellings
Commercial projects



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