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 Sydney Observer

# Sydney Observer



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*April Rose*

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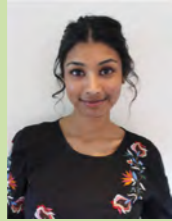
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## From the Editor

As we settle into the last month of winter, *Sydney Observer* has a jam-packed issue full of events and ideas that will get your homes, gardens and minds ready for spring.



This August, our area feature is on the leafy suburb of St Ives (21). Showcasing the rich history and the famous faces behind the area, you may even learn a new fact about this bright suburb.

Our Home and Garden section features a soothing scents article that will leave your space and mind feeling calm and refreshed (28), while our perfect pergola piece will have your backyard looking like an exciting escape for the warmer months (31).

The Food, Wine and Travel section has a delicious seafood recipe (42), and our travel article will leave you craving the culture of a new destination (43).

So sit back, grab a refreshing drink, and bask in the beauty of our August issue.

*Hannah*

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

### Home, Commercial and Bulk Delivery

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East Lindfield	North Wahroonga	St Ives	Warrawee
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## Sustainably 'Green' Roadways

Ku-ring-gai Council is trialling two types of asphalt made from up to 35% recycled waste including plastic bags, glass and green waste. In doing so, Ku-ring-gai has become one of the first councils in Australia to take on the challenge of turning waste into useful by-products such as road asphalt and bitumen.

"If the trials are successful, both products could provide an avenue for local government to recycle waste which increasingly can no longer be processed overseas," said Ku-ring-gai Mayor Jennifer Anderson.



## Local Golf Course Accolade

Ku-ring-gai Council's golf course at North Turramurra has received an accolade from Australia's golfers. The 6th hole at the golf course has been nominated through a poll as the best in Australia. The poll hosted by Inside Golf Australia found that North Turramurra's 6th hole was nominated as the best example of a "fantastic risk-reward hole that challenges golfers of all levels." The praise comes as North Turramurra's championship standard golf course was extensively remodelled in 2017.

## Local Elderly At-Risk of Flu

Residents who have family in aged-care are being urged by NSW Health to ensure they are vaccinated against the flu before visiting facilities. Ku-ring-gai has one of the largest densities of aged-care facilities, meaning the need to get the jab is of even more importance to locals.

"Elderly people often have conditions that are aggravated by influenza. It is not too late to get vaccinated, we want to remind people that the flu vaccine is still the best protection," NSW Health Director of Communicable Diseases said.



## Changes to Council Meetings

Council meetings will now be held monthly, along with the introduction of a new monthly Public Forum. The change is in line with the NSW Government's policy introduced to improve transparency in local government decision-making. Locals will be able to speak about agenda items or any other matters in the public interest. To speak at a Public Forum, you must pre-register by 5pm the day before.

## The New Heart of Ryde

The New Heart of Ryde is a vision for the Ryde Council that delivers a four-fold increase in community facilities without the introduction of any residential development on the site. Riverside Business Chamber President, Tony Abboud, said the proposal meets the needs of the entire community.

"It ticks all the boxes. There is the opportunity for The New Heart of Ryde to be a one-stop shop for the community."



## Pet Portrait Competition

The 'Archipaws' Pet Portrait competition launched recently with great prizes and the opportunity to have your superstar pet portrait become a three-meter tall flag in the Chatswood CBD. Artists, owners and pet lovers can submit their drawings, paintings or photographs before August 9. Twenty finalists will have their images featured and be in the running for a prize pack.

To enter the competition, visit [emergefestival.com.au/events-2019](http://emergefestival.com.au/events-2019)



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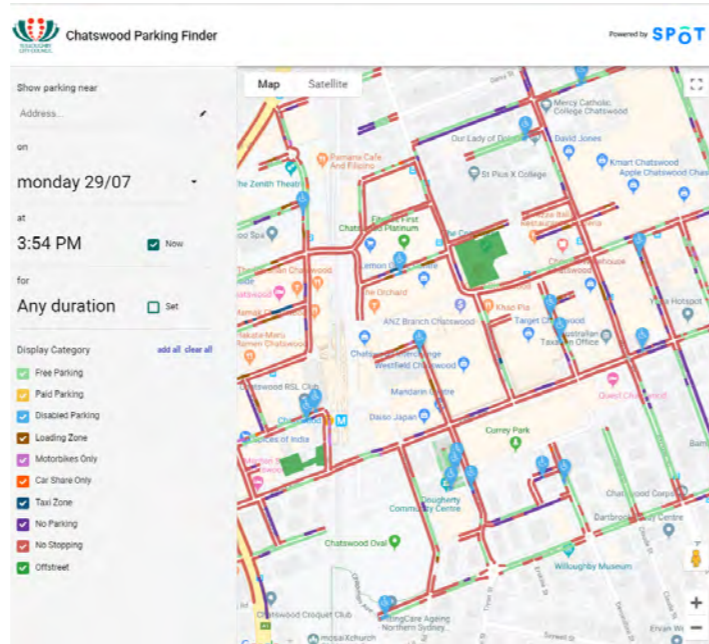
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The website [chatswood.spotparking.com.au/](http://chatswood.spotparking.com.au/) is available for free.

## Chatswood Parking Finder

Lewis Godwin

Chatswood Parking Finder displays satellite imagery of Chatswood CBD, with all council car parks marked in different colours. Drivers can filter results by entering their intended time of arrival, how long they plan to stay and where they wish to park.

The site shows users where to find street parking; motorbike, car share and disabled spaces; taxi zones and off-street parking, as well as distinguishing between free and paid spaces. School zones, no stopping, drop-off and loading areas are also marked on the map.

The website is available for free and Mayor Gail Giles-Gidney encourages visitors to try it. The service is offered in the hopes of making journeys more efficient and direct.

“By giving drivers access to a simple, colour-coded map, they know exactly where and when they can park legally at any time of the day – it will help drivers avoid fines as well.”

The website will be on trial until the end of August. The council will collect transport data to determine its effectiveness in reducing congestion.

If you are planning to travel to the Chatswood CBD, visit [chatswood.spotparking.com.au/](http://chatswood.spotparking.com.au/) for help finding a space.

# Boutique Hearing Clinic Now Open in Gordon

Hidden Hearing offer personalised hearing services for both private clients and government subsidised pensioners.

What makes Hidden Hearing unique is that they are an independent clinic. They are not aligned with or owned by any particular manufacturer thereby offering their clients access to all major hearing aid brands. These include Oticon, Phonak, Resound, Signia, Starkey, Resound and Widex.

The hearing professionals at Hidden Hearing Gordon have a wealth of experience. Alastair Bacon the senior clinician has been fitting hearing aids for



Dianne McMahon, one of the hearing professionals of the independent clinic, has more than 25 years of experience.

over 35 years, while Dianne McMahon has more than 25 years of experience. Their approach is to take the time to discover each client’s unique needs, preferences and tolerances and to develop a hearing program that ensures the very best outcome possible. Hidden Hearing provide lifetime clinical services free of charge with their hearing aids to ensure your needs are met for the entire life of your hearing aids.

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## Creative Kids in Davidson

In just six months, more than 250,000 Creative Kids vouchers have been downloaded, saving thousands of NSW families \$100 per child off the cost of creative and cultural learning activities.

Member for Davidson, Jonathan O’Dea, encourages parents to check their eligibility for the voucher when enrolling their kids in creative activities.

“Parents simply love Creative Kids and have given it the thumbs up. This voucher helps parents plan for creative and cultural activities, which can really add to a household budget,” Mr O’Dea said.

“This program complements the hugely popular Active Kids vouchers which were doubled to two vouchers per child from July 1. For a family with two children, Creative and Active Kids vouchers combined will save you \$600 per year.”



service.nsw.gov.au

“Involvement in creative and cultural learning activities is critical to a child’s growth and development – but enrolment costs can be expensive,” Mr O’Dea said.

“School holidays are over and parents are enrolling children in activities for the

new term. This voucher can help unlock a child’s creative talent,” he said.

There are over 2,800 approved Creative Kids providers across over 2,600 locations in NSW, with a range of creative and cultural activities under the one umbrella. A great opportunity for kids to shine creatively.

## Boost Your Tax Return

Isabella Ross

It is that time of year again – tax! The coming months are known for brisk weather and the tedious task of lodging tax returns. *Sydney Observer* had the chance to sit down with Director of Tax Communications at H&R Block, Mark Chapman, who shares how to get the most from your money.

### CLAIM WHAT YOU ARE ENTITLED TO:

“If you have spent something as part of your work, and you have the paperwork to prove it, claim it,” says Mark. Common deductions include the costs of using your own car for work, travelling for work and the cost of tools and equipment. A trusty tax accountant will be able to tell you exactly what you can and cannot claim, minimising the chances of an audit down the track. But make sure not to stretch the truth! “You can only claim what you’ve spent, so do not inflate deductions in order to get a bigger refund.”

### DO NOT RELY ON ATO PRE-FILLED DATA:

You can pre-fill lots of your income information straight from the ATO’s systems. However, Mark warns our readers not to assume that this income data is correct or complete. “Always use your own information as the key source data. Many third parties, such as banks, will not pass your information to the ATO until August so early lodgers will often find lots of data missing from their pre-fill.”

### GET TRUSTED GUIDANCE:

The consequence of making an error on your tax return falls back onto you, either with a lower refund or ATO penalties. H&R Block data has shown that 74% of Australians find it far less stressful to leave it to an agent to complete their return. This ensures an accurate and complete tax return. “An experienced agent will usually be good at sniffing out obscure tax deductions you did not know you could claim. Best of all, the tax agent’s fee is deductible.”



*“If you have spent something as part of your work, and you have the paperwork to prove it, claim it.”*

