

## It takes an army...

It may 'take a village to raise a child' but it clearly takes an army of volunteers to successfully run KNA. Since our 2022 season started, it's become increasingly clear that it takes many more volunteers than we have on board to successfully achieve our numerous seasonal activities. Our sincere thanks go to all the dedicated volunteers who have already generously given so much of their time to make everything run so smoothly up to now. However, we are still experiencing many people away with the flu or COVID and - in common with many other community sporting codes - we are finding that we are desperately short of volunteers.

Research has indicated that exhaustion, illness and the general fatigue resulting from the challenges faced during the past few years have taken their toll on volunteering, but it is becoming increasingly obvious to us that if our Association is to continue to grow and thrive, more help is desperately needed. If you can assist, please put your hand up because we really do need you. All you have to do is email **"YES"** to [knasec@kna.com.au](mailto:knasec@kna.com.au) and we will get right back to you.

**Jo-Anne Perry**  
KNA President



**belle**  
PROPERTY

Proud To Be Supporting  
Our Local Netball Community.

## Message from the President

Our 2022 season has commenced with a bang! Day 1 and regrade have been completed. A tremendous amount of work was done by our invaluable volunteers. Their contribution was greatly appreciated and we thank them for all that they did to make these events possible.

The next big event to take place on our crowded calendar was the KNA Crazy Hair & Sock Day fundraiser (for the Kids Cancer Council) which was run at Canoon Rd, Lofberg and then at Canoon again for the nines. This was closely followed by the NetSetGO Carnival with 57 teams participating and having a great day. We loved seeing all those happy, smiling faces.

The State Titles are taking place as we go to print, with players from 15, 17, Men's representing KNA together with our team in white. We are keeping

our fingers crossed and will report in full in the next issue and on social media.

Berowra Netball Club is celebrating 60 wonderful years on Saturday, June 18. The festivities are a little late due to COVID, but KNA will be celebrating with them. We congratulate BNC on a fabulous achievement as our foundation members and hope they enjoy a great night.

Weather interrupted our All Abilities carnival which is now rescheduled to 19 June. Come along and join us if you can.

**Jo-Anne Perry**  
KNA President



## Message from the KNA Patron

Well, we are off and running. The weather tried to dampen our spirits but we were not going to give in that easily - and we were rewarded when it finally turned out to be quite a nice day. It was so good to see the happy faces of the players as they got together again to play, while their parents enjoyed meeting up with old friends on the sidelines. A word of caution, please be careful and stay safe, COVID is still around and the flu this year is one of the worst on record.

I am delighted to see that some of our long term volunteers have returned this year - they are the reason we have such a great Association. Having said that, we can always do with more. Not only do you make great friends but it is also very rewarding. Anyone interested can come and have a chat with me or anyone in the complex on Saturday. We would love to hear from you,

### Goodbye and good luck

We are very sorry that Amy, our Canteen Supervisor has decided to call it a day. I know we will all miss her. Amy was a great Canteen Supervisor and she will be hard to replace. The good news is that Amy and Mat have become engaged and are planning to marry in December. We wish them all the very best and look forward to seeing their photos.

**Brenda Williams**  
OAM  
KNA Patron



## The 11s Talent Team at Eastwood Ryde Carnival



The 11s Talent Team pictured at the Eastwood Ryde Carnival with coaches Garry Cornius, Georgia Huon and Lee Field

## CONGRATULATIONS

### Millie and Ella Pure Gold!



Huge congratulations from all at KNA to NSW U19 team members Mille Roach and Ella Johnson who have played together through KNA reps since they were 12. This is the stuff that dreams are made of, representing Netball NSW to win GOLD and proudly hold that trophy high as part of the U19 team at National Netball Championships - Jo Perry

## WE ENCOURAGE YOU TO SUPPORT OUR KU-RING-GAI NETBALL PARTNERS

We thank our sponsors for their continued support and encouragement which is greatly appreciated.

