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FROM THE EDITOR

Hello August readers!

This issue marks our annual Weddings Special with everything brides-to-be need to know from finding the perfect dress to planning your dream day. We have even consulted the glamorous industry insider Lisa Jane, brains behind the Luxury Bridal Blogger brand, for her top 2017 wedding trends and the best ways to save money without anyone noticing (24-29).



If a wedding is the last thing on your mind, we have much, much more to keep you up-to-date! Have a read through our jam-packed Wellbeing pages where we investigate the latest in health news and explore what wellness fads are trending now (32-39). If you're getting ready for a big spring cleaning, head to our Home & Garden section where we show you easy ways to be more environmentally friendly and reveal how much money Aussies are really spending on their furry, four-legged friends (42-45).

Enjoy!

Sabrina

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Letters

What an inspiring young woman that Jade Hameister is! I showed the article to my granddaughters and they very much enjoyed reading about her impressive journey.

- Helen Meares, Lindfield

Fantastic news that the NSW Government is investing into greater palliative care facilities. This is a worthy investment. Thank you for covering the story.

- Sue McDonald, Gordon



Giveaways

Andalou Naturals Clear Skin Range

The Andalou Naturals Clear Skin range is created using natural, vegan friendly ingredients and state-of-the-art plant stem cell technology. It effectively helps to purify the skin and provide a solution for oily skin, overreactive skin, congested pores, blemishes, and uneven tone and texture.

Sydney Observer has one Andalou Naturals Skin Get Started pack to giveaway to one lucky reader. The pack contains the top five products in a mini size, perfect for trial or travel. These include: Citrus Kombucha Cleansing Gel, Willow Bark Pure Pore Toner, Kombucha Enzyme Mask, Acai + Kombucha Oil-Free Moisturizer and Argan Stem Cell Recovery Cream.

HOW TO ENTER

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

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

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Hanna Moore, Luka Osborne and Tina Wu



Communities Encouraged To Have Their Say

The NSW Government is asking the public for their feedback on improving the efforts to prevent and respond to sexual assault and sexual violence in NSW. Minister for the Prevention of Domestic Violence and Sexual Assault Pru Goward says feedback would be used in the development of the NSW Sexual Assault Strategy. "The NSW Government's Sexual Assault Strategy will focus on prevention, education and support for survivors of sexual assault, and improving accountability for perpetrators... I would especially urge victim-survivors to share their views with us." Information gathered from participant responses will be incorporated into the development of the Strategy, released in November 2017. A series of consultation workshops have also taken place across NSW with various stakeholder groups. Submissions are open until 5pm Friday 4 August. For more information visit women.nsw.gov.au



Environmental Grant Scheme

The Ku-ring-gai Council is offering grants for environmental projects to community groups and individuals to support local neighbourhood projects. The small grants scheme is open to projects in Ku-ring-gai and the maximum amount for each project is \$5000 funded through the Council's environmental levy. Sixteen grants were awarded last year with some projects previously including bush regeneration, weeding, recycling bird surveys and native beehives. Mayor Jennifer Anderson says, "Past grant recipients have been able to fund some great projects with demonstrated benefit for the wider community." The applications for grants are open until Friday 1 September with the funds to be awarded during December. For more information visit kmc.nsw.gov.au/smallgrants



Tourism Plan adopted by Ku-ring-gai Council

The 'Destination Management Plan' has been adopted by the Ku-ring-gai council as a means of creating new sustainable tourism activities and attractions lead by a committee of experts in tourism, and environmental and urban planning. A public exhibition on the draft plan between April and May this year attracted over 100 people, and 27 submissions were receiving during this time. The council then adopted this plan after considering the response from the exhibition. The plan aims to provide sustainable tourism opportunities that benefit the local community and small businesses with an emphasis on five themes. These include, nature-based tourism; major events; Aboriginal heritage; cultural and recreational experiences, and architectural heritage. stivesmedievalfaire.com.au



Singing Seniors

A new grants program titled 'Sing Your Age' announced by Minister for Ageing, Tanya Davies, will provide \$150 000 in total funds to encourage seniors to take up singing. The program is to be supported by the Australian National Choral Association, which is now inviting singing groups and community organisations to apply for funding in the three categories: expanding existing groups to include seniors, creating new choirs and expanding existing organisations to new areas. ANCA President Michael Fulcher commented, "Singing people are happy people. It's excellent to be able to help one of the largest demographics in our community enjoy the power of song- it has great physical health benefits to." For more information visit acwa.org.au



St Ives Medieval Faire

St Ives Showground is preparing for the annual Medieval Faire on the weekend of 23-24 September. Over 60 stalls showcasing authentic, handcrafted medieval wares will be present. Stores in attendance will include Esford, Mainly Medieval and Armstreet, selling items such as handmade leather goods, chainmail, weaponry and medieval pottery. Create your very own wooden shield and sword for an eye-opening experience as a blacksmith or have your fortune told by a soothsayer and enjoy brewed liquors that will transport you straight to grungy pubs of the middle ages. Tickets with guaranteed parking are essential and can be pre-booked here: stivesmedievalfaire.com.au



Funding for the Browns Waterhole

South Turrumurra scored a win last month in receiving a grant to fund further study into options for improving the Browns Waterhole walking and cycling track. The grant, awarded to the Ku-ring-gai Council, aims to improve the conditions of the popular track which often becomes an issue of public safety in wet weather. The Council will be able to collaborate with Ryde Council and Lane Cove National Park to develop solutions to this flooding problem. The award, granted under the NSW Government's Metropolitan GreenSpace Program, is part of the \$4 million in grants announced by the Minister of Planning this week.



What's your flavour?

What makes your taste buds tingle? A presentation at the Gordon Library led by CSIRO scientist Dr Nicholas Archer called "Sweet Bitter Salty" looks at the way our sense of taste can be influenced by our genetic make-up. "With the rise in worldwide obesity there's increasing interest in the role genetics might play in determining what we eat – and how much of it we eat," says Dr Archer, "In the future it may be possible to use genetics to inform a person's diet so they make healthier eating choices." The event is part of the council's recent membership to the Northern Sydney Science Hub and will also feature local scientists. The presentation will be held on Wednesday 16 August between 6.30pm and 8.30pm. For bookings visit: kmc.nsw.gov.au/science

SNIPPETS



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KU-RING-GAI HORNSBY MERGER NO LONGER

It's official. The greatly disputed Ku-ring-gai and Hornsby Council merger is no longer going ahead. Late last month, Premier Gladys Berejiklian made the announcement that all proposed council mergers have been taken off the table by the NSW Government. The decision ends what has been a long period of uncertainty for the Ku-ring-gai community following its court victory appealing the proposed forced merger with Hornsby Shire.

Ku-ring-gai Mayor, Jennifer Anderson, has said she was pleased with the announcement by the government and to be remaining as a standalone Council.

"The Premier indicated that she would listen to people on Council mergers but it took the win by our Council in the Court of Appeal, the threat of a High Court decision with Woollahra Council and a backlash at the Local Government election to really call a halt to this deeply

unpopular policy that affects local communities across the North Shore and beyond," Mayor Anderson says.

Ku-ring-gai is considered a high performing, large metropolitan Council that is future thinking and financially sustainable with a population of 120 000 residents. Those residents can now be assured that they will continue to be represented by Councillors who live in the Ku-ring-gai area.

Member for Davidson, Jonathan O'Dea, has also welcomed the NSW Government's decision not to proceed with those proposed council mergers recently before the courts.

"The decision to maintain the status quo will bring a renewed stability to the councils in advance of the September Local Government elections," says Mr O'Dea.

"These Councils will no longer be distracted by legal action and can fully focus on delivering for their local communities," he continued, "My recent Davidson electorate survey results indicate the NSW Government decision is now consistent with apparent Ku-ring-gai community feeling."

Regarding council amalgamations, 53 per cent of all survey respondents were revealed as not in favour, while 35 per cent supported merges and the remaining 12 per cent were unsure.

In comparison, three quarters of the Northern Beaches Council area were in favour of the local council merger that has already occurred.

"The council mergers on the Northern Beaches have clearly resulted in substantial community benefits, but each geographic area can be different," concluded Mr O'Dea.



Daffodil Day

Luka Osborne

Friday 25 August marks the Cancer Council's 31st annual Daffodil Day. In the lead up, throughout August daffodil merchandise will be sold to help fund a cancer-free future. Daffodil Day is one of the largest fundraising events in the Southern Hemisphere and this year the Cancer Council hopes to secure \$2.1 million, which will contribute towards funding vital cancer research, support services, prevention programs and advocacy campaigns. This year's theme is "For Someone I Know", which aims to get people behind someone close or familiar to help beat cancer for all.

Within the Northern Sydney region alone, it is estimated that approximately 5303 people will be diagnosed with cancer in a single year and across the country 1.1 million people are either living with cancer

or have survived the debilitating illness.

The Cancer Council has been continually combating cancer in its numerous forms for over 50 years, and in 2016 \$65 million was invested into cancer research. The funds also contribute towards support programs such as 'SunSmart', which has seen 1.3 million kids educated against the harmful effects of UV rays and equipped with the knowledge of how to stay sun-safe.

The introduction of the national bowel cancer screening program, which was supported and advocated by the Cancer Council is predicted to save 75 000 lives over the next 25 years. Nurses and trained staff will continue to work on the 13 11 20 support line having offered care and practical information to 46 000 people

over the last year.

All of this dedicated work requires a national contribution and the selling of daffodils on the 25 August in most major town centres is a chance for Australians to show support. The daffodil was first used to decorate the tables of the Canadian Cancer Council at a fundraising tea in the 1950s. The symbol has spread internationally and many national Cancer Councils around the world each hold a Daffodil Day of their own, with the vibrant flowers symbolising hope.

Other than buying daffodils and merchandise, the Cancer Council encourages supporters to volunteer in local stores and to order merchandise boxes online.

daffodilday.com.au

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Road closure McCarrs Creek Road at Ku-ring-gai Chase National Park, Church Point

Roads and Maritime Services will carry out essential slope maintenance work on McCarrs Creek Road, 900 metres west of McCarrs Creek Reserve, Church Point.

McCarrs Creek Road will be closed for up to **20 day shifts** and up to **six night shifts** with no access between Chiltern Trail and McCarrs Creek Reserve BBQ point between **Wednesday 14 June to Friday 25 August**. The day road closure times will be between **10am and 3pm** and the night road closure times will be between **8pm and 5am** from Monday to Friday. The road will be open with temporary traffic controls outside these times.

Variable message signs have been installed along the detour route to update motorists with specific dates for upcoming closures.

Motorists will need to divert onto Mona Vale Road at Terrey Hills and Pittwater Road in Mona Vale to access Church Point. The detour will add up to 30 minutes to travel times.

We apologise for any inconvenience and appreciate your patience during this essential maintenance work.

For more information contact DownerMouchel on 1800 332 660 (toll free). Outside business hours contact the Transport Management Centre on 131 700. For latest traffic updates visit livetraffic.com.



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Clad in Danger

Luka Osborne

On June 14, a West London residential building, Grenville Tower, ignited in a catastrophic blaze causing over 80 deaths and 70 injuries. The investigation found that a faulty freezer sparked the flame, however, the newly installed insulated cladding acted as a catalyst for the inferno.

In response, the Ku-ring-gai Council is implementing an audit seeking to identify wall cladding that does not comply with the Building Code of Australia or associated Australian Standards in order to prevent further tragic events from happening. The fire safety inspection program will focus on apartments built after 2005.

The Grenville Tower received a renovation between 2015 and 2016 that saw the installation of the aluminium-composite cladding in question - 'Arconic's Reynobond' a polyethylene core sandwiched between two coil coated aluminium sheets.

Mayor Jennifer Anderson says, "buildings with this type of cladding are at risk

because the panels have the capacity to fuel the fire. They can act as a chimney, drawing the flame and accelerating the spread of fire quite dramatically."

The panels were known to be combustible, having previously caused fires in an apartment in Melbourne and a Hotel in Dubai.

Investigations have centred around who is to blame for this incident and, at first glance, it could appear that Arconic is the main culprit. However, Arconic's website at the time of the fire did not recommend the panels used for buildings over ten metres. The Grenville Tower Measured 70 metres, and for a building of this size Arconic recommended their fire retarding panels.

Arconic has seized supplying the Reynobond panels for tower buildings and in a statement says, "While we publish general usage guidelines, regulations and codes vary by country and need to be determined by the local building code experts."

The Grenville Tower was originally

designed with these less flammable panels; however due to cost, the cheaper flammable cladding was used on the building. This may shift some responsibility onto the council developer, 'Kensington and Chelsea tenant management organisation', or their associated contractor. There is current investigation into whether the local regulations were breached, as existing rules apply to the flammability of insulation, however, the aluminium composite panels are technically 'rain-shields' rather than insulators.