Mark Chapman, Director of Tax Communications at H&R Block





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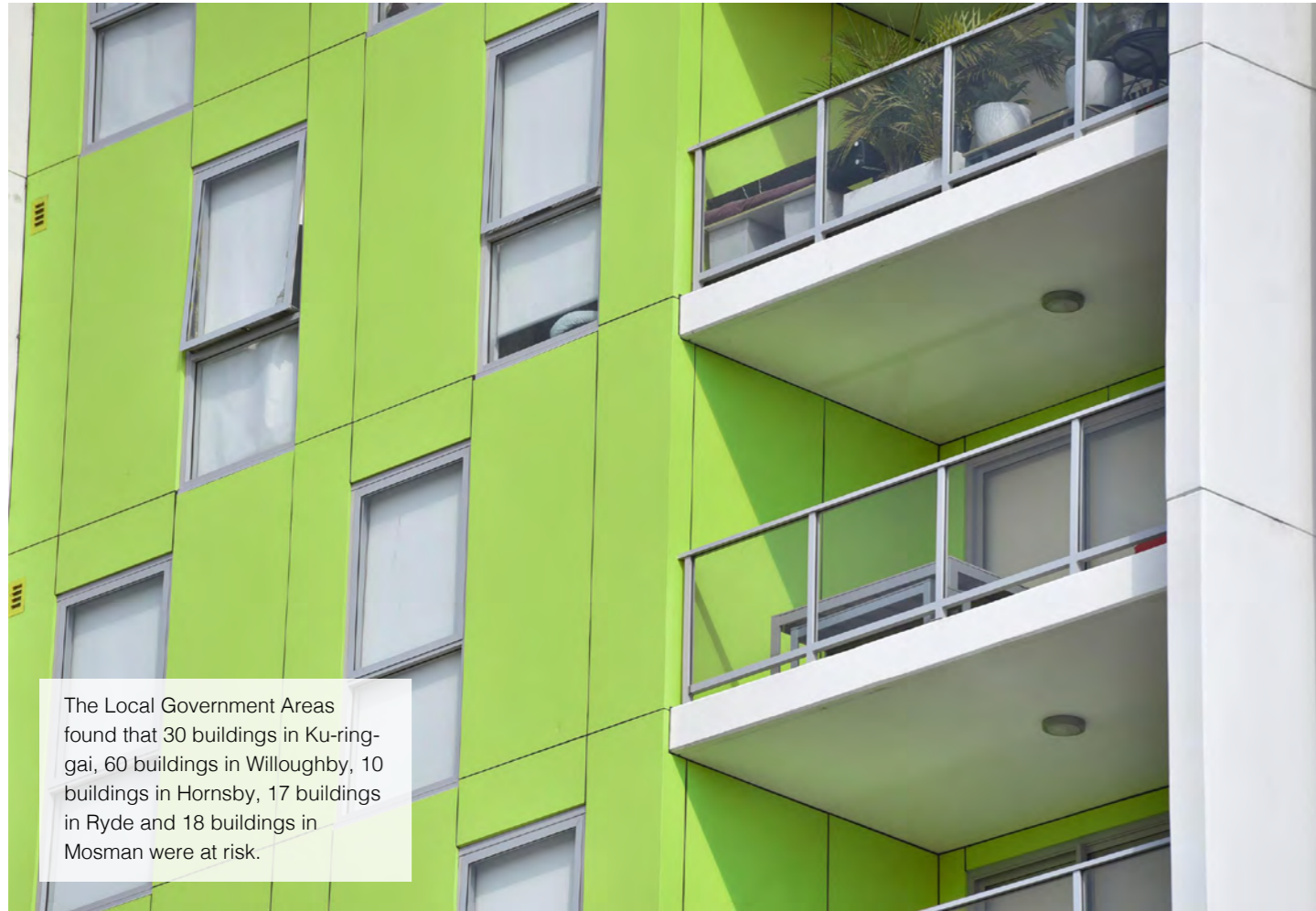
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The Local Government Areas found that 30 buildings in Ku-ring-gai, 60 buildings in Willoughby, 10 buildings in Hornsby, 17 buildings in Ryde and 18 buildings in Mosman were at risk.

# Combustible Cladding Saga Hits Home

Isabella Ross

To the dismay of locals who recently entered into the apartment property market, cases of combustible cladding have been reported throughout the North Shore and its surrounds. The story broke recently that over 1400 buildings across the Sydney basin have been identified by Local Government Areas (LGA) to potentially contain combustible cladding. The LGA found that 30 buildings in Ku-ring-gai, 60 buildings in Willoughby, 10 buildings in Hornsby, 17 buildings in Ryde and 18 buildings in Mosman were at risk. Neighbouring council areas Lane Cove and Hunters Hill declined to disclose their figures.

*Sydney Observer* reached out to two local councils to see if combatting this

particular issue is on the agenda for its councillors. A spokesperson from Willoughby City Council noted that a proactive investigation had taken place, and that the buildings were identified in collaboration with Fire and Rescue NSW and the Department of Planning and Environment.

“Following the investigation, eight buildings have been issued orders for cladding removal and replacement. The state government is investigating state-owned properties within the local government area such as hospitals and train stations.”

A similar sentiment was echoed by Ku-ring-gai Council’s spokesperson, stating that an audit was part of a “coherent and robust regulatory regime.”

“As a result, the government has written to building owners whom they consider may need to take some investigative action on their external wall cladding. These building owners have also been required to register their buildings with the NSW Government. Ku-ring-gai Council has adopted a standard condition of approval placed on appropriate development consents, that specifically highlights the need for external walls of buildings and their attachments to comply with the National Construction Code.”

The wall cladding of concern is made from aluminium composite panels. The concern with aluminium panels is that the material has a higher susceptibility for rapid vertical spread of fire along multi-level complexes.

# Vote in Local Business Awards

Isabella Ross

## KEY DATES 2019

12/08 - Program Commences - Voting Opens

03/09 - Voting Coupons close

09/10 - RSVP

30/10 - Gala Presentation Evening

August 12th marks the date that voting opens for the Hornsby/Ku-ring-gai Local Business Awards. Recognising achievement and admiration from locals, the Local Business Awards aim to strengthen the bonds between businesses and the North Shore and Hornsby Shire community. The public is therefore urged to show their support for their favourite local business by nominating them for an award.

Finalists are selected based on the number of nominations received. Covering a vast array of industry categories, the selection includes pharmacy, automotive services, bakery, restaurant and real estate agency, just to name a few.

In 2018, Northshore Travel, Bobbin Head Bakery, Deli Hub at St Ives Shopping Centre and Price’s Pharmacy in West Pymble were all winners in their respective categories.

The winner of the Hornsby/Ku-ring-gai Local Business Awards will be announced at the Gala Presentation Evening on October 30th, one of the



The winners will be announced at the Gala Presentation Evening.

most anticipated events for the local business community.

To nominate your favourite local business in a selected category, visit the Local Business Awards’ website: [thebusinessawards.com.au](http://thebusinessawards.com.au)

# My Community Project

Lewis Godwin

Public voting for the My Community Project is now open across NSW until the 15th of August.

My Community Project gives you the chance to decide which development project will be funded in your electorate. These projects will benefit the wellbeing of the local people and communities.

Member for Davidson, Jonathan O’Dea, has encouraged people to get involved, saying it is, “a great opportunity for locals to vote to fund between three and five projects and have a direct say in projects important to them.”

For people in Davidson, 13 different projects can be voted for, and Mr O’Dea has noted that each one has “wide community appeal,” as they target issues such as “health,



disability, fitness, sustainability and community togetherness.”

“In Davidson there are both large and small projects ranging from updating sports facilities, staging an arts event, playground sunshade, energy-efficient lighting, a ramp to a make a scout hall accessible, a community garden, a men’s shed, a mountain bike path and a respite

day centre for people living with dementia.” Mr O’Dea says.

Votes can be made at your nearest Service NSW Centre, by phoning 13 77 88, or online at [nsw.gov.au/improving-nsw/projects-and-initiatives/my-community-project/](http://nsw.gov.au/improving-nsw/projects-and-initiatives/my-community-project/)

More information about the projects head to, [mycommunityproject.service.nsw.gov.au](http://mycommunityproject.service.nsw.gov.au)

# THE STUNNING April Rose

Hannah Prasad

**A**pril Rose Pengilly is the girl next door and more. With a stunning smile and luscious hair, it is no surprise the modelling industry has welcomed her with open arms from a young age. But there is more to her as she continues to shine in her other passion, acting. Currently playing Chloe Brennan on *Neighbours*, *Sydney Observer* spoke to April about her career, passions and dream role.

A local herself, April went to school on the North Shore. She now switches between Sydney and Melbourne for filming, but still calls the cosy streets of Sydney home. She also started modelling at a young age, constantly showcasing her passion and hard-working nature even whilst attending school.

"I went to Cammeray Public for Kindergarten and then Wenona in North Sydney for the rest! I am still based on the lower North Shore, but now have to spend most of my time in Melbourne while shooting *Neighbours*. My place there is really just functional though...I don't even have a dining table! Sydney is still home."

"When I was 16, I met with Chadwick modelling agency, and the rest is history! I was lucky to get in the door easily, but even at that age, I was focused on being professional and was always very diligent about my work, constantly trying to learn and improve and do everything I could to ensure I was taken seriously and my career had longevity."

The fire in April has always manifested itself through acting. Starting with school plays and musicals, she shares how she gets into the character of Chloe Brennan on *Neighbours*, a persona who is free-spirited and unlike April, tends to find herself getting into trouble.

"I just grew up loving movies and TV, driving my friends and family crazy by instantly memorising every line and doing impressions - if we're being honest, I'm still guilty of this! I began acting professionally when my friend Gracie Otto suggested me for a role in *LBF*, a feature film a friend of hers was directing. I took the film as my opportunity to cross over into acting, and threw myself into studying, working with coaches, doing short films, and so on."



*"I just grew up loving movies and TV, driving my friends and family crazy by instantly memorising every line and doing impressions."*



"I have to constantly remind myself not to overthink, as I do constantly in real life. Chloe does not plan or analyse or consider things anywhere near as much as I do! Chloe has a good heart, but is a lot more carefree and at times, careless. It's fun to take a break from my own 'busy brain' and play someone like that!"

April maintains the fun and playful nature of Chloe while introducing aspects of herself into the role that may surprise you!

"I have ended up pouring a lot of myself into Chloe - she shares the same affinity for *Simpsons* quotes as I do (I'm known for subtly slipping them into scenes without anyone on set noticing) and whenever Chloe is being a bit awkward or goofy, that's pretty much just April! We are also both pretty cheeky, playful girls, who love meeting new people and travelling and experiencing all that life has to offer. Chloe is just a little bolder and braver about it!"

A funny and goofy girl at heart, April loves the humour in classic 90's sitcoms. Her dream role would be working within this category.

"I would love to work on more comedy projects. I grew up during the golden age of sitcoms, with *Will & Grace*, *Friends* and *Seinfeld*, so I'd love to work in that genre!"

As for what we can expect from April in the future, we will have to wait and see.

"I honestly don't know! I tend to plan excessively, so right now, I'm just trying to take everything as it comes and be open to anything... So who knows!"

To keep up with April Rose follow her on Instagram @aprilrosepengilly.



# Encouraging Mercy, Peace and Love

Russell Bailey, Headmaster, Redeemer Baptist School

At a recent Chapel service in my school, all the students – Kindergarten to Year 12 – were encouraged with a challenge:

*You have something important to say in your generation.*

*You have something important to do in your generation.*

That challenge was given in the context of one of our Year 12 students, Elvice Ikuo, having her award-winning poem – ‘In my language they call me Ume Ibiegi’, about the plight of the hunted Bird of Paradise – included in a new National Library publication in between iconic poems by Judith Wright and Dorothea Mackellar. There should be channels of opportunity for our students to express important messages to our future culture with grace and sometimes, eloquent poignancy.

An ancient scripture says that ‘faith without works is dead’. Similarly, words



Year 10 students with some new Aboriginal friends at the conclusion of their mission project in Boggabilla.

without actions are pointless. So, at the conclusion of NAIDOC week this year, our Year 10 students led our school community in a mission to a remote NSW border town on the Macintyre River, with the aim of completing the Oasis Ministries Centre for the benefit of Indigenous communities in and around Boggabilla. They slept rough and toiled long hours under the expert guidance of volunteer tradies, alongside some new Aboriginal friends. They spent their holidays and \$30,000 raised in contributions from willing donors on a goodwill enterprise

with the satisfying outcome of leaving a quality facility to speak hope and offer mercy in times of need. And they returned with wide smiles as their hearts learned to overflow with some good deeds.

I believe that it is important for teachers to guide this generation of students towards speech and action that has contemporary importance in the culture they are building. Then, perhaps, we shall experience the truth of another ancient scripture which says that ‘mercy triumphs over judgment’.

## Take Advantage of Local Libraries

Isabella Ross

Far gone are the traditional libraries that only hold books – our local North Shore libraries are increasingly becoming hubs for interaction, education and community. Newspapers can be accessed, free new release DVD’s, books and magazines, big print books designed for those hard of seeing, internet access, toy dispensaries and more. These are just a few of the countless educational resources on offer. President of Local Government NSW Linda Scott stressed the importance of funding for local libraries.