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From humble beginnings in 1905, Clarke Murphy Print has grown into the innovative fast-paced printing specialists and market leaders that they are today. Underpinned by five generations of printing experience and serving thousands of clients, the Clarke Murphy Print family has been at the forefront of the printing industry's evolution for more than ten decades.



The Sydney Netball Shop provides custom uniforms and equipment to players and clubs all over NSW. They pride themselves on the fact that their focus has never wavered from providing all possible netball requirements in one store. Now with their new online facility, they can supply Australia-wide.

### SILVER LEVEL SPONSORS



Operating the longest established specialised practice on the North Shore, North Shore Orthodontics (NSO) provide excellent orthodontic care, clinical excellence and personal attention to patients, launching thousands of beautiful smiles throughout the community.



A trusted name in the sphere of driver education, NRMA Safer Driving School offers a best practice curriculum which focuses on low risk driving techniques that assist students to become safer drivers for life - not to just pass their driving test.



Ku-Ring-Gai Sports and Spinal Physiotherapy has been providing court-side care and injury management for KNA for the past nine years. In addition to management of sports injuries by Sports Physiotherapists, they offer excellent physiotherapy management of a wide range of injuries including neck and back pain, pre-and post-natal care, fracture management, as well as small group Pilates classes.

### KNA PARTNER



Whether you are searching for something special, or just want a wider selection to choose from, make St Ives Shopping Village your favourite fashion destination. With over 200 top labels on offer from a variety of fashion outlets - even the most discerning shopper can be sure of finding something to please. Enjoy instant rewards by joining the St Ives Shopping Village on line club. To find out more, visit their website: [www.stivesvillage.com.au](http://www.stivesvillage.com.au)

# COMMUNITY PROJECTS

## PLC - Shore Cake sale raises over \$4000!

KNA members definitely appreciate enjoying a sweet treat for a worthy cause and this year the annual cake sale raised a record amount of \$4361 for the Pymble-Shore Sony Camp initiative. Project co-ordinator Mariel Lombard wrote to thank KNA and to advise that the money will be put towards resources for their camp scrapbooks, which provide a special record for of their time at the camp for participants and their families to enjoy.



## The SES team focuses on building resilience in the community



Although this was their first visit to KNA, engaging with the local community is not something new for the SES. "We participate and display at a number of community events throughout the year" explains SES Commander Alexander MacKay. "In the past, these community events were focused on fundraising - but since this is no longer necessary, the emphasis these days is on providing our team with the opportunity to meet up with the local community in order to enable them to understand what the SES does and, more importantly, to assess possible risks in the event of storms or floods. We can then provide advice on how residents can prepare their property in advance."

On behalf of the team, Alex sent is thanks to "KNA and everyone who was there during our recent visit to Canoon Rd. We had a number of great conversations with people while walking around chatting, as well as with those who came up to our display stand. We particularly enjoyed the young

people who were very interested in looking at the photos of recent jobs we have done, as well as in trying on our SES uniforms" he said.

### Want to get involved?

According to Alex, they have several intakes of volunteers each year and the easiest way to register is to visit [www.ses.nsw.gov.au](http://www.ses.nsw.gov.au) and click the Volunteer button. He emphasises that you don't need to be particularly athletic to join, "There are many ways you can help in the SES. We have members who help with community events, administration, maintenance activities, catering as well as in our incident management team."

**If you have any further questions, visit the NSW SES website at [www.ses.nsw.gov.au](http://www.ses.nsw.gov.au) to stay up to date with the latest information relevant to our area, including SES activities and emergency warnings. You can also follow the SES on Facebook at [www.facebook.com/KRGSES](http://www.facebook.com/KRGSES)**

## NSW Swifts promotion at Canoon Rd

There were lots of goodies to be had when the SWIFTS promotional team paid a surprise visit to Canoon Road recently.