Mayor Jennifer Anderson says that concerned residents should contact their strata manager to obtain advice from a qualified fire safety engineer and that the council staff will work with the owners of buildings found to have suspect wall cladding.

"If needed the Council will use powers under the Environmental Planning and Assessment Act to ensure buildings are made fire safe," says Mayor Anderson.

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NSW INVESTS IN EARLY CHILDHOOD EDUCATION

Hanna Moore

The importance of early childhood education has come to the forefront of the NSW Government's education initiatives, with large funding amounts being provided to ensure the quality of early childhood education in NSW.

It was announced that the 2017-18 Budget would be investing \$435 million into early childhood education, a \$47 million increase from the previous year. This also includes an additional \$217 million over four years for the Start Strong Capital Works reforms.

At the forefront of this funding measure, according to the Minister for Early Childhood Education, Sarah Mitchell, is the need to improve conditions and accessibility for rural and remote Australians, Aboriginal children and people with disabilities.

"That's why we're investing in innovative approaches to improve access to quality early childhood education and to improve the provision of culturally safe and appropriate educational settings for Aboriginal children," Ms Mitchell says.

This budget will also be an incentive for educators with the Rural and Remote Early Childhood Teaching Scholarship programs being provided with \$200 000 of the budget. This is to help educators in preschools and long day care services upgrade their qualifications. This is also a great way to promote more educators to provide their services in rural areas where the need is high. This can also be seen in the \$10 million capital works grant program to create over 700 new preschools in areas of high demand, including rural and remote areas of Australia.

Additional funding is also provided for two years of preschool education for children in Aboriginal families in conjunction with the \$49 million budgeted for Aboriginal Affairs initiatives.

"We are committed to working in partnership with Aboriginal communities to support Australia's first people, this budget ensures Aboriginal communities remain at the heart of decision making."

\$30 million will also be provided to enhance participation and educational outcomes for children with disabilities. This is so that every child in NSW has the opportunity to flourish in their environment with 600 hours of quality education and giving them the social, cognitive and emotional skills when transitioning to primary school.



EXERCISE AND EARLY CHILDHOOD

Tina Wu

A New Zealand scientific investigation has provided evidence that the positive results from exercise during early childhood will likely see individuals continuing to have health benefits in adulthood.

In the experiment, rats were grouped according to diet and exercise levels. The results from a group of rats fed a high-calorie diet while given an exercise wheel showed that the rats' inflammation-linked genes, which have a direct link with obesity, have been turned down even long after they had stopped exercising.

This is significant as previous research has shown that a diet high in fats and calories during early childhood can "turn up" genes that cause inflammation, and low-grade inflammation is connected with obesity, heart disease and cancer.

"What was remarkable was that these changes lasted long after the rats stopped doing that extra exercise – into their mid-life," molecular geneticist Dr Justin O'Sullivan says.

"The rats still got fat, but that early extra exercise basically set them up so that even though they put on weight they didn't have the same profile of negative effects that is common with a high fat diet."

This was a result of "bone metabolism", an important aspect of energy metabolism overall, which may be impacted by early childhood exercise and decrease chances of obesity later on in life.

This holds strong consequences for exercise during early childhood as rates of childhood obesity are rising throughout the country. According to

the Australian Institute of Health and Welfare, one in four children are either overweight or obese. With almost two in three Australian adults sharing these conditions, the experiment indicates that it is crucial children are exercising during their developmental stage.

However, research suggests that Australia is failing to meet physical activity standards. In the Active Healthy Kids Australia Report Card 2016, Australian children were rated a failing grade of D- for Overall Physical Activity Levels.

Hopefully, this research will further the government's attempts to ensure that children are participating in physical education in schools and at home, as seen in the introduction of the Sporting Schools initiative in 2015, as well as the Girls Make Their Move campaign in 2017.

Remembrances from Roseville College's Eldest Old Girl

Roseville College has welcomed back their eldest Old Girl, Mrs Margaret Gray, 94, sharing her memories and experiences as a schoolgirl in the 1930s during her interview with the College's Archival Office.

Despite the physical changes to the College over the years, Mrs Gray still recognises the "warm feeling" of the school, which her daughter, Miss Margaret Gray, affirms.

"Roseville College was part of our family. The good thing, when I was here, was the feeling you got to learn as an individual," Miss Gray says.

Though Mrs Gray admits that academics were not the "highlight" of her schooling career due to frequent relocations, it was the "happy" nature of the College that remained with her. This resonated with her so much that she decided to enrol her own daughter into the school in the 1960s, to which Miss Gray has been thankful.

"The teachers also focussed on instilling enduring life skills and values in the students, which set me up well in life. I'm a volunteer fire-fighter with the NSW Rural Fire Service and I could not have done that without those foundations," she says.

Miss Gray was also surprised to learn that the College has kept all yearbooks and copies of The Scroll, the school magazine published in the 1930s.

Although the nature of schooling has changed dramatically less than a century later, Mrs Gray's time at high school was marked with fond memories of lifelong friendships and connections, an experience that would no doubt ring a bell with anyone of any era.

"There aren't too many of us left; but for those of us who shared the connection with Roseville College, we are proof that this School is one where girls make true and lasting friendships," she says.



At Roseville College, where every girl in Kindergarten to Year 12 is known and valued, students engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in all areas of life.

Established in 1908, Roseville College ranks among NSW's leading schools in HSC achievement, while also delivering world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9–10.

AT ROSEVILLE COLLEGE THIS MONTH



Congratulations to our 2017 Snowsports team for outstanding success at the recent Northern NSW Interschools Snowsports Championships.



Our team, comprising 50 girls in Years 3 - Year 12 and led by College Snowsports Captain, Jasmine Wong, retained its titles as Secondary Female Overall Champion School and Secondary Female Snowboard Champion School, as well as placing second in the Secondary Skiing Female Point Score. 50% of the team has now qualified for the NSW State Interschools Championships in August.

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Anti-bullying strategy launched

Hanna Moore

A recent Australian study showed that approximately one in four Australian students between Years 4 and 9 are bullied every few weeks.

This week Rob Stokes, the Minister for Education, announced the launch of a new anti-bullying strategy to be distributed amongst schools in NSW. This comes in the form of a comprehensive anti-bullying resource, developed in collaboration with leading Australian academics and is now available for use by students, teachers and parents.

The website aims to use evidence-based resources to identify bullying, prevent bullying, and respond to bullying behaviours.

The evidence indicates that bullying is most effectively addressed through interventions that take a holistic, whole-school approach, providing educational content that allows students to develop

both socially and emotionally in response to bullying, as well as support and professional development for teaching staff.

This website provides resources for educators, parents and students in an effort to encapsulate this whole-school approach.

For educators, an emphasis on providing a supportive and connected school culture that promotes a positive relationship between students and staff and between school and home is promoted. Staff training would also be provided to develop staff knowledge on how to prevent and respond to bullying.

For students, the website offers a number of resources detailing how to know you are being bullied and how to respond. The active communication on what bullying is really important to understand in an increasingly mobile

schoolyard. Particularly given that the majority of schools in a recent study reported managing at least one incident of online bullying (cyberbullying) in the previous year,

Similarly, for parents, communication on bullying and resources for how to respond in the case their child is bullied is provided on the website.

In conjunction with this, the new strategy aims to convene metropolitan and regional anti-bullying workshops and significantly expand the Youth Aware Mental Health Program in collaboration with the Black Dog institute.

This strategy has been implemented to replace the Safe Schools program, designed to educate students about sexual and gender diversity, in a bid to provide a broader approach to anti-bullying programs, while still supporting LGBTIQ students.

workshops “encourage young people to make good decisions when faced with risky driving situations... Keeping Safe is about changing attitudes and behaviours – not driving skills.”

Donations can be made on the Blue Datto website and those interested in supporting the cause are encouraged to fundraise in their local communities. The Blue Datto Shop are also giving all proceeds to the charity, and young people are welcome to sign up as a peer mentor.

Blue Datto has held a variety of well-received charity events in the past, with the upcoming Blue Datto Gala Dinner in October, now available for ticket-purchase on their website.

bluedatto.org.au

The Blue Datto Foundation

Tina Wu

Though the trend for road fatalities and injuries of young people in NSW is declining, 41 people between the age of 17-20 died, with over 2000 injured in 2016.

There was also a 17.3 per cent increase in road fatalities for those between 17-25 years of age from 2015 to 2016.

The Blue Datto Foundation, launched in 2015, aims to tackle the issues of dangerous driving by young drivers by offering safer driving programs for high schools and local communities.

“The impact on families, entire communities and all first responders is truly devastating and long-lasting. Any road safety initiative that keeps young people safe on our roads has our support,” says Scott Weber, President of the Police Association of NSW at the official launch in 2015.

The charity group was founded in the memory of Philip Vassallo, known affectionately as “The Kid in the Blue Datto”, who passed away at the age of 17 from a road accident.

Blue Datto currently hosts two programs aimed at educating young drivers and parents alike, with the Keeping Safe Program usually held at schools for Year 10, pre-driving students and the Parent Keeping Safe Program that will launch in the form of parent information evenings and support forums later this year.

The Keeping Safe Program will be held at local private school Loreto Normanhurst on August 14.

In Keeping Safe, students take a pledge to increase safety on roads, both as drivers and passengers. According to the Blue Datto Foundation website, these



Shorter School Weeks

Hanna Moore

Given that the number of students enrolling into school every year is continuing to grow, it is important that Australia continues to entertain ideas of how we can be consistently improving our education systems.

One idea that has become increasingly popular is that of a shorter schooling week combined with the integration of independent online learning.

The idea was introduced by Deakin University associate professor Tom Apperly as a means of reducing the pressure on physical infrastructure, given the greater number of enrolments in state-funded schools in Victoria.

This scenario would involve either offering students two to three days a week of face-time within school hours, or offering students shift-like scenarios whereby some students have lessons in the morning and some later in the day. In further challenging the traditional approach to education, project-based learning that integrates a number of curriculum skills, open plan learning and independent online learning modules are increasingly favourable methods for educators.

This integration of online learning is not a new concept, Deakin University itself is the

first university in Australia to offer students the opportunity to obtain their degrees online, with many universities in Australia following suit.

With this growth of research into different means of educating, it is important to look at both sides of the argument. Would a shorter school week ultimately benefit students in the long-term?

Studies on this topic are still in the early stages and are dependent on a number of factors such as geographic location. One study by D Mark Anderson of Montana State University and Mary Beth Walker of Georgia State University suggests that academic performance improved by incorporating a four day schooling week. These statistics did not show how test scores were directly impacted by the changes, but overall academic performance in the classroom context.

The benefits of a shorter week for students could also suggest that a more cost effective establishment may be a result. The school would be utilised more frequently if the hours were conducted in a shift-like form as opposed to the standard 8:30am-3:30pm time frame. This would also reduce the pressure on this infrastructure by allowing more students to be taught within a single day. This would also allow educators to utilise

their time between shifts for grading and lesson planning, and the flexible hours could encourage more people to become educators.

It is overwhelming how much the benefits seems to outweigh the consequences, however, given that these studies are in such early stages it is important to see whether there are consequences to such a method of schooling.

It could be argued that the switch to a shorter school week could be more disruptive to students than effective with an accelerated pace not always being a one size fits-all method for learning.

Another argument suggests that less time in school would put more pressure on working parents. Less hours in school would require more outside care work which ultimately means more cost, or requiring parents to take more time off work which may result in less household income.

Despite this, the current attitude suggests that moving forward in how we provide education is essential to ensuring that children are receiving quality education. With the technology available to us, many are taking to utilising this to expand and promote future possibilities of education.

'SEUSSICAL' THE MUSICAL

After a successful debut weekend last month, 'Seussical' the musical is back to enthral audiences this August and September. Produced by LOUD Theatre Company, the magical stories by the much-loved books of Dr Seuss will be brought to life on stage by a talented cast of Sydney school students. *Sydney Observer* chatted with two of the show's rising stars, Sam Austin (who plays The Cat in the Hat) and Simran Vinod (who plays Bird Girl 1), about their involvement with the musical and their growing passion for performance.

Congratulations on being cast in 'Seussical' the musical! Tell us a little about your parts in the show?

Simran: Thank you! I love being a part of such a spectacular production and it is definitely a joyful feeling to be on stage with *Seussical*. I play a Bird Girl, along with two co-stars Leah and Elina, which is a predominantly vocal role in the musical.

Leah and I study at the same school together and we are both quite actively involved with many productions with the CAPA faculty of our school.

We heard of Loud Theatre Company's 'Seussical' auditions through our choir teacher and we both auditioned.