“NSW public libraries are visited by more than 34.8 million people each year, compared to the average 3.1 million who visit the Sydney Cricket Ground, Allianz and ANZ stadiums combined. Our council-run libraries operate as important community and literacy hubs, both in rural and regional NSW and in metropolitan areas. They are open to everyone and are free, offering a wide range of services. Recently the NSW

Government responded to our ‘Renew Our Libraries’ campaign with a \$60 million funding commitment over four years. That is a great first step but our libraries face a funding crisis due to decades of under-investment,” Ms Scott said.

To show your support for local libraries, take advantage of the resources available and check out the following programs taking place at local North Shore libraries this month.



On ArtSci, Mayor Jennifer Anderson will be announcing the winners of the Ku-ring-gai heat of ArtSci Science Week Art Competitor.

### ATO TAX HELP CENTRE

**Where:** Gordon Library  
**When:** August 7th, 14th, 21st, 28th,  
10am – 2pm  
**Cost:** Free

### JANE CARO AUTHOR ENCOUNTER

**Where:** Gordon Library  
**When:** August 7th, 6:30pm – 7:30pm  
**Cost:** \$5 per person

### ARTSCI JUDGING EVENT WITH MAYOR ANDERSON

**Where:** Turramurra Library  
**When:** 8th August, 6:00pm – 7:00pm  
**Cost:** Free

### SCIENCE WEEK PRESENTATION

**Where:** St Ives Library  
**When:** August 13th, 6:30pm – 7:30pm  
**Cost:** \$5 per person

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- > Winning Year 10 School & Teachers, UoW STEM Awards, 2018
- > STANSW Budding Young Scientist (K-2) Award, 2018
- > UNSW ICAS Mathematics Medal Winner, 2018
- > 1st in Dorothea Mackellar Poetry Awards, 2018
- > Gold Award, NESA WriteOn, 2018
- > Bronze Medal in CIS athletics, 2018
- > Redeemer alumnus Dean's Medal in Nursing, 2018

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

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International Mathematical Union

The previous ICME conference held in Hamburg.

# Global Maths Conference in Sydney

Isabella Ross

The largest international conference for mathematics education will be hosted by Sydney, with the support of the Federal and NSW Government. Over 2,800 mathematics educators, researchers and teachers are expected to attend the eight-day International Congress on Mathematical Education (ICME) in 2024.

The news comes as Science, Technology, Engineering and Mathematics (STEM) related subjects are at an all-time high in NSW school curriculums. A recent survey conducted by Youth Insight found that 46% of young people surveyed are considering studying STEM-related subjects in the future and 31% are considering STEM-related job roles. Women are also part of these statistics, marking major growth in a national bid to balance out unequal representations of gender in the industry.

Australia's Chief Scientist Dr Alan Finkel AO agreed that hosting the win was very timely.

"At all levels of government, it is well understood that a workforce skilled in mathematics is critical to our future. Hosting events such as this will help to elevate the ambition of students and educators," Dr Finkel said.

"Our Government's ongoing investment and focus on STEM education is designed to ensure all students have access to the building blocks of learning that maths and science gives them," stated Federal Minister for Education Dan Tehan.

# North Shore Schools Expo

Lewis Godwin

The Independent Schools Expo seeks to take the daunting work and stress out of one of the most important investigations a parent will ever do: searching for the best school for their child. The Independent Schools Expo hosts free events that provide families with face-to-face contact with principals, teaching staff and students from Australia's best schools.

The expo will be coming to the North Shore this August. With a wide range of high-achieving schools on the North Shore, the choice can be bewildering. There are several important factors to consider such as, location, facilities, academic standards and institutional values, which can take days to research.

However, over a few hours, the Independent Schools Expo allows parents to discuss the specific educational needs of their child with a variety of schools, all in one location. Exhibitors will include boarding schools, faith-based and secular schools, single-sex and co-ed establishments. They will cater to all ages and abilities, from preschool and early learning, through to Year 12.

The session will take place at The Concourse in Chatswood on Saturday 10 and Sunday 11 August, running from 10am to 4pm on both days. For further information contact [mail@dorsal.com.au](mailto:mail@dorsal.com.au)

More details on [schoolsexpo.com.au](http://schoolsexpo.com.au)

# Smart Schoolbag

Lewis Godwin

Deakin University's School of Engineers have designed a 'smart schoolbag', which could play a pivotal role in ensuring students no longer forget their belongings.

Designed by Dr Hamid Abdi and Masters Students Jayadev Ajayakumar, Naga Venkata Durga, Surendra Anna and Lahiru Abeysekara, the bag has built-in hardware and software, which determines if it has been correctly packed for each day's schedule.

Items are detected in the bag with radio frequency identification (RFID) tags, while the Internet of things (IOT) technology is used to check the contents of the bag against the day's plans. If an item is missing, an alert can be sent to parents to notify them.

It can also tell when items are not needed, therefore reducing the weight of the bag and the discomfort children may experience when carrying heavy items.

"We know packing the schoolbag each morning can be difficult, especially for younger kids, because the timetable changes daily and each day they need to pack different things," Dr Abdi says.

"We think the smart schoolbag will save a lot of time and stress that occurs when homework, hats or lunches are left at home by mistake, especially if that requires parents to quickly race home to collect the missing item."

The system can be fitted into any schoolbag, but Dr Abdi has designed a prototype, which includes the smart phone application. It is expected to retail for between \$125 and \$150.



# Minister Stands by NAPLAN Review

The NSW Minister for Education, Sarah Mitchell, remains firm in her push for a review of NAPLAN, despite the proposal not receiving the support of the Education Council.

Ms Mitchell says that governments need to come together and recognise the mounting evidence that NAPLAN should be updated. While she was disappointed by the Council's decision to not support this proposal back in June, Ms Mitchell says she will not be deterred from "ensuring there is an appropriate diagnostic test in place for students, teachers and parents right across NSW."

"NSW will work with other states including Victoria and Queensland to progress the review and bring recommendations back to the Council," she says.

According to Ms Mitchell, in 2019 a diagnostic test is something that should be available on-demand, linked to the curriculum and focused on student growth.

"Reforming our diagnostic testing regime is not a new concept; between 1982 and 1995 we had the Basic Skills Test, and in 2008 we adopted NAPLAN," Ms Mitchell said. "We are always seeking to improve the numeracy and literacy outcomes of our students. But Governments also have a responsibility to improve the tools we use to measure these outcomes."

Ms Mitchell will be meeting with stakeholders to ensure there is a collaborate approach in place to further push for the reforms.



*"Reforming our diagnostic testing regime is not a new concept."*

Sarah Mitchell,  
NSW Minister for Education.



# Rise Recliners

Rejimon PUNCHAYIL

In previous issues, we have discussed what to look for in a rise recliner. Finding a cosy place to sit down and relax is very important during winter. Two of the benefits of a rise recliner or lift chair include:

- The rising action helps you stand up and sit down independently.
- The reclining action can make you more comfortable. Always check with a medical professional for the best option.

There are a lot of factors to consider before buying a rise recliner. It is best to avoid the following mistakes when you choose your next recliner, as they can become costly.

- If you like to sit up with your back straight and feet elevated, you will be disappointed if you

buy a recliner with a single motor. You need a minimum of two motors on your recliner.

- Never get a chair that does not suit you! There is a right size for everyone. Seat height, depth and width are critical.

- You may save money, but purchasing a chair that does not have a backup battery system when the power fails can become a regret.

It is important to try before you buy. Don't forget to ask about the warranty. Rise recliners last for a long time and therefore, it is important to make a purchase from a trusted business that can provide long-term support.

For this and any other solutions to enhance your independence, dignity and mobility, visit [comfortdiscovered.com](http://comfortdiscovered.com)

# St. Ives Special



Botanical illustration of 'Syncarpia laurifolia (Turpentine Tree)' by Agard Hagman / MAAS

22. Our History

23. Local Business Feature

24. Stars of St Ives



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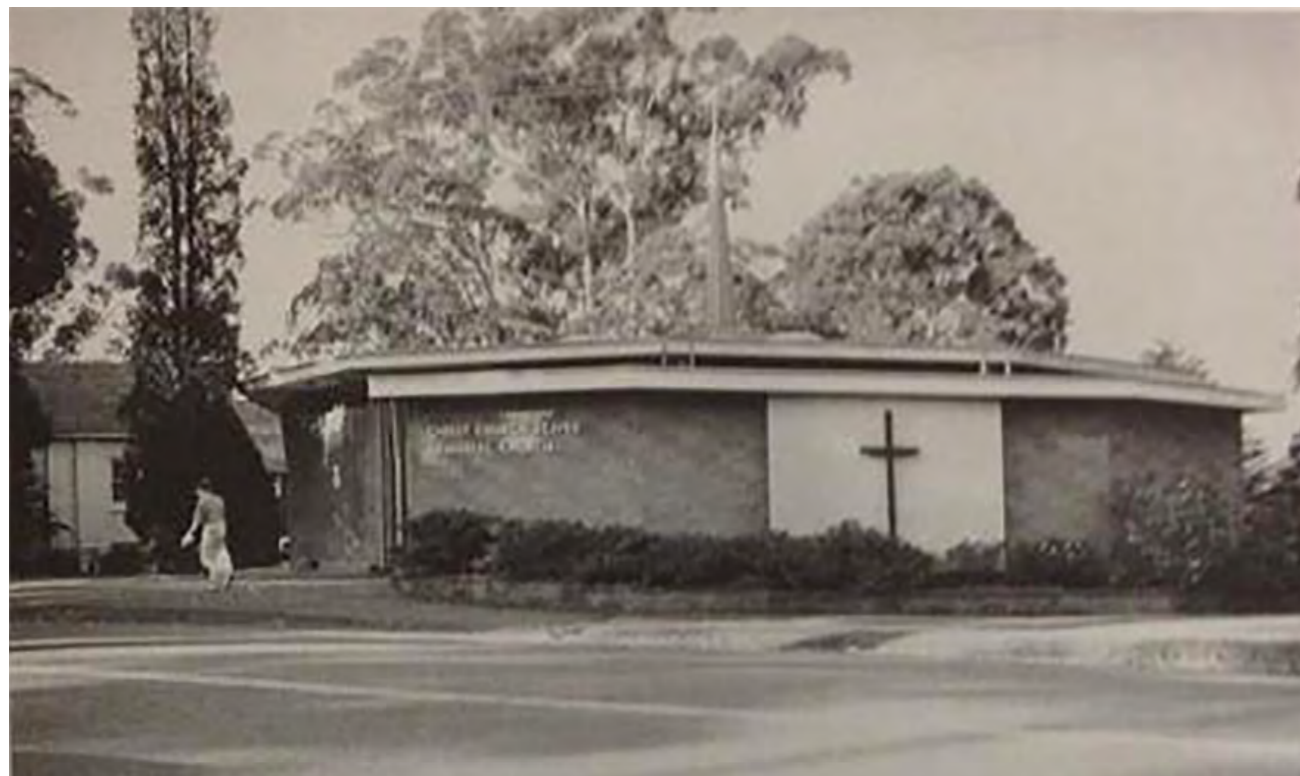
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# The History of Our Home

Lewis Godwin

The name St Ives can be attributed to two possible sources: St Ives in Cornwall, or Isaac Ellis Ives, who was a member of the St Leonards Legislative Assembly from 1885-89.