Sam: I became involved in the show because I watched my old school do 'Seussical' when I was little. I thought it would be great to do. When I found out Loud Theatre Company was doing 'Seussical' I thought I should give it a go and went through to call back, landing my part as Cat.

The Cat basically tells the story of Horton the Elephant and introduces other characters throughout the show. He ends up ruining some of the characters lives such as Jojo but then makes things better towards the end. The Cat has to do heaps of things including interacting with the audience and changing personalities.

What have you enjoyed most about being in the Seussical Production?

Simran: What I enjoy most about this production is the fellowship between cast and crew and the fact that everyone is always in awe at the capabilities of each individual person's talent. Everyone is willing to demonstrate their skills and abilities to build on each other's knowledge with their own experience and expertise, to essentially produce a marvellous display.

Sam: I've enjoyed every single part of it like working with new people, making friends and to listen to the choreographer and fabulous producer as well as working with the band and being the main character in my first ever musical.

Have you always had a passion for performance? And is a career in theatre something you'd like to pursue?

Simran: I have been a performer my whole life and it has certainly been a set goal throughout my childhood to perform. I consider the stage a platform of possibility and my home. I always appreciated the stage as a younger child and it preserves that innocence as I continue to grow. The limelight always has the ability to brighten the sparks in my eyes when the harsher aspects of life dim them. I always feel invincible when I embrace my presence on stage and, to me, that has been the inspiration to let others know that they too can feel powerful when in their right element.

Sam: I've had a passion for performance since I was three but thought about doing musical theatre a couple of years ago. Musical theatre is something that I definitely want to pursue when I'm older because it's great to watch theatre but its

even better to perform it!

What can audiences expect from the upcoming shows?

Simran: The August and September shows will be fabulous, flamboyant and fun for the whole family, as the incredible Dr Seuss characters are universally known for their unique playfulness no matter what age.

Sam: Like Dr Seuss said, "It's fun to have fun but you've got to know how so 'come see the show'". You will smile, you will laugh, you will even cry so bring the tissues, and your friends and family to watch *Seussical* from some of the best child actors, singers, circus entertainers and dancers in Sydney.

Show Dates:

Glen Street Theatre Belrose,
August 4 at 7pm
August 5 at 2pm & 7pm
glenstreet.com.au

Roslyn Packer Theatre Walsh Bay,
September 1 at 7pm
September 2 at 2pm & 7pm
roslynpackertheatre.com.au

EDUCATION NEWS

Luka Osborne



Cherrybrook Technology High Update
Cherrybrook Technology High School is set to receive 18 new classrooms as part of a \$12 million expansion. Also included will be new incorporated general learning spaces for visual arts and multimedia as well as the conversion of the existing visual arts and multimedia spaces into two new labs and five general learning spaces for science. Premier Gladys Berejiklian and Rob Stokes visited the school to inspect the progress on the update, which will see the replacement of the existing demountables. "This expansion of such an outstanding high school is part of the NSW Government's record spending on public education infrastructure in the Budget," Ms Berejiklian said. The facilities are expected to be complete at the commencement of term 2 in April 2018.



Anzac Scholarship
Public secondary schools across NSW will be able to express interest in the 2018 Premier's Anzac Memorial Scholarship, which offers students a chance to follow the footsteps of the Anzacs. The program entails a 13 day pilgrimage to major battlefields in Ypres, Passchendaele, the Somme and Flanders, as well as a centenary anniversary honouring of the Battle of the Hamel. The scholarship aims to educate pupils to become leaders in a new generation of understanding the Anzacs sacrifices on the battlefields. Principals must nominate their interest by the 17 August on the Veteran Affairs Website, with a student at each successful school to be chosen by preparing an assignment on the Centenary of Anzac.



School Spectacular 2017
Schools Spectacular will return in 2017 at QUDOS Bank Arena in Sydney's Olympic Park 24-25 November. Last year's event broke the world record for Largest Amateur Variety Act and this year the 34th Schools Spectacular will be bigger than ever, starring over 5700 students including a choir of 2700 voices, 2400 dancers, a 100 piece symphony orchestra, world class stage band, 44 solo singers and 145 featured dancers. Creative Director Sonja Siolander says this year's theme, Own the Moment will inspire all participants to step up and discover their potential. "There are so many incredible stars in this year's show, it's mind-blowing... I've have never witnessed a line-up quite like this." The show will offer performances from past and present with hits including everything from Frank Sinatra to Bruno Mars.

LOUD Theatre Co. Presents

Seussical

Music by **STEPHEN FLAHERTY** Lyrics by **LYNN AHRENS**

Book by **LYNN AHRENS** and **STEPHEN FLAHERTY**
Co-conceived by **LYNN AHRENS, STEPHEN FLAHERTY** and **ERIC IDLE**
Based on the Works of **DR. SEUSS**
Licensed exclusively by Music Theatre International (Australasia)
All performance materials supplied by Hal Leonard Australia

A zany and colourful family musical

Come and see The Cat in the Hat, Horton, Jojo and all your Dr. Seuss favourites in this heart-warming production by LOUD Theatre Co.

Loads of fun, song and dance from start to finish. Sure to delight Seuss fans of all ages!

SEPTEMBER 1&2
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TRENDING NOW: TESLA - A SPARK OF INNOVATION COMING DOWN-UNDER

Luka Osborne

The revolutionary energy storage, solar panel and automotive manufacturer, Tesla, is gearing up to change the world to a clean energy future, from personal power to performance cars. South Australia will see a world first with the futurist-entrepreneur and Tesla CEO, Elon Musk, announcing to solve the State's energy woes with the worlds largest lithium ion battery. Premier Jay Weatherill announced the agreement between Tesla and French Renewable Company Neoen. The battery is set to be 60 per cent larger than any other large-scale battery storage system in the world and it will pair with Neoen's 99 wind turbines to provide 129 megawatt-hours of energy to the region. Elon Musk also ambitiously stated that if the project wasn't completed within 100 days it would be free.

The tech billionaire has also recently revealed the first 30 of Tesla's new Model 3 vehicles in July, with right hand drive production following and a 2018 release in Australia forecasted.

The Model 3 will be Tesla's first mass-produced vehicle and if the success of their previous models is anything to go by it could seriously shake up the transport industry. The sports sedan will align itself against other mid-size luxury cars such as the Audi A4, BMW 3 series and the Mercedes C-Class, however it has some distinct differences that will place it in a league of its own.

The Model 3 runs off electric charge, powered by a battery capable of a minimum of 345 kilometers per single charge. Larger battery options are

expected to arise in the future. The new Tesla will also be capable semi-automated driving, with its new second generation 'Enhance Autopilot' system. Future software updates will head towards a fully autonomous transport system and to reach Tesla's ambitious goal of a fully autonomous Los Angeles to New York.

The battery is charged using a the growing 'Supercharger' network of free charging stations that are situated conveniently around the country, or via Tesla's Powerwall battery systems that can be purchased for personal use and are available for access at destination charging sites, much like a truck stop. The battery takes some time to charge, especially from normal charging stations, however Tesla's own 'Superchargers' are the fastest, with a 20-minute half charge or 75-minute full charge.

Speaking of speed, the battery power is surely no slouch propelling the Model 3 from 0-100km in over in 6 seconds, with faster variants to come in the future. If their premium models are anything to go by, supercar-rivalling performance could be on the cards.

Also from Tesla in 2018 is a clever domestic 'Solar Roof' system; solar panels that look indistinguishable from a conventional roof. The tiles come in the variants, 'Textured', 'Smooth', 'Coloured' and 'Slate'. Formed from tempered glass and invisible solar cells, the tiles are said to be three times stronger than an average tile and have the highest hail rating, wind rating and fire rating. They are made to work in conjunction with the newly released Tesla Powerwall 2 battery storage system, which can enable customers to exit the grid entirely.

Tesla's new gig factory battery plant, which has the largest physical footprint of any building in the world, will assist in making the batteries necessary for Tesla's model 3, the production of which will be 'exponential' according to Elon Musk. The factory can also be expected to ramp up the production of Tesla's super efficient Power Wall 2 unit which is currently locally available.

There seems to be no break for the genius of Elon Musk and the following months will reveal hoards of new technology from Tesla with Australian's poised to put these systems to the test down-under.



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BENEFITS FOR SMALL BUSINESSES

Hanna Moore

As of 1 July, 2017, small businesses in NSW will benefit from a range of legislative changes that aim to improve the relationships between tenants and landlords as well as changes to tax and visa requirements.

In some of these changes, tenants are given more security in the case that the landlord goes into liquidation, and are given greater access to justice in the case they need to be heard by the NSW Civil and Administrative Tribunal (NCAT). Landlords are now also required to provide a disclosure statement to the tenant so they are fully aware of their financial obligations.

This provides a way for tenants to know

their rights and for landlords to understand their responsibilities which allows for small businesses to be run more effectively.

Many of the changes in tax requirements come as a result of the 2017-2018 Budget released in May this year which also included changes to visa requirements. This includes the introduction of annual levy increases of temporary and skilled work visa holders. The temporary work visa has an annual levy of \$1200 per worker per year, and a one-off \$3000 levy for permanent skilled visa holders.

Of the 44 500 retail businesses in Australia, those who have a turnover between \$10 million and \$25 million will also be eligible for the corporate tax rate

of 27.5 per cent which may relieve some financial pressure from small businesses. The instant asset writes off has also been extended to include a second year so businesses can deduct the business portion of their assets from their tax return if they were bought for less than \$20 000.

These changes have been made as of 1 July 2017, and it is important for businesses to understand how they might be affected by these changes.

These changes aim to provide a space for small businesses to be successful and sustainable and to encourage more people to start and support small businesses in NSW.

BUSINESS AS USUAL?

Small businesses under threat but positivity remains

Tina Wu

Though public perceptions of NSW's economy may have fallen from previous times, small businesses are far from decrepit, according to the NSW Business Chamber's Business Conditions Survey from the June quarter.

The survey reveals that the index for measuring respondents' perceptions of the economy decreased 6 points from the March quarter to 2.1 in June, a dramatic drop from the boom in 2015-2016 where the Gross State Product reached a record 3.5 per cent.

Small businesses have also reported a shortage of skilled workers, particularly in the construction, manufacturing, accommodation and food services sectors. Despite this, the staffing index has continued to remain positive and above

trend levels, decreasing only by 0.3 points from the March quarter.

Priorities for businesses in increasing sales has decreased somewhat from previous quarters, while concerns about energy and electricity costs are growing.

"With conditions softening we can't be complacent, and governments need to recognise the impact that high energy prices are already having on businesses, and therefore should be implementing a package of measures to ease business costs in the short term," said the NSW Business Chamber Chief Executive, Stephen Cartwright in a statement.

Major electricity and gas companies including Origin Energy, AGL and EnergyAustralia have increased their

electricity costs, effective July 1. This has seen electricity costs spike by 20 per cent for businesses.

Flooding in northern NSW has also negatively impacted the growth of small businesses.

A significant gap is still present between NSW's regional and urban economies, particularly in regards to access to skilled workers, with 32 per cent of rural businesses reporting difficulty in satisfactory recruitment compared to 26 per cent in Sydney.

However, expectations for the next quarter's performance are still on trend at 15.9 points.

"Our survey of more than 1000 businesses throughout the state demonstrates that, although the NSW economy is starting to cool off, the fundamentals remain strong with businesses confident to invest for the future," says Cartwright.

"Revenue and profits have also stabilised at the lower levels recorded in the March quarter, though businesses continue to expand with strong investments in staff and capital."

APARTMENT VS HOUSE LIVING

Hanna Moore

Housing prices in Sydney and Melbourne have widely been reported to have drastically increased in comparison to other Australian cities and this has created higher demand for urban apartment-style living as opposed to the traditional house-style living.

With a large number of people moving to these urban environments has come a growth in urban apartment-style living with 70 per cent of all dwellings constructed in Sydney over the last year being apartments.

There's some merit in the argument that apartment-style living is better when living in an urban environment. It's often more affordable with houses in inner-city

suburbs costing almost double that of an apartment. Apartments are also in a huge swing of development, so many buyers will end up owning a brand new space. Apartments are also low maintenance and may leave the buyer with a larger budget for renovations, as opposed to that of a house.

Accessibility is also an important aspect of the city life and many apartments are built within range of public transport systems that many people rely on for employment.

Is this enough to convince the growing urban population that apartment-style living is the way to go? The traditional idea of the 'great Australian dream' is to own a home. They offer greater privacy and typically increase in value over

time, making it a great investment piece. However, it's becoming less feasible for the average Australian to be able to afford the deposit on a house in the city. With apartments being more affordable and easier to maintain with the kind of lifestyle many urban-dwellers live, it's clear that this may be the way to go.