The district was first explored in 1788 by the first Governor of NSW, Arthur Phillip, and his men. They camped at Bungaroo while on expedition, seeking land that could supply the colony with agricultural products, as the soil around the harbour could not support crops.

Daniel Dering Mathew was the area's first landowner, arriving in 1812. He was granted access to 800 acres of land in

1823, which he named Rosedale, a name that would be given to the entire district.

Due to its perceived remote location, Rosedale's development was slow. In the 1850's and 60's, it served as a community for orchardists. There was no electricity in the area until 1914 and initially, only one telephone in the post office. Households grew their own fruits and vegetables, some raised poultry and other animals, such as pigs. There was a butcher, a bakery and other local businesses that met the district's needs. The district's main transport route was the dirt track, Stoney Creek Road (now Mona Vale Road).

Settlement increased in the late 1890's. During the Second World War, a number of troops were stationed in St Ives. This led to the construction of Archibald Road, an emergency route to the city. Following the war's end, the suburb saw rapid expansion as a steady growth of families moved into the area, and by the 1950's was transforming into a dormitory suburb. With its relatively flat land, St Ives lent itself to residential development and was rezoned from 'rural' to 'residential' in 1959.

Its population grew from under 3000 in 1954 to 18,521 by 1976.



# Independence with Acorn Stairlifts

With a tailor-made Acorn Stairlift, you can keep your home, freedom and independence.

At Acorn, we want to make sure that you get the perfect stairlift solution for your individual needs. Your home is a cherished part of your life: a place to welcome your family and friends, to entertain, enjoy and simply relax. It is the perfect place for you and your family. It is a simple truth that staying in your own home gives you a wonderful feeling of independence. The freedom to move around easily and without fuss makes all the difference.

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Acorn Stairlift can suit all types of staircases.

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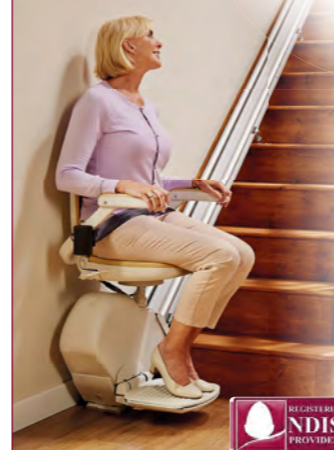
This means that we can fit an Acorn Stairlift to suit all types of staircases, and more importantly, we can do so within a matter of days rather than weeks.

A visit from one of our friendly surveyors will allow you to see what sets Acorn Stairlifts apart from any other stairlift company. After assessing your individual needs, our surveyor will instantly be able to give you the peace of mind of knowing exactly how affordable an Acorn Stairlift can be.

Acorn has always been at the forefront of the stairlift industry. We have led the way with our design and innovation. Acorn will always strive to deliver our products with our customers in mind and fittingly, Acorn Stairlifts are the first stairlift manufacturer to be awarded the Arthritis Foundation's Ease-of-Use Commendation.



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## Middle Harbour Yacht Club Literary Lunch Grant Edwards

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**Friday 30th August 12.00 - 3.00pm**

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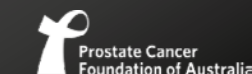
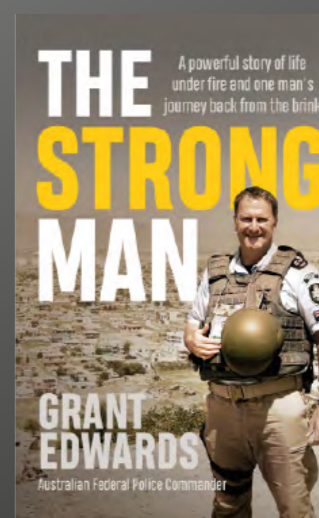
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# The Stars of St Ives

Tita Smith

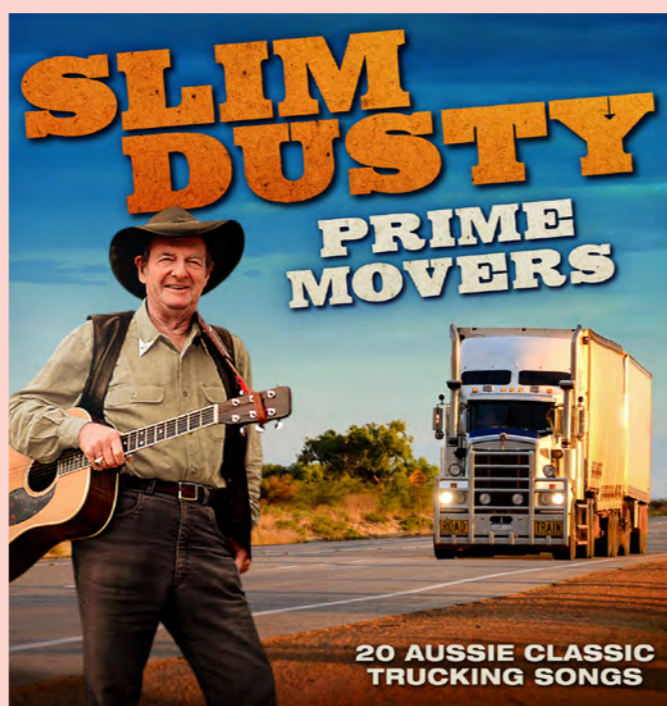
St Ives sits brimming with beautiful residential homes. Unlike most of its Ku-ring-gai neighbours flowing out from its north and southwest edges, St Ives has a relatively flat landscape, which has made it ideal for residential development. As its population has boomed over the past 30 years, it is no surprise human high risers have also moved in to call this chic suburb home.



## Karl Stefanovic

Born in Darlinghurst, gold Logie award winner Karl Stefanovic studied Journalism at Queensland University of Technology, graduating in 1994. He auditioned at NIDA at his father's suggestion when he could not find a cadetship, but was denied entry. He was finally offered a role working for WIN Television in Rockhampton and Cairns as a cadet reporter later that year.

The following year he met his wife of 21 years, Cassandra Thorburn, at a party. The pair later moved to St Ives, with their three kids. Stefanovic scored a position working for the Nine Network in 2000, and five years later moved onto his most memorable role, as the host of *The Today Show*. Journalism runs in the family, with his younger brother Peter Stefanovic also working as a correspondent for 60 Minutes. In 2010 the family vacated the St Ives home to purchase a 2.3 million home in Lindfield, although the marriage terminated only six years later. Stefanovic remarried at the end of last year to Jasmine Yarbrough in a lavish wedding in Mexico.



## Slim Dusty

Famous Australian country music singer and songwriting legend, Slim Dusty, was born David Gordon Kirkpatrick in Nulla Nulla Creek NSW, near Kempsey, on 13 June 1927. Regarded as the King of Australian Country Music, Dusty changed his name at 11 years old, one year after he had written his first song 'The Way the Cowboy Dies'. Dusty's 70-year music career spans back to the beginning of country music in Australia. He released more than 100 albums and sold more than seven million records.

Moving to St Ives later in life, his legacy remains at the Slim Dusty Enterprises stationed at 32 Bundabah Avenue. He died at his St Ives home in 2013 after a long battle with cancer, leaving behind children Anne and David, and his life long partner and fellow musician, Joy McKean.

## Andrew Denton

Television presenter Andrew Denton grew up in the Ku-ring-gai area, attending Roseville Primary School before his family relocated to Wentworth Falls, where he attended Blue Mountains Grammar school. He achieved a Bachelor of Communications from Charles Sturt University in 1982 then started working in radio.

He broke into television in the 1987 series *The Investigators* and moved onto hosting various television shows, notably *Enough Rope* and the ABC game show *Randling*. Denton has authored books and produced documentaries, and is also responsible for discovering The Chaser troupe and signing them with the ABC.

The witty TV personality resides in St Ives with his TV presenter wife, Jennifer Byrne, and their son Connor. He is the co-director of the local pro-euthanasia organisation, Go Gentle, a cause he has advocated since his father's death in 1997.



## Georgie Parker

*Home and Away's* Georgie Parker was born in 1964 and raised in St Ives. She attended St Ives Public School before transitioning to Abbotsleigh Girls School. The two-time gold Logie award-winning actress is best known for her roles in Australian soap operas, starring as Lucy Gardiner in *A Country Practice*, Theresa 'Terri' Sullivan in *All Saints*, and Roo Stewart in *Home and Away*. In 1999 she married Steve Worland, a screenwriter and novelist, and together they share one child, daughter Holly. The gorgeous screen star has endured a problematic battle with scoliosis and serves as the ambassador of the National Scoliosis Foundation.



## Adam Kellerman

Australian Wheelchair tennis champion Adam Kellerman grew up and resides in St Ives. At 13 he was diagnosed with Ewings Sarcoma, a form of bone cancer, which limited the mobility of his right leg after his right hip was removed because of complications with an infection during treatment. As an active young boy and avid sports player, the illness came as a devastating physical blow.

At age 16 he picked up a racket and began playing wheelchair tennis. Despite his hardship, his determination led him to represent Australia in the London 2012 and Rio 2016 Paralympics, and he is currently ranked as the second-highest Australian player in his class. Kellerman is a motivational speaker off the court and enjoys studying nutrition with plans to pursue it as a career post-tennis.



The family team: David, Timo and Isabella.

# Kelly's Office Furniture: Local and Proud

Isabella Ross

Opening its doors in 1955, Kelly's Office Furniture has been a staple within the Northern Beaches for over 60 years. Moving onto its third generation of family members, *Sydney Observer* sat down with one of the faces of the business, Isabella Harbutt, to discuss their history and continual success.

"In 1955, the business primarily dealt with army disposals. My father, David Harbutt, brought the office furniture side of the company into action in 1985. It began in a garage with only a handful of second-hand filing cabinets, desks and chairs next door to the Kelly's disposals shop," revealed Isabella.

Fast-forward to present day, and the business has blossomed. Kelly's Office Furniture currently has two shopfronts – one in the beachy suburb of Dee Why and the other in Brookvale says Isabella. "Our Dee Why office consists of new furniture and three levels of showrooms, and the second-hand shop and warehouse in Brookvale has two levels of second-hand showrooms."

Affordable prices and quality products are the two business fundamentals the team has aimed to provide throughout their years in the community. To meet the great benchmark of consumer expectations, a

highly-experienced team has been at the foreground of the business's success.

"What sets us apart is our superior customer service and office furniture knowledge. Most importantly, we are extremely eager to gratify our customer's office furniture needs."



Some of the stylish works undertaken by the team recently.

## WHAT THEY OFFER:

- Commercial fit outs.
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For more information or to check out their stellar range, visit: [kellyofficefurniture.com.au/](http://kellyofficefurniture.com.au/)

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# Soothing Scents

Hannah Prasad

**S**cents can transcend our minds to certain experiences and evoke various memories. They can also be used as a tool for relaxation and rejuvenation. Whether you use these scent carriers after work to unwind or before bed, you can be assured you will flow into a state of calm and your mind will feel at peace.



## Candles

For candles that are made with love and care, Ikhanya will have your relaxation needs sorted. Ikhanya combines two Zulu words, Khanya; to shine, to glisten, to be light, and Ikhaya which means home. The scents are inspired by fruity and floral fragrances, while the range includes Mango & Papaya, Lemon Meringue Pie, Secret Garden and Chai. Ikhanya candles are a warm and comforting blend of flavours that encapsulate love and will transform a space. Whether you're with family, friends or loved ones, you will always feel at home with Ikhanya.

*For more delicious scents follow @ikhanya.home*



## Diffuser

Diffusers allow you to create the calming effect of an aromatherapy spa in the comfort of your own home. Slowly releasing scents in your desired time frame, one of the most popular fragrances is lavender due to its relaxing properties. With a plethora of options available, features also include light and sound to elevate the atmosphere. So for an alternative to candles or incense sticks, a diffuser may be your next option.



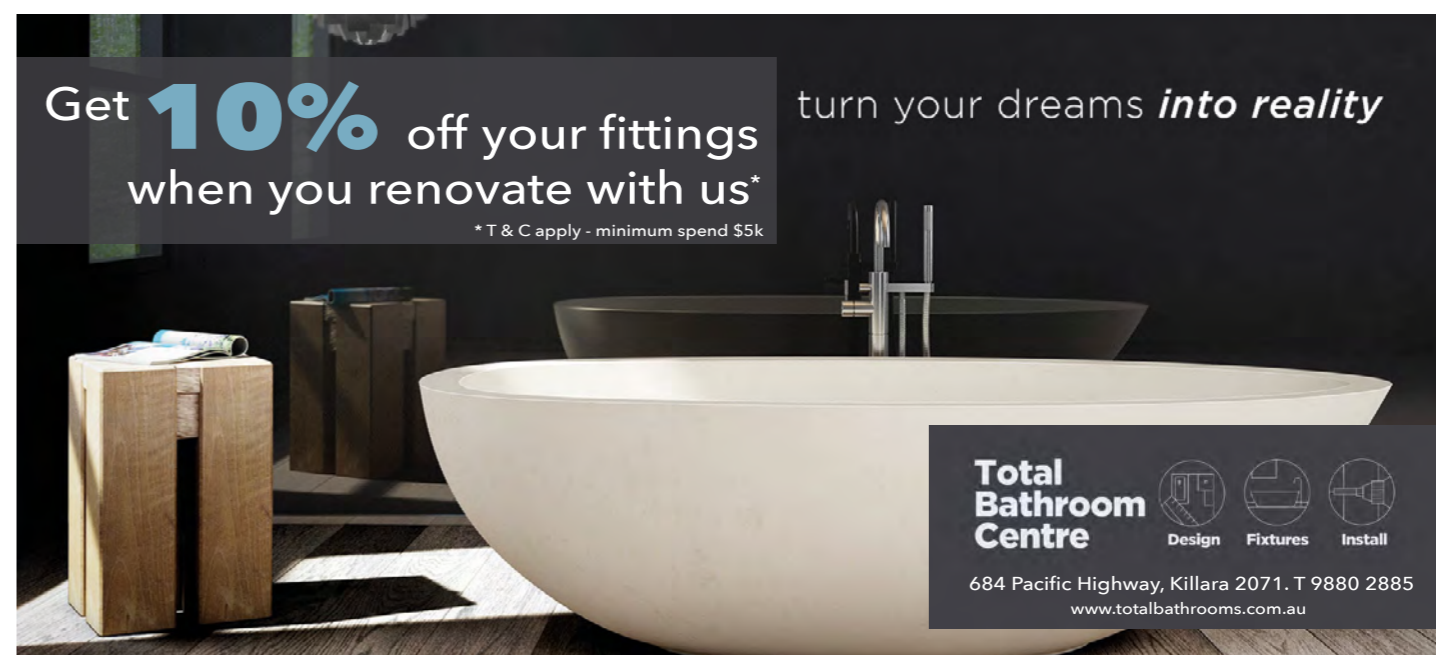
## Incense

Incense are a cheap and easy way to permeate a room with your favourite fragrances. These sticks come in a range of scents and create a rich flow of flavour that slowly burns over a 30-minute period. From fruity to exotic, these aromas will transport you to a tropical paradise or the laneways of an alluring market. The only thing that is left to decide is what journey you would like to take.

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# Hallway Heaven

## Your Makeover Guide

Tita Smith

The main thoroughfare of every home is susceptible to clutter. Busy lives can quickly translate into your hallway becoming a transit-dumping zone for bags, keys and knick-knacks. But with a bit of clever organisation, you can turn your hallway into a storage opportunity and an impressive interior oasis that will astound guests when they step into your home.

### Paint Rejuvenation

A colour change can quickly transform a room's atmosphere. Experimenting with paint can also alter how the shape of the space appears. Dark colours visually draw a wall closer, while lighter colours will make it recede. Ushering in warmer tones will draw light into dim-lit hallways, while cooler tones will calm brighter areas. Don't be afraid to go bold - it can invigorate your interior!

beautifulhomesinthenorth.co.uk



### Harmonious Hooks

Hallway hanging hooks are a great place to keep your most loved jackets. They can be embedded into a hallway shelving unit, secured individually into the wall or be placed along chic boarding. Utilising the height of your hallway can also help bring flora into smaller spaces with stylish hanging plants.

### Fun Furnishings

Art is an easy way to spice up your hallway. Add a feature piece or use multiple works to create a gallery wall. Plants, candles and reed diffusers can greet guests with a fresh aroma as they pass through. If your hallway is quite narrow, introducing a mirror will bounce the light around the area to give the illusion of more space. Or to liven your corridor and create a unique edge, select a bold accent colour and a few key furnishings.



### Subtle Storage

If you're blessed with a wide hallway, play around with your furnishing to mould subtle and creative storage solutions. Using DIY chests, you can assemble storage blocks to ascend the walls. They can be filled with books, candles, photos, plants, or cane baskets to give your knick-knacks a home.



# Pergola Perfection

Tita Smith

The right pergola is a stylish and luxurious adornment to your garden. Not only are they a great addition to add extra shade, they also create a peaceful setting for catching up on your favourite novels or an elegant space for entertaining guests. Whether you are on the lookout for the perfect backyard accessory or your pre-existing structure requires a revamp, here are some tips to get your ideas flowing towards pergola perfection in no time.

### Design Decisions

The right pergola is both functional and aesthetic. Whether attached to the house or freestanding, a north-facing design will ensure summer shade and winter warmth. Traditional pergolas are rectangular or square, but your options also extend to round, curved or triangle.

For more light, choose an open roof, with open slates or a transparent cover. If your backyard could use denser shade, opt for a closed over roof, use of a shade cloth, narrowed slates, or thatched material. To open up the space, stick to simple beams or for an intimate setting, include walls or barricades.



### Ornaments

Fairy lights and curtains are a magical touch to any garden setting and pergolas offer the ideal structure to implement them! Lights create a candescent charm to a night-time dining experience, and curtains can give you the option to close off an open pergola, while also keeping pesky bugs at bay.

### Plants

Plants will help tie your pergola in with your garden, and they are also enchanting to the eye. Adding some deciduous greenery can work well with the seasons, and can offer an optimal medium for those wanting to maintain an open roof with slight sheltering.

If you desire a splash of colour, the wisteria and hardenbergia offer violet blossoms that are both fragrant and provide dense shading. For quaint flowers, select the star jasmine for a hint of white, bougainvillea for hues of pink and orange, or the lush green leaves of the ornamental grape that, untrue to its name, won't shed fruit over your dining area.





# Natural Beauty

Hannah Prasad

Natural beauty is a movement that doesn't seem to be slowing down anytime soon. As society grows more and more concerned with what we feed our bodies and minds, the same sentiment is evident with our skin, and the rise in ethical and organic skincare is continually expanding. This month, *Sydney Observer* has found a selection of products that will help your natural beauty shine.

## Lip Scrub

Lip scrubs are an easy and cheap way to rejuvenate your lips, especially in the colder months when our lips can get chapped and neglected. Exfoliating your lips is essential to ensure your lipstick will glide on effortlessly. A base of sugar and honey is all you need then you can add your favourite scents and flavours. Trying using the scrub with a toothbrush for the perfect pout!



## Hand Care

Freckles and extra skin pigmentation on our hands are exacerbated by the sun, and much like our faces, the skin on our hands and wrists are susceptible to photoaging. So as we head into the warmer months, it is essential we offer hydration and SPF protection to a part of our body that tends to get overlooked.

Enbacci's Brightening Hand & Nail Cream protects from oxidative stress and free radicals caused by UV sun exposure and environmental factors. With a combination of aloe, shea butter, coconut oil and sweet almond oil, this vitamin A and E rich cream also reduces the appearance of stubborn sun and age spots, wrinkles and fine lines, while preventing the onset of new ones.

The range also includes a Nourishing Hand Wash, which contains coconut oil, and a Moisturising Hand & Nail Cream that is the perfect finish to your night-time routine

## Perfume

Once you have created a soothing atmosphere with help from our Soothing Scents article (28), get ready to let Bellé Botanique's ethereal perfumes coat your body and calm your mind. Bellé Botanique create perfumes that are 100% natural and non-toxic, aiming to combat the health concerns linked to mass-market fragrances.

Research conducted by the Campaign for Safe Cosmetics found 38 unlisted and potentially harmful ingredients in a review of the world's 17 top-selling fragrances. A few of the chemicals include benzyl benzoate, benzyl salicylate and diethyl phthalate, which have scientific associations with allergy onsets, reproductive toxicity and endocrine disorders. In other words, nasties you don't want on your skin!

Bellé Botanique uses natural, organic and sustainably harvested ingredients such as flowers, leaves, fruits, herbs, spices, woods, resins and roots. Not only do the perfumes have a sweet lingering smell, they also harness mood-enhancing benefits. A few of the scents from the range include Geranium Rose, Frangipani Neroli & Ylang Ylang and Tangerine Cardamom & Lavender. What will you try first?



## Underarm Detox

KIND-LY's armpit mask is a detox for your pits! This 7-day cleanse draws out impurities, clears skin and assists in the transition to natural deodorant. Just like a clay facemask, KIND-LY works in the same way. All you have to do is leave the mixture on for 15 minutes, have a cup of tea and relax. Consisting of activated charcoal, Australian bentonite clay and colloidal silver, this cruelty-free and organic product is perfect for those who are considering a natural alternative to traditional deodorant.



*In Style Turramurra*

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Summer Xmas Market Thu 31 Oct & Fri 1 Nov



*"Domestic animals often become treasured family members to pet owners."*

## The Importance of Furry Friends

Isabella Ross

Animals hold a big place in our hearts. Whether it is the classic dog, a feline friend, a budgerigar or even a fluffy bunny, domestic pets are a staple for many Aussies. According to the RSPCA, approximately 62% of Australian households are pet owners. It is also a common fact that pets have been found to increase an owner's sense of wellbeing, mood and communication. With these benefits, not to mention the companionship, seniors are often encouraged to look into pet adoption.

### THE BENEFITS

- **Purpose:** having the responsibility to take care and show love to a pet often brings meaning to people's lives.

- **Companionship:** arguably the best aspect of having a pet is the bond you

are able to create. Domestic animals often become treasured family members to pet owners, especially those who are often on their own or who have lost a partner.

- **Sociable Nature:** in the case of having a dog, owners need to take their pet to the park and go for walks, or can bring along their furry friend when visiting friends or neighbours. These daily occurrences bring forward opportunities to socialise and keep active.