Given current projections for the population in Sydney and Melbourne to grow to 8 million, it is important to prepare for this growth in density. This may require apartment style living to become the norm, similar to New York and London, centred around a high-functioning public transport system that provides greater access to employment opportunities and social activities.



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WEDDINGS SPECIAL

THIS YEAR'S WEDDING TRENDS

Hanna Moore

The Look

Metallic may not be the first colour grouping to come to mind when discussing the vibe of the big day, but a surge in popularity of copper and rose gold aesthetics can help to create a vibrant twist. Switching up from traditional pastel and blush place settings or candles, swap for a touch of rose gold to instantly 'glamorise' the venue, perfect for black tie. If you're looking for something a little more rustic, a touch of copper will create an old-world feel. It's also versatile, adding some new world glamour is a cinch. Emphasis here should be placed on how a little can go a long way, too much metallic may be overwhelming, so stick to smaller flourishes for the perfect finish.

The Dress

The growing Spring trend of the off-the-

shoulder look has found its way into the wedding dress sphere and it's no question as to why. The sophistication of integrating sleeves into the dress combined with the off the shoulder look is perfect for those seeking something that won't go out of style anytime soon. This look is also versatile, the sleeves can be longer for a more traditional feel, or shorter for a cute, spring-time twist on a classic. Some draping can also be added for a soft yet dramatic feel that will still be light and comfortable.

The Menu

To integrate a more personal feel into a menu to share with your guests, couples can create customized menus for the reception. This can be a way to represent your culture(s), places you visited that were significant to your relationship, family favourites, and the list could go on. This

creates an endless number of possibilities that are unique to the relationship and therefore unique to the reception. It could also be a nice touch to create personalised wedding favours for each guest to take home a piece of your story.

The Cake

If you're looking to ease off the dramatic side for the cake, a simple, yet homey feel of a buttercream frosted wedding cake looks and tastes delicious, but doesn't need to feel perfect. The best part of something this simple is that you can top it with just about anything. Sugar flowers are common and look stunning in soft blush colors or can be beautifully offset with darker, more dramatic tones. Or for something a little more rustic, textured ruffles are commonly used to create a more home-made, authentic feel.

Finding The One

Tina Wu

Finding the perfect dress for one of the biggest milestone events of your life can be a daunting task. Here's some tips on making the process a more enjoyable experience.

Research, research, research

Use image-sharing sites like Instagram, Pinterest and Tumblr to find existing designs and make a physical list of what you like and dislike, including material, colour, length...the more specific your list is, the easier it will be for you to make the final decision.

Know your body and know your style

Be completely honest with yourself about your body and the style of dress you're looking for. If you want to spice it up with full-length lace sleeves or a plunging neckline, go for it. But you are ultimately looking for a dress that will make you look your best, so it's important to take note of your best features and highlight them with what you're wearing.



Be flexible

But remember to keep an open mind! You'll never really know what you will come across in the shop. Your dream dress may not look the way you wanted, or a style that you hadn't thought of might turn out to be your dream wedding dress.

Find the best time to shop

This is supposed to be one of the biggest days of your life, so try to take a half day off during the weekdays when the dress shop will be less crowded. Having most of the store to yourself will allow you to have a more personalised experience with less wait time.

Buy a dress that you can wear now

Despite the fitness regime you're hoping to complete from now until the wedding, don't plan too far ahead and assume that you will drop two sizes in a couple of months. Yes, you should aim to look your best on the day, but the stress from planning the event itself is enough without a diet!

FLOWERS YOU'LL REMEMBER

Choosing flowers is one of the most exciting and personal elements of planning your wedding. At the beginning, this can seem quite overwhelming with the abundance of choices available to brides and grooms today. If you keep in mind these three key factors for choosing your flowers, you can create something that is meaningful, that reflects who you are as a couple.

Seasonal – choose flowers in season for better quality, availability and reduced costs. At Flower Infusion we like to support our local growers, who always strive to provide us with their most beautiful blooms.

Style – Your choice of flowers should reflect the style and feel of your event. It helps to keep in mind where your ceremony and reception are being held, as well as the bridal party attire, because these details will determine whether your flowers are formal, casual, quirky or classic.

Personality – your flowers should be an extension of you! Choose timelessness over what's trending. We like to include flowers that have meaning to you and that express your individuality.

At Flower Infusion we like to take the time to get to know you and work towards realising the perfect flowers for your day. Our aim is to create a relaxed and personal, yet professional, experience.

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LISA-JANE: Luxury Bridal Blogger



Sabrina Muysken

Based in Sydney, and headed by Lisa-Jane McKenna, Luxury Bridal Blogger is an internationally celebrated blogger in the luxury bridal and haute couture, weddings and special events industry. The online platform helps to inspire and connect brides-to-be to their perfect gown designers, wedding vendors and event stylists, ultimately helping them to create their ultimate dream wedding.

Since launching the Luxury Bridal Blogger Instagram platform in 2014, the page has amassed an impressive 190 000 followers – a figure which is steadily increasing. However, with a career background in the fashion industry and a passion for digital marketing, blogging about the glamorous world of luxury bridal couture seems a natural fit for Lisa-Jane.

“Since the age of sixteen I have always loved to work in the world of fashion, luxury and design, so it has been a very natural progression for me to fall into the glamorous world of bridal and haute couture,” she says.

The social media savvy fashionista is also currently in the process of creating a course for future brides. She says it will endeavor to enable them to harness social media in the lead up to their big day, making the overall process easier and more enjoyable.

Talking exclusively with *Sydney Observer*, Lisa-Jane has revealed her insider knowledge on how to create your

perfect wedding.

What advice would you share with brides in the planning process?

Research is the key to both really saving money on weddings and feeling organised well ahead of the day. The earlier the couple start on planning their special day the better.

Although modern brides and grooms may debate this, the best advice that I was given was to remember throughout the planning process that the wedding day has always traditionally been the bride’s day and not to be swayed by what others may think would be best. Brides should most definitely stay close to the vision of their own dream wedding.

Another very helpful piece of advise that I was given was to create a personal hashtag for Instagram if you are planning an Instagram Wedding and this usually includes the #BrideAndGroom.

Many brides are torn between the ‘Traditional vs Modern’ wedding styles. What’s your take?

Few garments are chosen with as much care as wedding gowns. The wedding gown is very much the expression of the bride-to-be’s identity and some women invest their dress with almost magical qualities, seeing the right gown as a symbol of their future life and happiness while also marking the beginning of a new phase in her life.

The process for brides choosing a wedding

gown is as individual as there are brides in the world. The bride needs to be in love with her gown and feel a connection to it, whether that means it was previously worn by her mother, purchased from an image on the internet because it reminds her of a gown she saw previously in a runway show or meticulously custom designed by a bridal couture house, it is all about what gown or look that she has naturally been drawn to and the choice is entirely hers.

We are currently seeing many traditional Victorian era and vintage bridal gown designs flowing through the new 2017/18 bridal collections, which are allowing brides to wear those classic and timeless bridal gown designs with a modern twist.

Wedding dress shopping can be quite daunting. What are your tips on handling the process and finding ‘the one’?

As well as future brides purchasing lovely, keepsake, glossy bridal magazines and surfing Instagram, Facebook and Pinterest for bridal gown inspirations, we are finding Australian brides-to-be are attending more and more bridal expos, bridal fashion events and open house events that wedding venues are now offering, often with their mothers and bridesmaids.

We have many great bridal expos throughout the year in every city of Australia, these bridal expos always include a runway parade showcasing the latest of many both Australian and International bridal designers new and

current collections.

There is usually a champagne or wine bar available at these events making it a very memorable and joyous day for the brides and her bridal party.

What items do you recommend splurging on? And how can you make savings on without anyone noticing?

Firstly, I think that all weddings are stunning from intimate to grand and the focus should always be on celebrating the couple’s love for each other.

I recently attended the most stunning of weddings where the bride’s absolutely divine bridal gown had been hand sewn by her mother. She had done her own hair and makeup beautifully along with the flowers. I don’t believe that brides need to spend a fortune to look a million dollars and many brides have already proved that. I think that we all know someone that could offer us assistance in some way on our wedding day and save us some dollars, it is all about the bride and groom reaching out and asking.

What are some of 2017’s top wedding trends?

Hens and bucks evenings where men and women have traditionally spent these celebrations apart and now being spent more and more together almost with a pre-wedding party flavor.

Destination weddings are trending in a big way with Australian brides and grooms-

to-be choosing beautiful locations for their weddings both here in Australia and abroad. This choice extends the wedding celebration time to a few days allowing both the bride and groom and their guests to enjoy the wedding celebrations for much longer than the average twelve hours and gives everyone the opportunity to really connect while also enjoying a holiday or break away from home. In the case of a bride and groom deciding on a destination wedding, guests would usually receive their invitation up to twelve months prior, allowing plenty of time to organize them selves.

#Instabrides and Instaweddings. We will be seeing even more of a focus in 2017 with brides and grooms using their social media following across various platforms that they have gained throughout the lead up period to their wedding, wedding day and honeymoon to either launch new businesses or spring board existing businesses to new levels.

I have also noticed an increase in brides-to-be hiring wedding planners and wedding stylists both here in Australia and abroad to help them plan their special day. These wedding and events industry specialists have fabulous industry discounts available to them allowing the bride not only the opportunity to have most of the stress taken away from the wedding planning process so she can enjoy her wedding day to the fullest, but also to have those classy luxury finishing touches at an affordable price.

NATURAL BRIDAL BEAUTY



FOR YOUTHFUL, DEWY SKIN:

Inika Organic Liquid Foundation

Purchase from: inikaorganic.com.au

Inika's Liquid Foundation is certified organic and packed full of anti-oxidants, vitamins and minerals to provide long-lasting coverage on your special day whilst still caring for your skin's health. Blurring the line between moisturiser and foundation, this dreamy product glides on seamlessly giving intense hydration and a smoother appearance of wrinkles and fine lines. With a new improved formula, the Liquid Foundation now has added Hyaluronic Acid for improved skin elasticity, hydration and coverage.

Our tip: For optimal results we recommend applying with Inika's specially designed Vegan Foundation Brush. Featuring a flat, dense and firm brush head, it helps to achieve an airbrushed finish.



FOR A BARELY THERE LOOK:

Mukti Tinted Moisturiser with Sunscreen

Purchase from: muktiorganics.com

For the brides who don't usually wear much make-up, Mukti's Tinted Moisturiser will give you just enough coverage without giving off the appearance of being caked in foundation. With an all-natural sunscreen solution, it is also the ideal product to wear if you're having an outdoor wedding (sunburn on your big day is a definite no-no!). Suitable for all skin types, the zinc-based formula easily absorbs into your skin providing a non-greasy finish. The primary ingredient of zinc oxide will actively work to block-out harmful environment properties whilst still strengthening and maintaining healthy skin cell growth fortified with additional antioxidants and native Australian extracts.

Our tip: The colouring of the product is quite fair in comparison to other brands. The shade 'Medium' will likely suit most complexions. It also works a dream as a primer or base for other liquid and mineral foundations!



FOR A LUMINOUS GLOW:

Inika Certified Organic Light Reflect Cream

Purchase from: inikaorganic.com.au

Say hello to the world's first Certified Organic Light Reflect Cream! This subtle, small tube contains an all-natural, multi-purpose cream that can be used to highlight the cheek and brow bones as well as the eyelid area for a natural luminous look. The combination of Certified Organic ingredients, natural mineral pigments and mica capture the light, highlighting and brightening the skin to give you your most youthful glow yet.

Our tip: Sweep across the high points of your face that would naturally attract sunlight including across your forehead, jawline, cheekbones and down the bridge of your nose. Dab a little bit of product on the bow of your lips to highlight your pout.



LUNA PARK

Luna Park Venues provides the perfect backdrop for the ultimate wedding, offering an amazing experience taking in the dazzling vista of Sydney Harbour and its picturesque bays and inlets and is located just beneath the iconic Sydney Harbour Bridge.

Award-winning Executive Chef, Mark Taylor, and his team hail from a variety of different backgrounds providing a wealth of experience producing an array of culinary delights. Taylor and his team are dedicated to working hard to ensure that every need and want is met. They are passionate about involving the client in the experience to ensure their special day runs smoothly.

The international experience of the team is reflected in the food whilst Taylor cites Modern Australian as the main theme of the dishes he creates. He also takes cues from all over the world building

on the wealth of knowledge of his international team.

Guests have the option to choose from tailored banquet menus, canapé menus, five course degustation menus and buffet menus. All meals can be complemented with an array of superb choices from Australian and international wines, champagne and local and international beers.

There are a selection of wedding packages on offer from the inspired Diamond Package to the Dream Package which allows you to tailor a bespoke experience.

Luna Park Venues is renowned for providing timeless quality and personalised service. Event Manager, Melissa King, specialises in guiding and coordinating wedding clients.