### COMMUNITY AGED CARE PROGRAM

The RSPCA NSW's Aged Care Program ensures both the pet and senior owner have the resources and assistance to look after their bundle

of furry joy in their own home for as long as possible. Assistance is available to elderly pet owners over the age of 65 and palliative care patients of any age. Some of the services include assistance with veterinary treatment, pet grooming, transport to and from the local veterinarian and volunteer dog walking.

### HOW TO ADOPT

For seniors whose health is declining, older pets can still be adopted at the RSPCA, with no adoption fee for cats and dogs aged over 10. Adoption at RSPCA shelters is ideal, because not only are you rescuing an animal in need of a good home, but you can rest assured that the adoption assistants can help prospective owners choose the right pet for them.



Downsizing in living arrangements has become the norm in the big city.

## Downsizing 101 For Seniors

Isabella Ross

When it comes to the natural course of life, downsizing often becomes a reality for many seniors. Whether it is due to an empty nest, expensive mortgage or too large of a property to maintain, downsizing in living arrangements has become the norm in the big city. So to the older Aussies who are making the transition into a smaller space – do not fear because there are lots of handy tricks available!

### BALCONY GARDENS

For avid green thumbs, letting go of the family garden can be a hard task. Being able to continue to pursue such passion is important, given it brings a sense of purpose and is a mood-booster. Bring the outdoors in, with potted indoor varieties such as aloe, peace lilies, devil's ivy and ferns. Villas in retirement villages and apartments all offer some outdoor space, whether it is a verandah, balcony or front porch. Hanging baskets, pots and garden ladders are all great ways to maximize space in these specific areas.



### DEPART WITH UNNECESSARY ITEMS

Downsizing can often translate into smaller-sized furniture, less clothing and old junk. Most miscellaneous goods these days are sold over the Internet, with major online giants Gumtree, eBay and Facebook Marketplace being highly common. Another great way to depart with unneeded items is to donate them to charity. St Vincent de Paul these days is offered so much, that they

cannot accept everything. However local women's shelter charity, The Generous and The Grateful, is always in need of big-ticket donations such as furniture, beds and mattresses. The best part about this charity is that they will come to you to pick up the donated items, meaning less hassle, stress and potential injury for seniors. Local pickup areas include Ku-ring-gai, Hunters Hill, Willoughby, Ryde, Lane Cove, North Sydney and Mosman.

# Self-Compassion

Dr Sue Ferguson

From time to time we all treat ourselves harshly (for example, by being overly self-critical).

This can lead to feelings of anxiety, shame, and sometimes depression. What if we treated ourselves kindly instead? Self-compassion is a concept, developed by Dr Kristen Neff, that includes: being kind to yourself; seeing your mistakes as part of being human (just like everyone else); and viewing your reactions to a situation in an open and balanced way (accepting your behaviour and reactions, rather than getting stuck on your self-critical thoughts).

My research with Dr Wendy Phillips found that older adults higher in self-compassion were also higher in wellbeing, including having higher levels of happiness and a greater sense that their life has meaning and purpose. Recent research also shows that in older adults, self-compassion was associated with lower anxiety and depression (as it is in other age groups). Older adults higher in self-compassion also cope better than others when they have high stress and poor health, and may do better on some aspects of physical health as well,

such as sleep quality. Self-compassion therapy can improve resilience and coping strategies can reduce anxiety and stress.

One technique to boost self-compassion is to:

- Write a letter to yourself about a situation or aspect of yourself that makes you feel insecure or inadequate (we all have them!).
- Write it from the perspective of a good friend.
- Ask yourself what a really supportive, accepting, forgiving friend who loves you would say.
- Give yourself understanding and comfort, just like you would that friend if they were in that situation.

As Kristen Neff states, "Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, use self-compassion...after all, whoever said you were supposed to be perfect?"

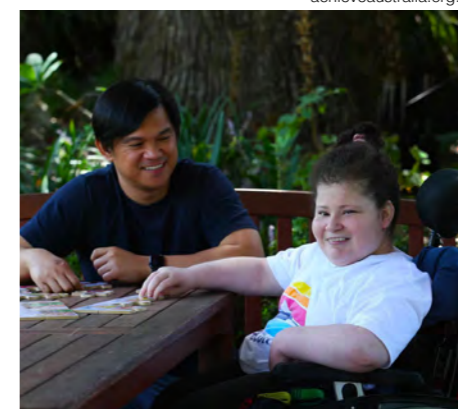


Dr Sue Ferguson has a Masters in Clinical Psychology, and a PhD focused on Positive Ageing from Macquarie University.

# Summer Hill House – A Home Away From Home

Set amongst beautifully landscaped gardens seven kilometres west of the Sydney CBD lies Summer Hill House, a purpose-built short-term accommodation and respite service for people with complex disability needs. At this 'home away from home' NDIS participants are given the opportunity to meet new people, explore different activities and discover new life experiences.

Summer Hill House works closely with families to determine the individual needs of participants to provide tailored support for everyone in their care. With a team of experienced and professional nursing staff, Summer Hill House aims to take the stress out of short-term accommodation for families looking for suitable respite care options. These services are designed not only for the local community, but also for



those who may be visiting from interstate and who need a trusted NDIS provider to deliver the best possible care for their family member.

Summer Hill House is a unique service offering in the disability sector which has introduced a monthly social calendar with

some amazing activities and events for families and participants to get involved in. They host regular movie nights, magic shows, craft workshops, beauty days and much more. In June, Summer Hill House created a special light-up garden show inspired by Vivid Sydney and held a social get together for families and participants.

"Some families weren't able to attend Vivid Sydney this year and they loved that we brought the festivities to them," said Summer Hill House Manager, Naomi Fraser. "Our families and participants really enjoyed the interactive displays and the chance to experience something different from the every day," she said.

To get in touch with Achieve Australia and find out more, visit their website [achieveaustralia.org.au](http://achieveaustralia.org.au) or call 1300 22 44 38.

## SHORT TERM ACCOMMODATION FOR PEOPLE WITH DISABILITY

Set amongst beautiful landscaped gardens just seven kilometres west of Sydney's CBD, Summer Hill House offers short term accommodation for people with an intellectual disability, high physical supports and/or complex health needs.

Contact us to find out more or to apply.

1300 22 44 38 | [info@achieveaustralia.org.au](mailto:info@achieveaustralia.org.au) | Achieve Australia  
 @AchieveAus | [achieveaustralia.org.au](http://achieveaustralia.org.au)





sallyairpod/jixabay

# What is Your Parenting Style?

Sarah Wainwright

The relationship we have with our children, the values we signify and the examples we set have the greatest impact on them. Your parenting style can support a child's healthy development and affects a child's self-esteem as it influences how parents interact with their children.

Parents may differ from each other in parenting styles and this may cause conflict and result in inconsistency for the child. Open communication between parents about values and what influences and informs our parenting style is helpful.

## FOUR PARENTING STYLES:

### • Authoritative

Parents create a positive relationship, are nurturing and responsive, have high expectations and enforce rules. Parents involve the child in problem-solving, explain the reason behind rules and value the child's opinion. Parents use positive discipline strategies such as praise and rewards to reinforce good behaviour.

**Outcome** - Children have higher self-esteem, report feeling happier, and are good at making decisions and evaluating personal safety and risk.

### • Authoritarian

Parents focus on obedience, are overly strict or harsh and use punishment. Parents lack warmth, can be controlling and enforce consequences with no regard to the child's feelings or opinion.

**Outcome** - Children tend to follow rules but suffer low self-worth, as their opinions aren't valued. Children may become defiant or aggressive and lie to avoid punishment. Children are less likely to take on responsibility and problem-solve.

### • Permissive

Parents are warm and loving but provide little structure or guidance. Parents are lenient, giving in to children's demands and rarely enforce rules and limits. Parents tend to adopt a friend role and do not sanction children even when behaviour is harmful to others.

**Outcome** - Children grow up feeling loved but are insecure due to lack of boundaries, likely to struggle academically, lack appropriate behaviour and self-discipline and may report feeling sad.

### • Uninvolved/neglectful

Parents have little involvement with their child, often not meeting a child's basic needs.

**Outcome** - Children have low self-esteem, perform poorly in school, have behavioural problems and rank low in happiness.

Catching up with Mrs Robyn Lloyd, mum of 3 and foster carer, Mrs Lloyd explains how she uses an authoritative parenting style.

"When we have new little people join our family, they generally have not experienced any boundaries. At first, they may scream (quite loudly), voicing their objection to having boundaries placed on them."

"At times it can be so hard not to just give in to what they want, but keeping in mind that standing firm is what's best for them, in the long run, is so helpful. One of the amazing parts of fostering is seeing the positive impact giving them a predictable, loving and safe environment. The smiles are priceless."

*Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), counselling, learning-support teaching assistant, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @\_parentingtips\_*

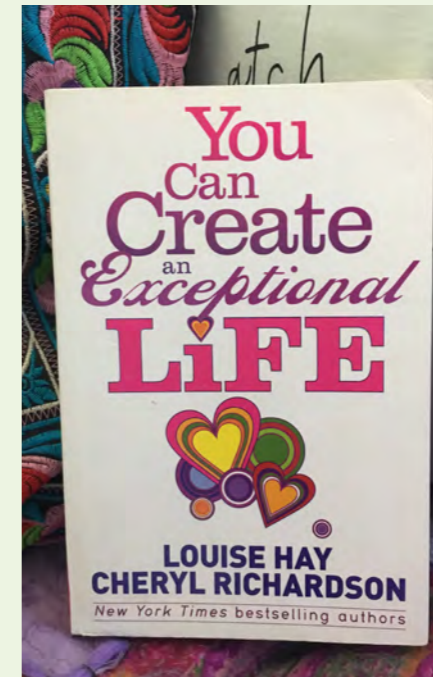
## Relaxation Corner

Hannah Prasad

### BOOK

When rummaging through a book sale I found a hidden gem. 'You Can Create an Exceptional Life' is an inspiring book with an abundance of mantras and messages that will well, you guessed it, help you create an exceptional life. I know it sounds like every airy trend that has flooded the lifestyle/wellbeing market, but this book has truly cemented the idea that our thoughts create the outcomes we desire.

Two of the main points I took from the book are gratefulness and gratitude. Turning a situation around through your thoughts can transform your work, life and family relationships. So next time you feel that times are tough and you fail to see the brightness in your life, sit down, breathe and remember, only good lies before me.



### SOUND

Hiatus Kaiyote's groovy baseline and soulful sound will have you feeling like you are in a carefree dream, floating in a world with no worries. My favourite song, 'Nakamarra' sets my heart on fire. This song makes me feel as though the sun is shining on my face and the blissful rays of warmth are flowing through my body.



Lead singer Nai Palm has a bold and captivating voice, with hints of raspiness that coat each song. Commanding the tracks, yet showcasing her control with sweet and comforting notes, she will have you hooked after one listen. With a sound that is uniquely theirs and a heavenly voice, the final product is easy listening. The next time you are feeling stressed, listen to Hiatus Kaiyote and watch your worries fade.



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# Infection Control

Dr. Ian Sweeney

Dental health care providers have a duty of care to sterilise instruments between patients and to maintain a clean infection-free environment. Not only do instruments have to be sterilised, maintenance of these records is a way of documenting how compliant surgeries are with infection control guidelines.

The gold standard way to prove dental instruments are sterilised and the process is verifiable is via a process called instrument tracking.