"Melissa King and the team at Luna Park

Sydney went above and beyond to ensure that our day was magical. From the food to the view and the fun times we had on the rides, there was never a dull moment. Many said it was the best wedding reception food they had ever had," says recent guest, Rachel Cane.

A choice of venues are available to showcase your special day – from the spectacular Palais, Sunset Room, Ted Hopkins and Crystal Ballroom to the Grand Ballroom or Big Top. Venues can cater from intimate to large weddings, offering a unique and magical experience encompassing the fun of the park.

Luna Park provides an exclusive experience for your wedding photos – the unique and colourful amusement rides in the park provide unforgettable memories captured on film in this magical location.

lunaparkweddings.com



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Noni Glow Body Oil
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Get the fresh faced look with this soothing and calming double cleanse set. It truly hydrates the skin with its quality floral ingredients; honey, camomile oil, calendula flower extract and green tea flowers.



Erno Laszlo Soothe & Calm Cleansing Oil \$89 from Sephora Australia



Erno Laszlo Soothe & Calm Cleansing Bar \$58 from Sephora Australia

If you are longing for a renewed complexion and improved skin texture, Mukti Organics' Resurfacing Exfoliant is the product for you. The gentle, deep cleansing exfoliant works to remove dead skin cells and encourage collagen production. The best part is that the product, made from bioactive native extracts, is entirely vegan friendly and palm oil free.



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BEAUTY PRODUCTS WE ADORE

SWEAT IT OUT WITH NATURAL DEODORANT

Simply put, we smell because we sweat. But this smell is not caused by just any sweat. It is caused by the milky sweat secreted by our apocrine glands. Found in more hair-prone areas such as our groin and armpits, these glands are a veritable smorgasbord for bacteria that causes our body to odour. With the average human sporting 2.6 million sweat glands, the fluid produced by these glands is made up of water, minerals, lactate and a bodily waste product called urea. These minerals can vary from person to person and depend on a number of factors, such as weight, lifestyle and environmental conditions.

While women generally have more sweat glands than men, male glands tend to be more active and produce more sweat. This is controlled subconsciously by our autonomic nervous system. Sweating, although abhorred by many, actually offers numerous health and beauty benefits, including heat regulation, skin detoxification, pore refinement and improved immune function.

Recently, we have witnessed a shift with

many individuals opting to avoid the harmful effects of parabens, preservatives and other man-made chemicals in their foods and cosmetic products. When making this health conscious shift it makes sense to apply the same rules to our deodorant.



Traditional antiperspirants should be one of the first candidates to be eliminated from daily uses. Its water solvent ingredients, such as PEG 20, propylene glycol, triclosan and other aluminium-

based compounds, are considered by some health practitioners to display a strong link to health problems, illness and even some malignancies, such as breast cancer.

Not only are naturally-derived formulas safer for users but they serve as a wonderful environmentally-friendly alternative to chemical-based products. Also, as an added bonus, more often than not packaging for these eco saviours are fully recyclable and reusable.

Sydney-based company 'No Pong' have recently released their bicarbonate free anti-odourant. Made in Australia using a naturally occurring siliceous sedimentary rock called 'diatomaceous earth', No Pong Bicarbonate Free allows the body to expel sweaty toxins naturally while providing 12-hour odour protection. The super-absorbent crème paste uses 100 per cent natural and certified organic ingredients to create a water-resistant environment that smelly armpit bacteria can't survive in.

For more information visit nopong.com



Our lips are just as unique as our fingerprints, each differing in shape, size and colour. With

over one million nerve endings residing in this exposed membrane alone, our lips are one of the most sensitive parts of the human body.

In fact, as one of the few bodily organs that lack sweat glands and oil-producing pores, our lips are highly exposed to the elements; relying solely on its three to six layers of skin cells to protect itself from the cold, wind and sun.

Advocates for green and simple living, Australian founded skincare brand, Clean

& Pure, have developed a lip treatment remedy which merges science and nature to produce a balm that nourishes and protects lips from the outside-in.

Harvesting the natural antibacterial and protective benefits of Manuka beeswax, Clean & Pure's range of flavoursome lip balms contain extra virgin olive oil – the oil derived from the first press of the olive. This unique combination deeply hydrates, repairs and protects lips, while the steam distilled flower and leaf extracts provide intense nourishment of skin-loving enzymes, antioxidants and vitamins.

Sourcing ingredients from Queensland and Victorian based olive farms and Manuka honey beehives, all lip balms in the range contain six ingredients or less, and are made locally in sunny Queensland.

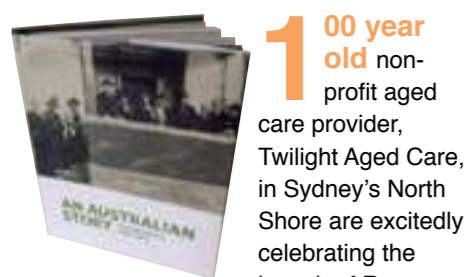
Available for purchase from cpskin.com.au



PUCKER UP



TWILIGHT AGED CARE CELEBRATES MILESTONE



100 year old non-profit aged care provider, Twilight Aged Care, in Sydney's North Shore are excitedly celebrating the launch of Ron

Ringer's book 'An Australian Story: Twilight House 1915-2015'. An official book launch will be hosted Friday, 11 August at the Lady Mayoress's Room in Town Hall. Federal Minister for Aged Care, Ken Wyatt, will be in attendance to introduce the book.

The book explores the renowned aged cared organisation's history, beginning back in 1915 after a pioneering group of woman saw a need to provide shelter and care to ageing middle class women on the North Shore who were of limited means as they had lost husbands and other family members, which had left them without support of any kind. Twilight House was the first of these 'homes' bequeathed to the women by a wealthy donor and overlooked Quaker's Hat Bay in Mosman – an idyllic setting to see out the 'twilight' years. Since then Twilight has grown to five home across Northern Sydney from Gladesville to, Gordon, Beecroft and Hunters Hill, each one donated by generous supporters in the community.

A REVIEW OF RON RINGER'S 'AUSTRALIAN STORY: A HISTORY OF TWILIGHT AGED CARE 1915-2015'

Dr Susanne Macri AM, D.Hon, Board Director and Advisor on Healthcare

Ron Ringer's Australian Story: A History of Twilight Aged Care 1915-2015 is an important journey back in time, not just for Twilight Aged Care, but in terms of historical events which entwined themselves with the dream and vision of some of Sydney's leading feminists in establishing a safe haven for older women.

This is a story waiting to be told, the research, the wonderfully illustrated and photographed content is a must for anyone interested in the history of aged care through the early 1900s up to where aged care has evolved to today. The Twilight League was established in 1912 and the planning for the first home began; it was resolved to form a committee to establish a home for refined, educated professional women who found themselves in the "twilight" of their lives with limited means and in need of a refuge from the cold comfort of the ordinary boarding house.

Out of this vision, foresight and fundraising the opening of the first home on the 27th May 1915, Twilight House at Mosman was achieved, with Beecroft Twilight Home

opening on the 9th May 1924. In 1964 Mr Lewis Hey Sharp bequeathed his Federation home to Twilight House and this was to later become Horton House. The book chronicles the important role that women and the Twilight Committee played post first and second world wars in lobbying for, not only older women in need of housing and care, but also for all older Australians in general.

Today, Twilight Aged Care has a proud history of providing aged care services for the broader community with homes and villages at Mosman, Gordon, Gladesville and Hunters Hill. In the Postscript Ringer writes "It has remained small, manageable, more easily responsive to change and 'family' in nature and practice". This has been lost today with corporatisation of aged care, staying small, Twilight has found its niche and has been able to maintain its philosophy of caring for people as individuals.

For Twilight Aged Care this is a significant book for the organisation, for the aged care industry and the community at large, it is also an important book and I would strongly recommend not only reading it, but having pride of place on the coffee table to browse from time-to-time, a beautiful book.

twilight.org.au

SENIORS HEALTH

Hanna Moore

A new and innovative approach to encourage cognitive and physical function for older people has come in the form of 'Poi'.

Poi is described as being a weight on the end of a flexible cord, which can be swung in circular patterns around the body. It is believed to have been derived from the Māori of New Zealand as a means of training strength and flexibility. This is because the object and how the person moves with the object can take many different forms to suit different levels of strength and flexibility.

Given the cultural roots of the object, the type of Poi used internationally for health benefits has been labelled under a sub-classification as 'International Poi'.

The benefits of International Poi, particularly for an older population, has been largely anecdotal. However, a clinical trial between the Centre for Brain Research and the Dance Studies

Programme at the University of Auckland has established the benefits of poi on physical and cognitive function in healthy older adults.

79 healthy adults aged 60 years and older



were assigned to either an International Poi group or a Tai Chi group and took part in 2 lessons a week for one month. Physical and cognitive function were measured before and after each lesson.

The study has been the first of its kind and

demonstrated the effects of International Poi on balance, grip and memory over the course of one month. It also reportedly improved coordination, flexibility, and enjoyment in learning a new skill.

As the aging population grows, so too does the need for effective strategies in maintaining health in old age, and the recent study on the use of International Poi may be one way of achieving this.

The rhythmic and playful nature of International Poi is shown to have benefits on the quality of life in healthy older people and perhaps with more research, the benefits could extend to other groups of older adults.

Doctoral student Kate Riegle van West, leading the study says, "This research shows that poi may be a promising tool for maintaining or improving quality of life in old age, and will hopefully pave the way for future research on poi and health."

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Dr Ian Sweeney

DENTAL HEALTH WEEK

The theme of this year's Dental Health Week is "Anywhere Anytime". The week will run from August 7-13 and the Australian Dental Association will be marketing the theme of good oral health for busy lives.

Today's busy lifestyle often means the one area of general health that is neglected is oral care. Maintaining good oral hygiene is a difficult task. Teeth are small with lots of difficult areas to clean, and thus many potential areas to miss while brushing and cleaning. Many people give little thought to how effectively they clean their teeth, rather concentrating on the "process" of brushing.

In order to effectively clean teeth there are a number of key elements involved:

Timing: Effective brushing takes on average two minutes. This should be performed twice daily, ideally following breakfast and last thing at night. This will maximise cleanliness as well as giving the teeth prolonged exposure to fluoride before the meal.

Technique: Tooth brushes should be held at a 45 degree angle to the tooth surface. The correct technique uses an up-and-down and circular motions. You should systematically move from one corner of the mouth to the other, while not forgetting to reach the "inside" surfaces, next to the tongue and roof of the mouth. Brushing with electric tooth brushes are ideal for those people with limited dexterity or are visually impaired. The advantage of an electric tooth brush is that once the brush is in the correct position on the tooth, the sonic motion of the head takes care of the fine movements, so all you have to do is slowly move from tooth to tooth.

Flossing: Flossing should be performed at least once a day. Without flossing, large areas of the tooth surface will not be cleaned. These include many of the hard to reach areas, increasing the risk of decay and gum disease.

Vision: "If you can't see it, you can't clean it!" It is important to brush and floss in front of a mirror. Magnifying mirrors are perfect as they allow you to see exactly what you are doing. Mirrors with added illumination

are even better as the mouth is a dark space and more light will help you to see.

Toothpaste: Fluoride containing toothpaste is the best way to maximise decay prevention. Children under the age of two years do not need to use toothpaste. Initially, the use of a face cloth, later followed by an infant's brush is appropriate. From the age of two, low fluoride toothpaste should be used, always under adult supervision. The amount of toothpaste used at any age only ever needs to be a smear along the tooth brush bristles.

When it comes to oral health, there are four simple things to remember:

- Brush twice daily.
- Floss at least once daily
- Reduce sugary drinks and foods
- Have a regular dental check up.

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

northsidedental.com.au

Dying to Know Day

Hanna Moore

Death is not an easy conversation to have and many of us avoid the topic out of fear or sadness. Dying to Know Day (D2KDay) is an initiative aimed at activating conversations about death literacy and end of life planning to encourage and better equip people with the knowledge to support people during what can be an extraordinarily difficult time.

This movement stands for community led conversations about end of life care, death and loss, using a public health approach to socialising the response to death and utilising resources to organise end of life planning.

This initiative is a really important way to address a complex social issue that affects everyone. The passionate way in which this organisation wishes to make death more understandable and manageable is an inspiration to those who may be struggling with loss.

It is also an excellent resource for understanding death literacy. Being a very complex topic, to have the means of condensing it in an effective and sensitive manner can be very helpful to those who

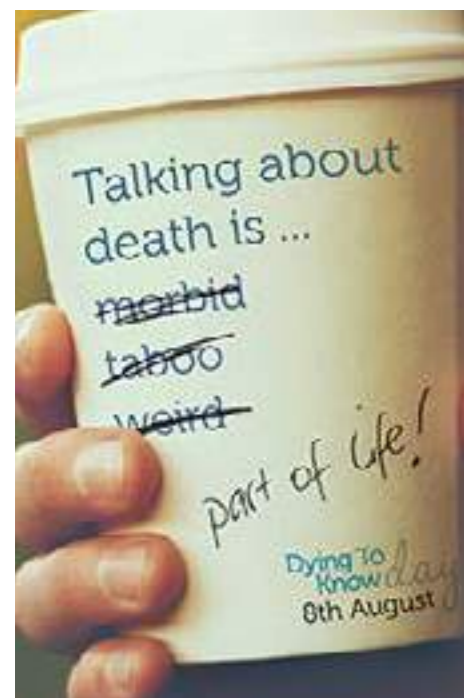
wish to become more informed.

D2KDay is held on August 8 every year, and 2017 is no exception. The organisation encourages people to host their own events and this year, the flagship D2KDay@FEDSQUARE event will also be taking place in Melbourne. This event will provide a number of exhibitors, speakers and an opportunity to engage in meaningful conversations about life and death.

The exhibitor stalls will be running from 10am in the Atrium and will feature services, products and ideas from a number of exhibitors including The GroundSwell Project, Palliative Care Victoria and Preparing the Way.

Speakers and digital content will also be presented in the Atrium to provide engaging and informative information throughout the day.

If you can't make it to Melbourne this year, the website offers informative resources for end of life planning and death literacy, as well as ideas and stories for everyday actions that everyone can take to aid themselves on this topic.



CLEANSE YOUR BODY

With the arrival of cold and flu season, there is no better time to help support your body's detoxification! By detoxifying and purifying your body from the inside out, you will promote not only a healthier gut but also smooth, clear skin. If your skin has been looking clogged, congested or simply lacklustre, chances are this could actually be a direct reflection of your liver's health.

The liver is an essential organ for detoxification and is responsible for processing and expelling toxins from the body. Ingredients such as broccoli, beetroot, kale, barley grass, and dandelion can all have a powerful impact in your diet, as they contain crucial components that support the liver's detoxification pathways. This is where a dietary cleanse can help steer your health back on track.

Carla Oates, The Beauty Chef Founder and CEO, has revealed her top tips for an effective cleanse:

DRINK LOTS OF WATER

When it comes to cleansing your body, nothing flushes your system as effectively as good old H₂O – just make sure it's pure and filtered so you're not replacing one toxin with another. By adding a squeeze of alkalising fresh lemon to warm water in the mornings, you'll not only kick-start your metabolism for the day but also help cleanse your liver, too.

STREAMLINE YOUR DIET

Beauty begins in the belly and a great way to cleanse your body is to eliminate processed food, wheat, dairy, caffeine, alcohol, yeast, processed meats and sugar for at least a week or two (and if possible

reduce consumption ongoing for better health and wellbeing.) Instead, only eat fresh vegetables (steamed, raw, lightly stir fried in coconut oil), fresh nuts and seeds as well as lean proteins. Also up your intake of lacto-fermented foods.

SUPPORT THE CLEANSING PROCESS

When you cleanse, you are primarily cleansing your liver, kidneys and skin, as these organs are responsible for eliminating metabolic waste from the body. Eating lots of greens and bitter herbs and vegetables is a great way to assist your body's natural detoxification process. Stock up on cruciferous veggies too, including cabbage, broccoli and kale as they are rich in cleansing, sulphur containing compounds. To maximise your cleanse and give your body extra support, you need to take a supplement that contains cleansing herbs, liver-supporting ingredients and natural products.

In today's busy world it is becoming increasingly difficult to keep up the consumption of liver-friendly ingredients. For those in a hurry, *Sydney Observer* recommends The Beauty Chef's CLEANSE Inner Beauty Powder, which contains cleansing herbs, vitamins, minerals, fibre, and natural prebiotics and probiotics to support both your liver and immune health. The easy-to-use powder works to nourish your body from the inside and put you on the path to clear and radiant skin.

The product is available for purchase for \$59.95 from thebeautychef.com



OIL PULLING: WHAT IS IT? AND WHY IS IT GOOD FOR YOU?

Oil pulling is an ancient Ayurvedic medicinal practice that has recently found its way into mainstream Western society. It is has been touted as one of the best ways to remove bacteria and promote a healthy mouth and body. Despite the practice taking some time to gain popular traction, the simple process of swilling oil each day has been scientifically proven to provide an extremely effective oral detoxification.

Most commonly done with coconut oil, oil pulling works by cleaning and clearing out the oral cavity in a similar way that soaps and detergents clean grease from dirty dishes. The oil quite literally draws out the filth and toxins from your mouth, leaving behind a clean, antiseptic oral environment that promotes healthy immune function.

The *Journal of Ayurveda and Integrative Medicine* recently highlighted a study that looked at holistic approaches to oral health, specifically revealing oil pulling as one of the most effective natural health approaches in promoting health teeth and gums. Having been used for centuries as a traditional remedy in Eastern cultures, oil pulling is said to be beneficial in preventing heart disease, reducing

inflammation, soothing throat dryness or soreness, improving acne, preventing cavities and more.

As bacteria in your mouth can be a starting point for many diseases in the body, oil pulling is a working preventative measure that can be easily incorporated into your daily routine. Simply pour the oil into your mouth, swish and swirl for five minutes, and spit and rinse. According to popular Australian brand Keeko, not only does the act of oil pulling cleanse your mouth and increase your overall health but it also naturally whitens your teeth and gives you a killer smile.

To make things even easier, Keeko offers 100 per cent organic, vegan, NON GMO and cruelty free products that provide an enjoyable way to look after your oral health. With Coconut Oil Pulling sachets ranging in flavour from Morning Mint (spearmint and peppermint) through Citrus Burst (lemon, lime and pink grapefruit) to Sweet Sensation (vanilla coco with a hint of cinnamon), what's not to love!

keekooil.com



EVERYDAY CHEMICALS LINKED TO CHRONIC DISEASE

Chemicals found in everyday plastics materials are linked to cardiovascular disease, type-2 diabetes and high blood pressure in men, according to researchers from the University of Adelaide and the South Australian Health and Medical Research Institute (SAHMRI). The study investigated the independent association between chronic diseases among men and concentrations of potentially harmful chemicals known as phthalates. Phthalates are a group of chemicals widely used in common consumer products, such as food packaging and wrappings, toys, medications, and even medical devices.

The results of the study revealed that of the 1500 Australian men tested, phthalates were detected in urine samples of 99.6 per cent of those aged 35 and over.

"We found that the prevalence of cardiovascular disease, type-2 diabetes and high blood pressure increased among those men with high total phthalate levels," says Associate Professor Zumin

Shi, from the University of Adelaide's School of Medicine.

"While we still don't understand the exact reasons why phthalates are independently linked to disease, we do know the chemicals impact on the human endocrine system, which controls hormone release that regulate the body's growth, metabolism, and sexual development and function...In addition to chronic disease, higher phthalate levels were associated with increased levels of a range of inflammatory biomarkers in the body."

Age and western diets are directly associated with high concentrations of phthalates. Previous studies have shown that men who ate less fresh fruit and vegetables and more processed and packaged foods, and drank carbonated soft drinks, have higher levels of phthalates in their urine.

"Importantly, while 82 per cent of the men we tested were overweight or obese – conditions know to be associated with chronic disease – when we adjusted for

this in our study, the significant association between high levels of phthalates and disease was not substantially altered," says Professor Shi.

"In addition, when we adjusted for socio-economic and lifestyle factors such as smoking and alcohol, the association between high levels of phthalates and disease was unchanged."

The Associate Professor goes on to suggest that although the studies were conducted in men, the findings are more than likely to be relevant to women also. In terms of addressing these burgeoning health issues, all findings show individuals will benefit from adopting healthier lifestyles including a diet predominantly comprised of fresh fruit and vegetable.

"While further research is required, reducing environmental phthalates exposure where possible, along with the adoption of healthy lifestyles, may help to reduce the risk of chronic disease," he says.

Soothe Sore Joints and Muscles

Sore, aching joints and muscles are common ailments throughout the cooler months. Flareups of osteoarthritis and other conditions associated with pain, inflammation and stiffness are frequently recorded with medical practitioners throughout the wintertime. It is thought that the change in barometric pressure during colder seasons is the primary culprit. As the temperature outside drops so too does barometric pressure. This drop triggers a change in balance of the pressure between the inside and outside of our joints. When this change occurs, joint tissue may also



expand, which puts increasing amounts of pressure on our nerves.

While there may yet to be no cure conditions such as osteoarthritis, there are a few simple lifestyle adjustments you can make to better manage pain levels and aid discomfort.

Keep Moving

During winter it is all too easy to spend more time inside our homes and reduce our levels of activity. Even though it might seem counter-intuitive, maintaining regular movement is key when addressing stiff joints and muscles. Inactivity has

been proven to quickly exacerbate pain experienced in the body. Regular low impact exercise such as walking, swimming and gentle flow yoga not only helps to strengthen muscle groups but also stretch out the affected joints.

Nutrition

Nutrition is the easiest and most effective way to prevent and address chronic pain that is caused by inflammation. Having a diet that is rich in Omega-3 fatty acids found in food such as fish, chia seeds and flaxseed oil is an excellent way to keep inflammation at bay. Fresh fruits and



vegetables are also a great addition as they are loaded with antioxidants, which help to slow the effects of aging. If you're a sufferer of severe joint and muscle pain

it is best to limit or eliminate processed foods, trans-fats and added sugars from your intake as these are the key dietary causes of inflammation in the body.

When treating joint pain in particular it is important to assess the root of the problem area. If your symptoms are ongoing and last more than several weeks or they appear suddenly for no apparent reason, it is important to visit your physician for a professional diagnosis. This will help you rule out any more serious conditions such as osteoporosis or an autoimmune condition that might be causing your pain.

HEALTH

CORNER

Tina Wu



Almond Milk

After the craze of coconut water, almond milk sales are continuing to grow as an alternative to dairy milk. The main benefits of this dairy substitute include its significantly lower levels of sugars, saturated fats and kilojoules. However, it is important to note that almond milk also contains less protein and calcium than dairy. Moreover, almonds only make up 15 per cent of most milk cartons, the rest consisting of water. Though a healthy option for vegans, unless supplemented with vitamins, dairy milk or even soy milk will provide a greater amount of the necessary nutrients for the average adult.



Mushroom Coffee

One of the most recent health superfoods to grace our tables, mushroom coffee, is thought to be a healthier alternative to normal coffee. By liquefying, drying and then mixing mushrooms into your morning brew, it is claimed that you can enjoy the benefits of coffee without the caffeine rush. Headed by the Finnish food company Four Sigmatic, they claim that different types of mushrooms have different effects, such as the Maitake mushroom, which can lower blood sugar, and the chaga mushroom, which supposedly counteracts coffee's acidic quality. Increased antioxidants and nutrients are also said to be a benefit of this drink.



Bouldering

With sport climbing recognised as an official sport in the 2020 Tokyo Olympics, indoor climbing is rising in popularity. According to Sport Climbing Australia, 25 million people around the world are climbing regularly, with the number of climbing gyms increasing by 50 per cent between 2007 and 2012 and continuing to grow steadily. However, a new phenomenon is taking hold in the climbing community: bouldering. Bouldering has a maximum climb height of 4.5 metres with no harness required. The 9 Degrees Bouldering gym has recently opened in Sydney, one of the first of its kind in Australia.

FACE MAPPING:

What does your skin say about your health?

Sabrina Muysken

In a world with sophisticated medical technology such as MRI and X-Ray machines, could determining underlying health concerns be as simple as analysing an individual's face? Today known as 'Face Mapping', Ancient medical practitioners have used the process for centuries to accurately diagnose, treat and prevent illness and disease.

The Ayurvedic practice centres around the understanding that the condition of skin on specific areas of the face directly link to imbalances within the body. It is believed that each point on your face connects specifically to an organ or body part. Therefore determining what area flare-ups or blemishes link to internally will not only solve your skin worries but also assist in the identification and prevention of any burgeoning ailments.