All dental instruments that are used for invasive procedures are sterilised by means of heat and pressure in hospital-grade autoclaves. An autoclave is a machine used to sterilise instruments. Once instruments are used, if they are not disposed of, they are cleaned by several processes before being wrapped or bagged in sterilisable pouches. These instruments are then placed into the autoclave where the desired temperature and pressure to destroy the nastiest of

bacteria and viruses is reached, and held there for a prescribed period of time.

Autoclaves are tested before every cycle to ensure they are functioning properly. Every load of instruments placed into an autoclave is numbered and correlates with the successful running cycle of the autoclave. This ensures all instruments are sterile and the instruments can be 'tracked', that is, we can tell when instruments were sterilised and document the successful nature of the process.

Instrument tracking is another way that accredited dental practitioners work to ensure the safety of the public. Instrument tracking ensures the utmost safety for all concerned, from the dental team using the instruments to the patients who are receiving treatment.

Although time-consuming and expensive to perform, instrument tracking in a well-equipped and staffed dental practice is part of the daily routine.

All dental instruments that are used for invasive procedures are sterilised by means of heat and pressure in hospital-grade autoclaves



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

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- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
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- ♥ Special Needs Patients
- ♥ Hoist Available

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# Spiced Blue Mussels in Coconut Milk

Hannah Prasad

Mussels are miniature morsels of deliciousness that pack a punch. With the ability to carry a variety of flavours, from light and subtle to rich and creamy, the options are endless. This month, why not try out this simple yet delicious recipe from the Sydney Seafood School that is guaranteed to be a weeknight winner!

## Ingredients

- 1 cup coconut milk
- Pinch castor sugar
- 1kg blue mussels, scrubbed and debearded
- 1 tablespoon fish sauce
- 1 lime, juiced, plus extra for serving
- Steamed jasmine rice, for serving

## Spice Paste Ingredients

- 4 cloves garlic, chopped
- 4cm knob ginger, chopped
- 2 medium red chillies, seeded and chopped
- 2 stalks lemongrass, white part only, finely chopped
- 4 red shallots, chopped (see notes)
- 2.5cm piece turmeric, grated

**Make Spice Paste:** place garlic, ginger, chilli, lemongrass, shallot and turmeric into a food processor and blend into a paste, adding a little thick coconut milk if necessary to help it blend.

## Method

1. Heat 2 tablespoons of thick coconut milk in a wok, add Spice Paste and cook for about 5 minutes, until aromatic and oily.
2. Add sugar and remaining coconut milk and bring to the boil.
3. Add mussels, cover, and cook for a minute or 2, until shells start to open. As each shell opens remove it to a large serving bowl.
4. When all mussels have opened, stir fish sauce and lime juice through the sauce, pour over mussels and serve with rice.



## Picturesque Positano: The Amalfi Coast

Isabella Ross

Photos: Isabella Ross

The Amalfi Coast is one of the premier and most luxurious destinations in Italy, boasting cerulean coastlines and jaw-dropping cliff sides dotted with picturesque houses in pastel tones. The destination is also booming in popularity with travellers including myself, particularly the town of Positano, located along the stretch of the Amalfi Coast. However, be prepared to loosen the purse strings as Positano is known for its stellar dining scene, 5-star hotels and private yacht rentals. Yet the money spent is well-worth it in my experience.

### ACCOMMODATION

To avoid the exorbitant thousands-of-dollars-fees-per-night hotels in the town, bed and breakfast establishments are the way to go. With plenty of options that offer a delicious traditional Italian breakfast, comfy room and reasonable price tag, B&B's ensure the budget is not blown on accommodation, which left me more inclined to be frivolous on shopping, foodie experiences and day trips.

### DINING

Dining options are endless in this stunning spot, with fresh Italian produce, wine and seafood celebrated in most local restaurants. Positano is also known for its high-end bars that offer a spectacular view. Franco's Bar is the pick of the crop thanks to its thoughtfully-designed aperitif menu, as well as its well-known panoramic view – I would recommend the Mojito! Make sure to save room for gelato or sorbet though, because there are plenty of opportunities in the shopping district to treat yourself to the delicious dessert.



### THINGS TO DO

A trip to Positano is all about relaxing, enjoying the oceanic surroundings and fitting in a bit of shopping! Sun lounges are available to rent on the shorefront, just make sure to get in quick to ensure the best seats. While planning my holiday, I was urged to book a boat rental day tour of the surrounding Amalfi coast well in advance, and I would recommend the same.

BlueStar Positano was the highest-rated for its service, facilities and price and did not disappoint on the day, with the tour being the overall highlight of the holiday. The winding roads and passageways leading up to the varying accommodation have a myriad of quaint gift shops that sell handmade sandals, ceramics, linen clothing and lemon-themed paraphernalia.

*"Be prepared to loosen the purse strings as Positano is known for its stellar dining scene, 5-star hotels and private yacht rentals."*

# What's On

August



## CHICAGO

**Dates:** 20 August - 1 September  
Get set for a night of all that jazz as the multi-award-winning musical premieres on Australian stages at Sydney Capitol Theatre on August 20. Set in 1926 Chicago, the tale critiques crime and justice in the jazz age of the US through the story of some saucy ladies caught up in prison. Produced in Australia by John Frost and Suzanne Jones, Australians will be taking centre stage with Natalie Bassingthwaite as the foxy Roxie Hart, femme fatale Velma Kelly played by the captivating Alinta Chidzey, and Australian Idol's Casey Donovan transforming into the sassy prison warden 'Mama' Morton.  
[chicagothemusical.com.au](http://chicagothemusical.com.au)

## LANE COVE NATIONAL PARK WALK

**Dates:** 11 August  
Uncover our native flora and fauna with Ku-ring-gai Council's organised bushwalk at Lane Cove National Park. Good stamina and a keen eye for our local bushland will be ideal for participants taking part in the early morning stroll. A free community-run event, what's not to love!  
[kmc.nsw.gov.au/Things\\_to\\_do/](http://kmc.nsw.gov.au/Things_to_do/)



## DRAWING WORKSHOP FOR BEGINNERS

**Dates:** 11 & 18 August  
Scratch up on your drawing skills with this workshop for beginners. Over this two-day course, you will learn how to draw through a practical study of form, shading, colour, and perspective. By the end, you will have the tools necessary to create your own landscapes, figure drawings and still life drawings. To get sketching, head to the website to book your place.  
[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

## VEGETARIAN COOKING CLASS

**Dates:** 14 August  
This two-hour interactive class at Neutral Bay's Sydney Cooking School offers you the chance to expand your repertoire of delicious, fresh and healthy vegetarian delights. Recipes will be provided to take home, with a seasonally changing menu that encourages participants to attend future classes to enhance their skills.  
[classbento.com.au/vegetarian-cooking-class](http://classbento.com.au/vegetarian-cooking-class)



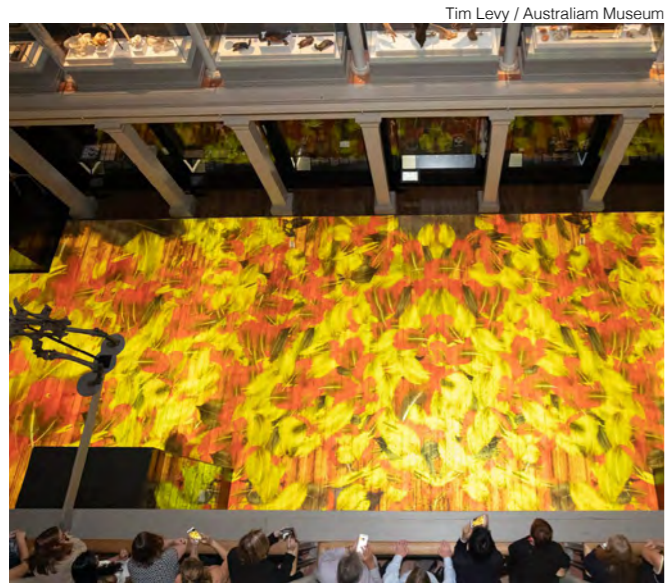
## FLEETWOOD MAC

**Dates:** 15 - 29 August  
Making their way to Qudos Bank Arena is the Grammy Award-winning rock band, Fleetwood Mac. Impressing fans for over 30 decades with their iconic ballads, the legendary band has come back to Australia to perform and dazzle audiences. With numerous hits from their 'Rumours' album on the concert playlist, it is sure to be a night of musical delight.  
[qudosbankarena.com.au/Event-Calendar/Fleetwood-Mac](http://qudosbankarena.com.au/Event-Calendar/Fleetwood-Mac)



## THE GREATEST HITS OF DISCO CONCERT

**Dates:** 16 August  
The 70's are back! Get down and boogie to the classic hits of the decade at Enmore Theatre. A celebration of all things STUDIO 54, the famous disco was well known for its decadence, glamour, glitz and music. International Dance Divas - Kym Mazelle, Denise Pearson and Pauline Henry will perform your favourite disco classics together with a full band!  
[factorytheatre.com.au/events](http://factorytheatre.com.au/events)



## TREASURES ILLUMINATED

**Dates:** 1 - 31 August  
An extraordinary new light and sound show at the Australian Museum will be bringing all of Sydney's treasures to life. Watch the 21 million objects in the Museum's collection showcase a story through cutting-edge animation, laser projection, and 3D-mapping, to unearth the magic of our natural world in a cinematic style experience the whole family can enjoy.  
[australianmuseum.net.au](http://australianmuseum.net.au)



## MAMMA MIA! PRODUCTION

**Dates:** 2 - 17 August  
Packemin Productions will transport you to a Greek island of musical paradise at Riverside Theatres, with their new production of Mamma Mia! Showcasing some outstanding Australian talent, the musical is upbeat, energetic and heartfelt. Promising to be an entertaining night out at the theatre, lots of ABBA classics will be belted out, including 'Dancing Queen', 'Voulez Vous' and 'Winner Takes It All'.  
[packemin.com.au](http://packemin.com.au)



## ANNUAL KNIT 2019

**Dates:** 16 August  
Get your knitting needles into gear and start preparing now for this vibrant, fun and colourful event. The Annual Knit 2019 is a favourite in the local Hornsby community, with donations of yarn, squares and wraps welcomed at any Hornsby Shire Library prior to the event. All ages and groups are welcome, with no booking required. For further information on how to get involved, get in contact with your local council library.  
[hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)

## WESTSIDE STORY

**Dates:** 16 August - 6 October  
This groundbreaking Broadway musical is gracing Sydney stages with the best of Australia's young talent. Featuring the acclaimed musical score of Leonard Bernstein and original choreography of Jerome Robbins, Westside Story recasts Romeo and Juliet into two lovers torn by gang territorial conflict in modern New York. So pull out the popcorn and get ready to watch in suspense from the edge of your seat.  
[opera.org.au/whatson/events/west-side-story-sydney-opera-house](http://opera.org.au/whatson/events/west-side-story-sydney-opera-house)



## SYDNEY TEA FESTIVAL

**Dates:** 18 August  
A celebration of speciality loose-leaf tea, the Sydney Tea Festival is back and bigger than ever! Held at Carriageworks, the festival will showcase a range of stalls, food trucks, a brew lounge and tea tastings. The perfect event for tea enthusiasts, patrons can wander through the market and discover some of the best artisanal teas on offer.  
[sydneyteafestival.com.au](http://sydneyteafestival.com.au)



**THAT GREAT MARKET LINDFIELD**

**Dates:** 18 August

That Great Market is back again for a day of family fun, with delicious coffee, scrumptious food, and spectacular stalls, all to the sound of live music. Browse the jewellery, bags, clothes, homewares and plants, and see what the local producers have on offer, or open your own stall to showcase your secret talent.