Eyebrow Area - Liver

- Stomach
- Dehydration
- Too much alcohol
- Greasy foods

Around Lip Area - Hormones, Intestines

- Hormonal imbalance
- Ovulation
- Reproductive organs
- Menstrual cycle
- Constipation; irregular bowels

Under Eyes - Kidney, Liver, Intestines

- Lack of sleep
- Dehydration
- Dirt from makeup and rubbing eyes

Left Cheek - Liver

- Overeating
- Malabsorption of nutrients
- Stress
- Stomach problems
- Poor air quality/pollution
- Dirt: dirty pillow cases and phones

Forehead - Bladder, Intestines

- Digestive problems
- Small intestine issues
- Liver issues
- Irregular sleep schedule
- Toxin build up
- Stress/worry
- Sweat

Ears and Temple - Kidneys

- Dehydration
- Poor lymphatic circulation
- High fat diet
- Too much processed food
- Stress
- Excess oil production

Neck - Illness Thyroid

Nose - Heart

- Blood pressure; poor circulation
- Poor diet
- Constipation; bloating
- Gastrointestinal imbalances
- Indigestion
- Salt intake

Right Cheek - Lungs, Respiratory System

- Allergies
- Stomach problems
- Too much sugar
- Stress
- Dirty; dirty pillow cases and phones

Jawline - Hygiene, Stomach

- Dirt
- Greasy foods

Chin - Stomach, Kidneys, Reproductive Organs

- Hormonal problems
- Gynaecological issues
- Kidney imbalances
- Greasy foods
- Dehydration

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Be Medicinewise Week

Hanna Moore

This August, 'Be Medicinewise Week' highlights the importance of national awareness of safe use of medicine in Australia. This week brings to the surface a growing awareness and understanding of how we utilise the medicine we have access to, and how we can improve this in the future.

NPS Medicinewise, an independent non-for-profit organisation, aims to provide evidence-based information about health and medicine to ensure that all Australians are making the best decision for their bodies. The network implemented by this organisation allows access to behavioural change services, such as therapeutic programs, and digital insight products through apps that provide evidence based data on medicine use and practice.

This week is important for highlighting the importance of greater access and availability of medicine for Australians and how we can greater manage and improve the quality of this through education and awareness of the subject.

Be Medicinewise Week's focus is on this process of educating the public on safe and effective use of medicines. This awareness week has been running since 2011 and this year, the focus is to 'Take Charge!'. Demonstrating a growing emphasis on empowering the public to take control of their health and medicines. This is done by asking the right questions of the right people and to follow the right advice in regards to their medicine use. That is, being open to conversation and trusting the advice of professionals

to make informed decisions about the medicines they need.

In previous years, measures have been taken by communities all over Australia to make a difference in the way we approach medicine. This can include pharmacies taking measures to ensure that any medicines they have are disposed of properly, or aged-care facilities providing additional training measure for safe management of medicines.

This year, Be Medicinewise Week takes place from 21-27 August, 2017. Check out NPS Medicinewises' website for updates on how to get involved, events happening nationally and information on the 7th annual campaign currently in the works for 2017.

HEARING AWARENESS WEEK

20-26 August marks Hearing Awareness Week. The health initiative raises much needed awareness for the hearing impaired and the importance of maintaining good ear health. After all, one in six Australians is hearing impaired, deaf or has an ear disorder.

Hearing impairment, or deafness is when your hearing has been affected by a particular condition or injury. Some people are born with a hearing loss while others may develop an impairment as they get older. Most commonly, hearing loss occurs

with age or is caused by loud noises.

Damage to your hearing is most often a gradual process – the effects of noise exposure are permanent. What is excessive noise? When you must raise your voice to be able to speak to someone at an arm's length.

Some of the early warning signs are:

- You can hear but not understand
- You find it hard to hear in noisy situations or groups of people
- You think people mumble

- You need to turn the TV up louder than others
- You don't always hear the doorbell or the phone

If you think that you or a family member may be experiencing hearing problems, it is vital to consult your local GP. They will check your ears for any problems, such as earwax or a perforated eardrum. From here a GP may refer you to an audiologist (hearing specialist) or an ENT (Ear, Nose and Throat) surgeon for further tests.

hearingawarenessweek.org.au

Better Hearing at AUDIOHEALTH



Over twenty years ago, the Magee family opened their first custom designed hearing clinic, benefiting the local community with access to state of the art hearing devices at very affordable prices.

"Being an independent clinic, we focus on accessing the latest technology – regardless of the brand," explains Aaron Magee, Director of the Gordon based family Practice, "which ensures our clients have choice and access to the best products on the market. If it means an investigative trip overseas, we are up for it, researching, educating, upskilling on new software to program the devices is par for the course if we are to excel in providing outstanding hearing results. On occasions, we have been the first clinic in Australia to launch some of these products, this is something we have always been passionate about."

With literally thousands of ears of experience behind them, the Magee family have been involved in hearing care for three generations. With the utmost level of involvement, AUDIOHEALTH offers unparalleled commitment to provide clients

with more than just a service.

"Hearing loss impacts on so many aspects of a person's life that being treated with care and consideration is of paramount importance," says Aaron.

"Our clinicians take a genuine interest in each individual's specific needs and strive to offer tailor-made solutions. The latest state of the art equipment is used to ensure accurate testing, precise programming and detailed medical reporting.

"We have recently extended this care to actively participate in the Starkey Foundation, a not-for-profit organisation aimed to fit one million people in third world countries with free hearing devices before the end of the decade. Our Director, Joanna Magee, helped fit 620 children in Indonesia at the end of last year and is planning more trips this year. Please consider donating your old hearing aids to this wonderful cause that helps children, their families and their communities.

"At home, we continue to bring you the latest hearing technology with the new

SoundLens Synergy, the world's first and smallest IIC* invisible when worn hearing device, smaller than a jelly bean and hidden completely in the ear canal with a quad core processor that works 5 times faster than previous micro-chips and we have just launched the world's smallest rechargeable RIC hearing device, being rechargeable this has done away with the need to change batteries so no more fiddling, just pop into the ear and go and very eco-friendly. Further progress has been made in addressing tinnitus, that annoying ringing people get in their ears or head when no external sound is present. Most new hearing devices come equipped with a tinnitus masker which offers relief to those who find this sound interfering with their lives."

If you feel you may have a hearing loss and would like to trial any of these innovative new devices, make a booking at the Gordon clinic on 9418 1622. You've nothing to lose but your hearing loss and a whole new world of sound to gain!

audiohealth.com.au

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Reusable Coffee Cups: A Growing Sustainability Trend



Hanna Moore

The rising trend of reusable coffee cups has become undeniable in the past few months with companies such as KeepCup being inundated with orders for their products.

The KeepCup brand is an example of the way an entrepreneurial business combined with an environmentally sustainable mission can be an effective way of creating change.

The ABC series War on Waste can be attributed to the recent spike in purchases whereby the audience learned that Australia is ranked 5th highest for generating waste with one large contributor being the takeaway coffee cup. Many cups are not recyclable and with an estimation of almost 1 billion reusable coffee cups used in Australia

every year, there is an increasing demand for an alternative.

The KeepCup mission is to create a product that inspires a change in attitude towards a culture of convenience and reducing the use of disposable products that cause significant harm to the environment.

The unique aspect of KeepCup is the ability to design your own colourful cup or choose from a variety of existing cups. These cups are also manufactured to suit speciality coffee so as to compete with the disposable cups in the iconic Australian coffee culture.

Some coffee shops have gone as far as banning disposable cups altogether, but this is not always an affordable

option for many businesses. It becomes the responsibility of the consumer to encourage the use of reusable cups and in-turn inspire a business landscape that supports it.

This growing trend in sustainability will hopefully live out to be more than a trend, with many other entrepreneurs starting businesses aimed at providing sustainable methods of switching up every day practices from reusable grocery bags to toilet paper.

These efforts to create sustainable change could just be the beginning, by switching up smaller, everyday practices in the long-term, greater changes could occur as a result and in-turn, the friendlier attitude that the environment so greatly needs.

Bloomin' Marvellous!

Susan Potthurst of Elegant Outdoors, Turrumurra Garden Centre

Cymbidium orchids are grown for their spectacularly colourful flowers. Due to the success of modern breeding programs they come in a large range of colours and are extremely popular as both potted plants and cut flowers. The older the plants, the more flower spikes you're likely to get, so Cymbidiums are a truly great investment for your garden.

Here in the garden centre we begin to get them from our growers in May, then throughout the whole of winter and into early Spring. They're such a popular plant this time of year – they seem to disappear from our shelves as quickly as they arrive! Whilst Cymbidiums only bloom once a year, you'll be guaranteed to enjoy the flowers for up to as many as ten weeks – the more spikes on the plant, the longer the flowering period will be, as the spike development will be staggered.

Cymbidiums thrive in coarse potting mix that is specific to orchids – they won't

tolerate being too wet, so you must ensure that excess water can drain away freely. It's this requirement that means Cymbidiums make excellent pot specimens. Outside, the best spot for them is in morning sun or dappled light. Place them at your front door or outside the family room where you will be able to see and enjoy the flowers daily. Inside, place them in a brightly lit area like your kitchen or lounge room.

Weekly watering through the flowering period is sufficient but this should be increased as the weather warms up, ultimately to every two days during summer. If you stick to a regular fertilising regime you will be rewarded year after year with a healthy, prolifically flowering plant. We recommend Strike Back For Orchids by Neutrog which comes in both easy to use pelleted and liquid form.

elegantoutdoors.com.au



PUSH TO BAN PLASTIC BAGS

Hanna Moore

Woolworths and Coles in NSW, VIC and WA have jumped on the ban the bag bandwagon and are aiming to completely phase out lightweight, single-use plastic bags by 2018.

Harris Farm Markets also announced that they would not be offering plastic bags at their checkouts starting January 2018.

This comes with a growing shift for more retailers to use eco-friendlier bags in the wake of how much wastage is made up of plastic products. Australians use up to an estimated 4 billion light-weight plastic bags with an estimated 3.78 billion bags disposed of in landfill sites every year. Plastic wastage often also ends up being littered, largely in waterways and oceans where marine life can be injured or killed by the plastic.

In the process of phasing out single-use bags, Woolworths customers will instead be required to either pay 15 cents for a reusable bag, or bring their own which can be purchased in-store. This brings the states affected in line with SA, Tasmania and the ACT, which already have state-wide bans on single-use plastic bags.

Woolworths Group chief executive Brad Banducci spoke out saying, "We currently give out more than 3.2 billion lightweight plastic bags a year and hence can play a significant role in reducing overall plastic bag usage."

This ban also impacts all Woolworths Group, including Big W and BWS, other liquor chains such as Dan Murphy's and Cellarmasters have already banned single-use bags. Similarly, retailer Aldi has been single-use plastic bag free since its

opening in 2001.

NSW Greens Marine and Fisheries spokesperson Justin Field has welcomed the change and reflected the warm welcome by many environmental groups.

"Today's announcement by Woolworths and Coles, community campaigns such as Boomerang Bags and the thousands of individuals taking part in Plastic Free July show an unstoppable momentum to ban the bag in NSW."

Mr. Field states that more can be done to stop plastic pollution and to clean up the natural environment.

"A plastic free NSW would also include a phase out of all single-use plastics, a ban on microbeads and a fully-funded plastic pollution strategy."

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NEW SOLUTION FOR THE TIME-POOR

Today's life is jam-packed with everything from work requirements through household chores to social events. With things not looking to slow down anytime soon, time-poor individuals are looking to alternative ways to help relieve some of the load.

A recent survey revealed that over 61 per cent of Sydney's residents would choose to hire a personal concierge service to free up their precious time and ensure they spend more of it socialising with friends and family.

"We are living in an increasing time-poor and hyper-connected world, with people expected to fit more and more in every week. Unfortunately, this often leaves little time for everything else in life," says

Louisa Dyson, founder of the personal concierge service Alice + Albert.

"Sydney residents topped the list for people keen to outsource so that they could socialise more. Our results showed 75 per cent of people admitted domestic chores were the number one thing taking precious time away from socialising or spending time with family."

The survey further showed women as not wanting to admit they had too much on their plate, while 40 per cent of their male counterparts were happy to admit they have too much to get through each weeks and would happily outsource.

"It's ok to not be able to manage everything ourselves, we shouldn't feel

embarrassed or guilty to seek help with day to day tasks. Our spare time is too precious to worry about what others may think," advises Ms Dyson.

Almost a quarter of those surveyed nationally spend more than 10 hours every week doing errands and household chores, with men happy to outsource tasks but 53 per cent of women feeling too guilty or embarrassed to seek help with their 'to do' lists.

"Why spend that time doing domestic duties or running errands, when you could be spending quality time with friends and family or on the things you are passionate about outside of work?"

aliceandalbert.com.au



STRATA BY-LAWS FAIL TO STOP SHORT TERM RENTALS

With the discussion paper on new holiday letting legislation soon-to-be released, NSW Fair Trading has made modifications to its Strata Living handbook to warn strata committees and owner corporations that they do not have the authority to pass by-laws restricting holidays lets. Any strata by-laws that impose restrictions on short-term letting, in residential-only Sydney apartment blocks, are therefore invalid. Only councils are said to be able to take these steps.

This means that any by-laws telling owners that they must abide by local council zoning restrictions are invalid as only local councils can enforce their zoning. By-laws supporting local zoning have been used by some strata schemes to work around

the restrictions on by-laws directly banning short-term letting.