[thatgreatmarket.com.au](http://thatgreatmarket.com.au)

**NATURE PHOTOGRAPHY WALK**

**Dates:** 18 August

Do you love taking photographs outdoors but not quite getting the results you hoped for? Then come along to this fun and interactive day out in both the bush and classroom. In this four-hour session, you will learn some simple and easy techniques that will help transform your photos. The class will include a short walk into Lane Cove National Park along the Kurrajong Track.

For further information and to book, email [bushland@hornsby.nsw.gov.au](mailto:bushland@hornsby.nsw.gov.au)

kmc.nsw.gov.au



**LEARN HOW TO LEAD**

**Dates:** 19 August

Teens, adults and seniors are encouraged to attend this meeting in Killara, where you will learn how to lead and speak in public. Get inspired by other members of the community from 7pm to 9pm and finally put your public speaking nerves to rest.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

**SYDNEY SYMPHONY ORCHESTRA**

**Dates:** 21 August

Classical music lovers, get excited for this performance by the Sydney Symphony Orchestra at the Opera House. A recital of great bravado, the Symphony's conductor Simone Young shows the audience visions of Vienna and Liszt's epic Dante Symphony.

[sydneysymphony.com](http://sydneysymphony.com)



**COLORFEST SYDNEY**

**Dates:** 31 August

Let your true colours show with Colorfest Sydney. Located at St Ives Showground, this family-fun day is filled with music, dance and of course, colour! There will be food and drink stalls, free parking on-site and a free shuttle bus from Gordon Station to St Ives Showground (to and from) every half an hour. So grab your sneakers, a white t-shirt and get ready for a bright and bold day.

[colorfest.com.au](http://colorfest.com.au)



**THE BURGER EXPO**

**Dates:** 11 August

For all the burger enthusiasts out there, this is the event for you! Running from lunch through to dinner, with stacked meals from six burger pros, there is something for everyone's tastebuds. Get ready to leave with a belly full of burgers and the satisfaction of a good meal.

[eventbrite.com.au](http://eventbrite.com.au)

kmc.nsw.gov.au

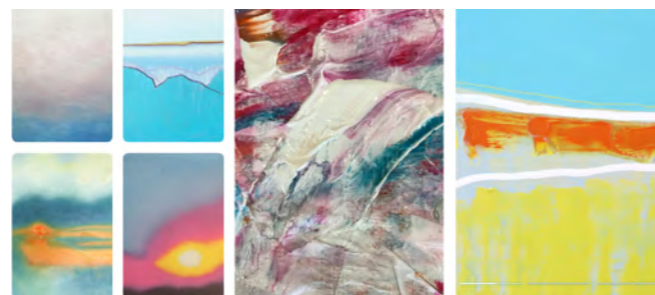


**WILDFLOWER ART AND GARDEN FESTIVAL**

**Dates:** 25 August

Talks by horticultural experts, native plant sales and wildflower displays, guided walks, food and drink stalls, music and dance and an Australian wildlife display will all be part of this year's festival. A local staple event in the community, the festival is family-friendly and is guaranteed to be a lovely day out! Artwork and sculptures made out of recycled or natural materials will also be on display.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)



**ABSTRACT PAINTING DAY CLASS**

**Dates:** 25 August

Relax your way through Sunday in this no-experience-necessary abstract painting class. Beginning with a simple meditation, you will learn painting techniques and methods before embarking on creating your own masterpiece. Book a ticket, throw on an old shirt and get ready for five-hours of fun.

[classbento.com.au/abstract-painting-day-class](http://classbento.com.au/abstract-painting-day-class)

# Sing to Beat the Winter Blues!

The Northern Beaches Chorus is hosting a 5-week Sing to Beat the Winter Blues course. Aimed at women and girls who like to sing, participants will learn breathing and vocal harmony techniques, voice exercises and two songs that will be performed with the chorus for family and friends on the final night. So why not join the 65 like-minded members and indulge in the positive effects of singing.

The course will run from 7:15 – 9:15pm each Monday from August 12 to September 9 at the chorus rehearsal hall, Galstaun Function Centre, 5 Grattan Crescent, Frenchs Forest. The cost is \$50 for the five-week course including tuition, sheet music and audio learning tracks. There is a free Open Night on Monday, August 5 for anyone interested to try it out before doing the course.

For more information about the course, head to [northernbeacheschorus.com.au](http://northernbeacheschorus.com.au) or contact Carol on 0477 211 609 or [nbchorus@gmail.com](mailto:nbchorus@gmail.com).





# What's On Kids



**PLAYGROUP AT TURRAMURRA UNITING CHURCH**  
**When:** Every Tuesday from 10am to 12pm (during term)  
**Where:** Turramurra Uniting Church  
**Prices:** Free (BYO morning tea)



**SYDNEY DOG LOVERS SHOW**  
**When:** 3 - 4 August  
**Where:** Sydney Showground, Sydney Olympic Park  
**Prices:** Adult \$27.50, Child \$12.00, Family Pass \$75



**LITTLE EXPLORERS' BIG DAY OUT**  
**When:** 9 August  
**Where:** Australian Museum  
**Prices:** Adult \$15, Child \$10, Concession \$8



**ALICE IN WONDERLAND JUNIOR**  
**When:** 10 August  
**Where:** Zenith Theatre  
**Prices:** Single ticket \$35, children under 5 free.



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**Where:** Blackman Park  
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# Our Beloved Angels

Kerrie Erwin

Often in life, we need help but can sometimes feel that we have nowhere to turn. With a bit of faith, prayer and good old belief, did you know that you can write to your heavenly angels asking for what you may need? When surrendering to our loving angels, make sure to focus and specify the time for all your needs and wishes.

As you practice more you will learn to work with angels and understand that these divine beings can help us in many ways we never dreamed of. When you start to incorporate angels into your life, you will wonder how you survived without them. Just remember to thank them. As mere mortals, most of us forget to look after ourselves, so angels are happy to help us as we give so much to our fellow brothers and sisters.

They also teach us not to take life so seriously; to learn to have fun and laugh more as creativity comes from humour, while not letting go of the small stuff only keeps you unhappy and blocked. As life is a constant journey of highs, lows and sometimes very hard lessons, I have also learnt that angels can help us in so many ways we never dreamt of. For any part of your life, you can call on them to help. It is also good to remember, angels will only assist when asked; they never intervene, as they need our permission and the good thing is, we can call them as often as we want.

## ANGELS OF NEW BEGINNINGS

Sometimes we feel as if we are stuck and not learning our lessons or spiritual contracts we asked for in heaven. Angel of clarity and compassion, please help me move forward and have a breakthrough with my work and life or what I am doing. Show me a path so my heart can sing in my own success.

## ANGELS OF WORK OPPORTUNITY

Angels of promotion please assist in helping me get the job I need. I have worked so hard for a break, as I love the work I do and am ready to learn new things. Angel of new job opportunity, please come and assist me, as I am now ready for new work. I don't know how many times I have asked for that one and I still do to this day, as there are always problems when you work with other people. I know if I ask, I will always be helped. Part of the angels' work is to help us, which they love doing.

## ANGELS OF PROTECTION

Angels of protection, please help me find the strength I have within me to do what I need to do. I always use the white light bubble of protection, whenever I need heavenly protection or help. You can also use it for keeping your loved ones safe and protecting anything dear to your heart.

## ANGELS OF FINANCES

Angels of finances, please help me find a way to help pay my bills. I can never seem to save anything.

## ANGELS OF PROBLEMS WITH FAMILY

Angel of happy families, please help with the problems we are having so we may love, learn to communicate, support and live in harmony with each other.

## ANGELS OF HEALTH

Angels of good health, please assist, guide and help me live a better life.

## ANGELS OF LOVE

Angel of love relationships, please help me find my soul mate. I am now ready to move forward and embrace love to its highest form.

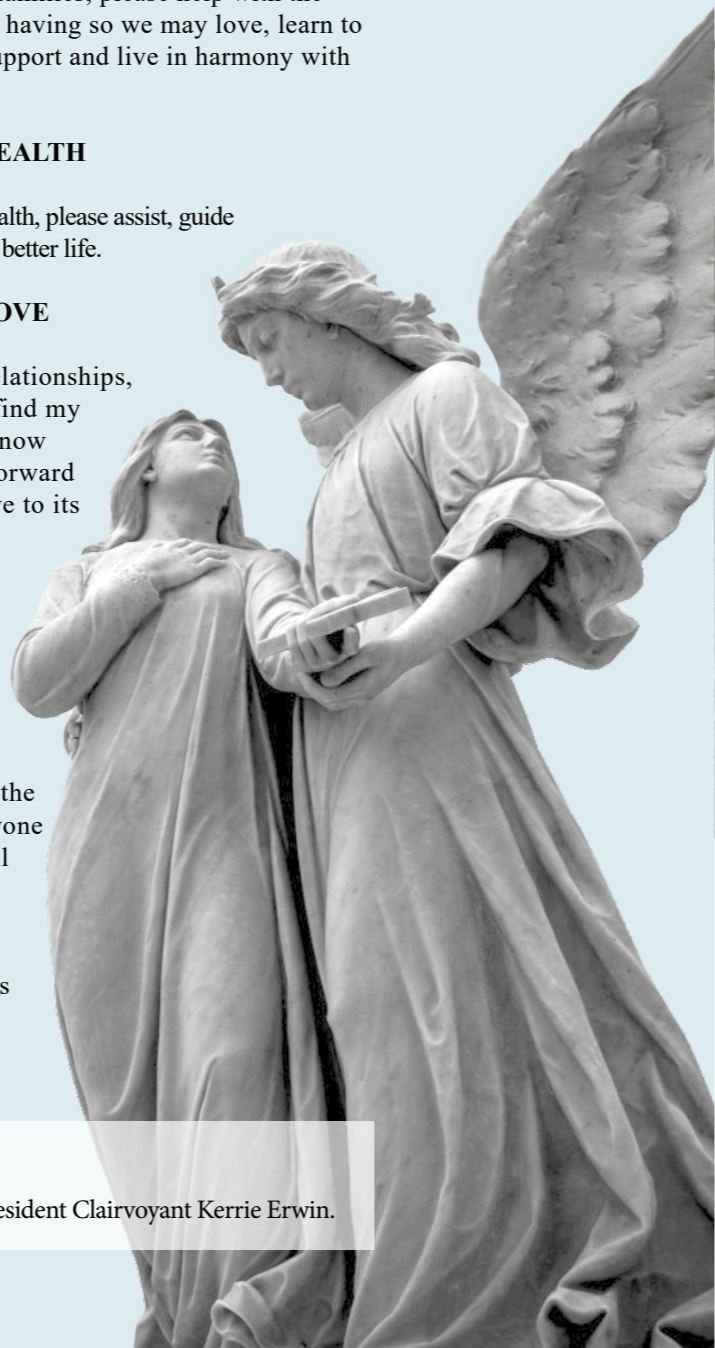
## PEACE AND HARMONY

Angels of peace, please bring more love and harmony to the planet and everyone on it. May we all live together in peace and love.

Love and Blessings



Kerrie Erwin is Psychic and Medium  
[pureview.com.au](http://pureview.com.au)



### INTERESTED IN A PSYCHIC READING

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

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