The Australian Resident Accommodations Mangers' Association (ARAMA) believe it to be unfair for unit owner occupiers to discriminate against unit owner investors and prevent from offering their apartment as a short stay rental in the same way house dwellers can.

As the leading Management Rights body with over 3300 buildings in Australia, and with more than 50 years experience, ARAMA counters many of the arguments being touted regarding short-term lettings.

"There is likely to be less wear and tear of services utilised in a short-term rental as generally the property is occupied for

fewer nights per annum when compared to long term rentals or owner occupations," says ARAMA CEO, Trevor Rawnsley.

"Maintenance and upgrades are likely to be more regular to preserve the appeal of the property, and there is no evidence to substantiate the claims that short-term tenants are more likely to constitute a danger to the building and themselves than permanent residents.

"This is obviously a complex and emotive issue, and one that ARAMA and a number of other bodies are keeping a very close eye on, but in our view the legislation provides that if a lot may lawfully be used for residential purposes, the by-laws should not restrict the type of residential use if it is to be considered reasonable."

MAN'S COSTLY BEST FRIEND

Luka Osborne

A new Choosi report has revealed that Australians are spending more on their pets than ever before and are willing to compromise their own creature comforts for the needs of their furry friends. The national survey revealed that Australians spend three times as much money on their pets as on themselves. One in five also said they would spend more on their pet than a family member or partner. This constitutes a substantial proportion of a pet owners income, with a quarter spending between 10 and 30 per cent of their disposable funds. On average owners are spending \$115 a month on their pets, which mostly consists of food and medical bills and half are more likely to buy luxury items for their pets instead of themselves.

Choosi spokesperson Katrina Foster says, "Our research provides an insight into just how much Aussies are spending on their pets. When we consider that on average, \$6.4 billion dollars more a year is spent on our pets than on fashion items and \$7.3 billion more when compared to technology purchases, it is evident how important our pets are to us."

These findings show that Australians view their pets as another family member and are willing to go to great lengths to support them. One in five owners stated they would invest \$5 000 or more in life-saving surgery for their pet and 15 per cent stated

they would sacrifice just about anything for their fluffy companions.

"Australians are historically a nation of animal lovers and their bank statements certainly reflect this. Whilst one third openly admit they spend more on their pet than they should (34.4 per cent), many feel comfortable with this thanks to pets' natural ability to reduce stress levels and put their owners in a good mood," commented Associate Professor Pauleen Bennett, a La Trobe University psychologist specialising in human-animal relationships.

The majority (over 95 per cent) of pet owners agree that having a pet is good for their mental and physical health and that pet ownership helps them to feel happier and less lonely. Cat only owners were more likely to claim that pets positively influenced their mental health whereas dog owners acknowledged that their pets helped them to keep physically active and healthy.

As pets are clearly viewed as more than just companions, it seems the costs and sacrifices individuals make for them are more than justified.

Ms Foster says, "Aussies feel this is justified because of the incredible benefits they receive from owning a pet."





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AUGUST

4 August

A Masked Red Carpet Affair: supporting Sydney Children's Hospital

Where: Queen Victoria Building
Cost: \$50-\$60
When: 7pm – 11pm
Contact: studentvip.com.au

5 August

Newtown Record Fair

Where: Bank Hotel, Newtown
Cost: Free
When: 11am – 4pm
Contact: newtownrecordfair.com.au

5 August

Juicy! Monthly 90s Party

Where: 555 George St, Sydney
Cost: From \$15
When: 9pm – 11.45pm
Contact: 3wisemonkeys.com.au

6 August

Weet-Bix Little Big Dash

Where: Newington Armoury, Sydney Olympic Park
Cost: From \$90
When: 8.30am – 2pm
Contact: littlebigdash.com.au

8 – 20 August

Sydney Science Festival

Where: Throughout Sydney
Cost: Various prices
When: Various times
Contact: sydneyscience.com.au

11 August

An Evening with George Takei

Where: State Theatre, Sydney
Cost: \$79
When: 8pm – 10.30pm
Contact: liveonstageaustralia.com.au

12 August

Intro to Permaculture

Where: 107 Projects, Redfern
Cost: From \$465
When: 9am – 6pm
Contact: milkwood.net

12 – 13 August

smooth Festival of Chocolate

Where: The Rocks
Cost: Free
When: 10am – 6pm
Contact: smooth.com.au

13 August

City2Surf

Where: Sydney
Cost: \$60-\$87
When: From 7.50am
Contact: city2surf.com.au

17 – 19 August

The Adams Family Musical

Where: University of NSW, Kensington
Cost: \$25-\$30
When: Various times
Contact: nuts.org.au

20 August

The Color Run Dream World Tour

Where: Centennial Park
Cost: From \$58
When: 9am – 3pm
Contact: thecolorrun.com.au

Until 12 Nov

Passion and Procession: art of the Philippines

Where: Art Gallery of NSW
Cost: Free
When: 10am – 5pm
Contact: artgallery.nsw.gov.au

Community Noticeboard

15 August

Dear Blossom Tribute Show

Where: Glen Street Theatre, Belrose
Cost: \$25-\$28
When: 11am – 12.30pm
Contact: glenstreet.com.au

25 August

Sydney Mozart Society

Where: The Concourse, Chatswood
Cost: \$15.30-\$45.90
When: 8pm
Contact: theconcourse.com.au

26 August

An Australian Comedy Festival

Where: Dee Why RSL
Cost: \$30
When: 8pm
Contact: deewhyrsl.com.au

27 August

Pub2Pub Charity Fun Run and Festival

Where: Dee Why to Newport
Cost: \$25-\$100
When: From 8am
Contact: pub2pub.fusesport.com

27 August

Wildflower Art and Garden Festival 2017

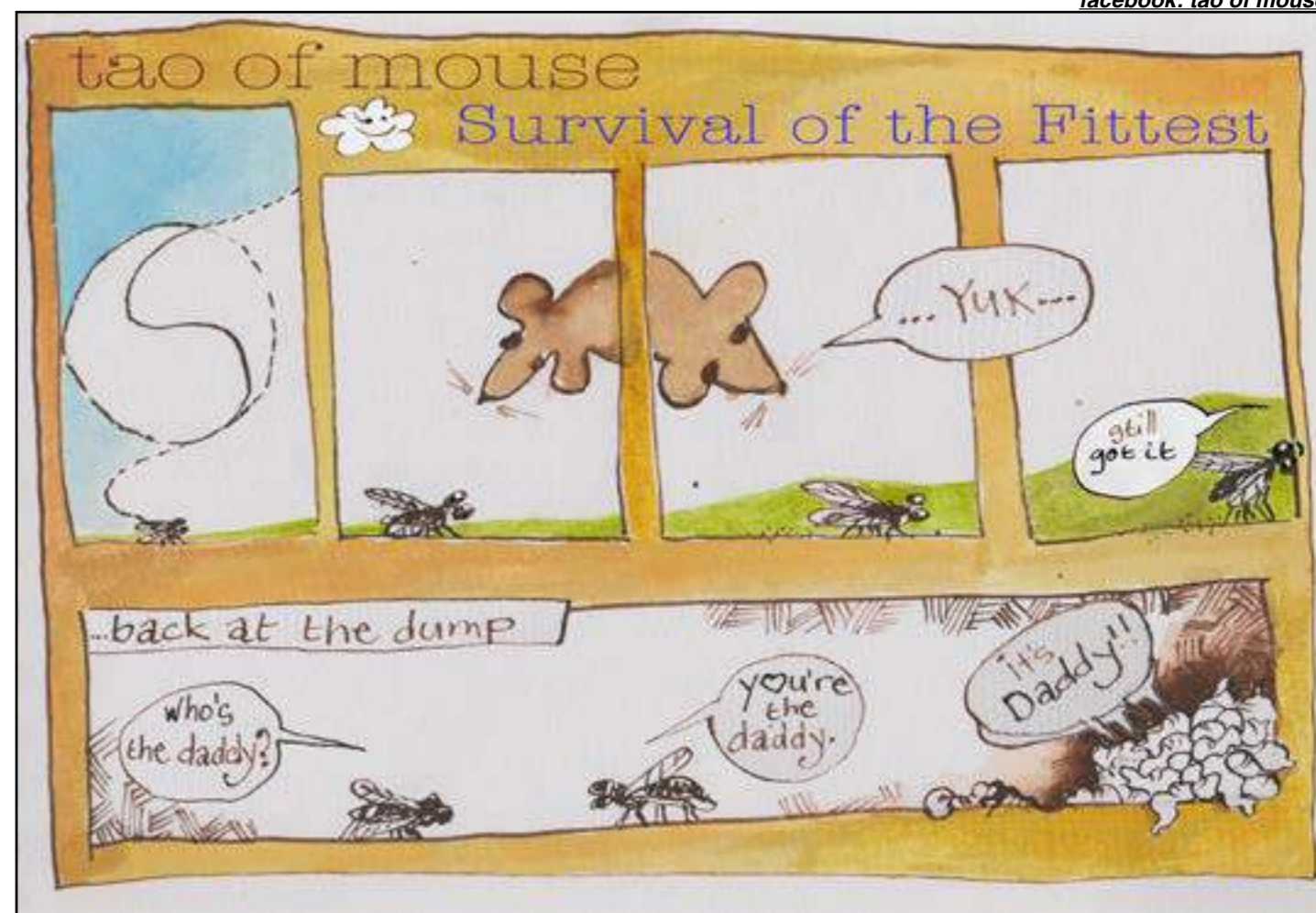
Where: Ku-ring-gai Wildflower Garden, St Ives
Cost: Free
When: 9am – 4pm
Contact: kmc.nsw.gov.au

27 August

Lifeline Book Fair

Where: Ted Blackwood Hall, Warriewood
Cost: Free
When: Various times
Contact: lifelinenb.org.au

facebook: tao of mouse





THE WORKING LIFE OF A MEDIUM IN A MODERN WORLD

Kerrie Erwin, Psychic and Medium

“Confirmation of life after death can be an incredible comfort as it offers healing and evidence that our loved ones are safe after their passage into the spirit world. No matter how deep the grief, it can be lifted. Life as we know it is a roller-coaster of incredible experiences but death is always the same – a passage to a new beginning.”

Working as a spiritual medium I live between two worlds, one here on earth and the other in the spirit world. Ever since I was young I have been able to hear spirit people talking, wanting me to give loved ones they have left behind a simple message of love. This has taught me that everything around us consists of energy. As a matter of fact everything on the planet, including ourselves is made up of pure energy. I often see myself as a telegraph pole transmitting energy everywhere I go. If I am positive, I will draw pleasant, loving, positive experiences into my life. If I am having a bad hair day, irritated and feeling miserable, I will undoubtedly draw, or sweep, negative energy and experiences into my life. I don't know how many times I have left the house feeling down and ran into an aggressive person in another car trying to run me off the road. Hmm is spirit trying to tell me something? And like, when will I get it?

If this happens I will pull over, take a breath, send love to the universe and start the car engine up again and continue on my merry way without

incident. I have come to understand, as a soul in the journey of life, that I am responsible for everything that happens in my life and am acutely aware of everything that happens to me. It is my personal responsibility to take charge of my life and not to blame others for the injustices that may occur to me. If people do not like me for whatever reasons, I have learnt to stop trying to make them be my friends, as I understand that they are not of my vibration. When I was younger my father always used to tell me stop trying to please everyone, be an individual and the right people will come into your life and accept you for who you are.

Throughout my life I have been drawn to healing others, and have made it my life's journey to learn as many modalities in spiritual healing and hypnotic regression work as I could. Above all the soul lives on, as we are connected to each other through our love. Proof of survival has shown me this time and time again. Physical death, although often very sad, in reality is just a beginning. When we pass over to the spirit world, which is a vast consciousness of love and light and healing, we meet up

again with our loved ones, soul groups and guides before we decide to reincarnate back again for more lessons here on earth. What you believe about yourself is who you become and the love you give out will be returned. Being on the right path can bring immense fulfillment and enlightenment, which makes me glad to be who I am to share these stories with you.

Love, light and blessings to you all, with your journey in life and remember, not to sweat the small stuff, make your dreams your reality and remember to make this lifetime the best lifetime of them all.

Love and Blessings,

Kerrie Erwin

pureview.com.au

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“ If you look into my eyes
 you will see a young
 person who has lived for
 many years.

I may have aged but try
 not to think of me as
 old or spent.

I am you, a few short
 years from now.

I don't want or need to
 be “accommodated”.
 Like you, I just want
 somewhere I can call
 home. My need to love
 and be loved is as
 strong as ever.

Do not diminish me.
 Never doubt my worth.
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 have always been. ”

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