## KNA representatives in the NSW Swifts Heritage Parade



Eight representatives selected from four KNA clubs - Berowra, Lindfield, Killara and Kissing Point - were invited to participate in the NSW Swifts Heritage Round parade in April. In addition, NTNC carried their own club banner, as they have a 25 seat membership. Emma Eastwood of Berowra had the privilege of proudly leading the 102 strong parade.

# Life is better with GOALS

**Alister HENSKENS SC MP**  
Member for **Ku-ring-gai**

02 9487 8588 alisterhenskens.com.au  
kuringgai@parliament.nsw.gov.au

Authorised by Alister Henskens SC MP, 27 Redleaf Ave, Wahroonga NSW 2076. Funded using Parliamentary Entitlements.



# Dark clouds couldn't dampen the start of the 2022 Winter Competition

Despite the dark clouds and chilly start KNA players and VIP guests were undeterred, coming out in force to celebrate the first day of the 2022 netball season.



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**Ku-Ring-Gai Sports and Spinal Physiotherapy**

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## Sponsors' Day washed out by La Niña weather conditions

Things became rather crazy when we had to postpone Sponsors' Day 2022 because of bad weather and one brave sponsor (North Shore Orthodontics) decided to join us at Crazy Hair and Sock Day instead. Even though we weren't able to personally meet all of our Sponsors this year, we want them to know how much we appreciate their support and we hope that we can make up for it with a bigger and better event next year.



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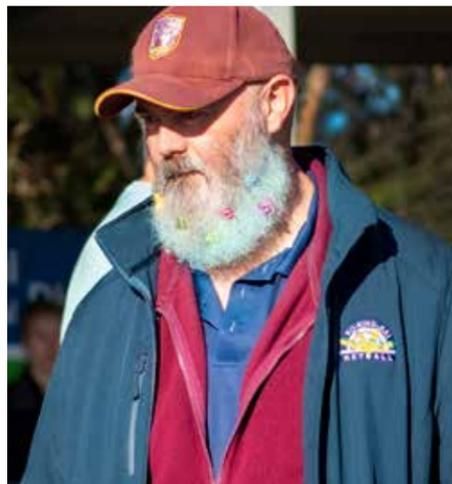
# Crazy competitors out in force at Canoon Road and Lofberg

*Undeterred by low temperatures and icy winds, KNA members put on their socks, created their crazy outfits, sprayed their hair and dug deep to raise funds for the Kids Cancer Council. So that everyone could have a go, the competition took place in three segments at Canoon Road and Lofberg on June 04 and at Canoon Rd under lights on June 09, 2022.*



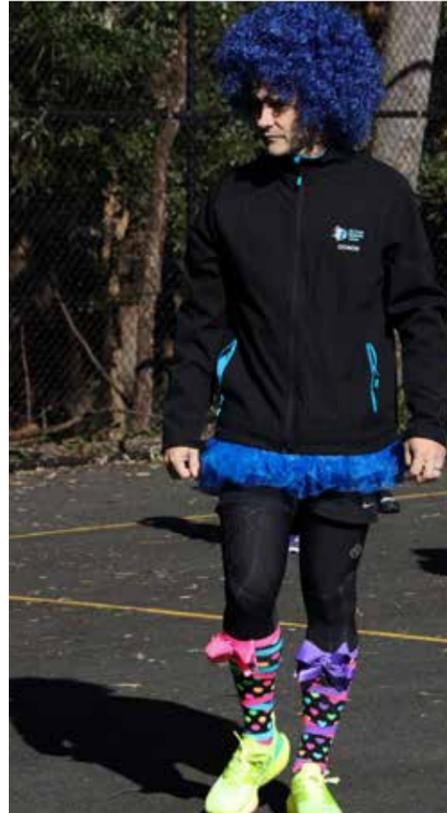
## Crazy Competition judging delayed by COVID

This year the Crazy Hair and Sock Competition was impacted by COVID when the virus caught up with one of our judges. As a result, announcement of winners has been delayed and their names and photos will be featured in our next issue.



# Crazy Hair and Socks at Lofberg

*Crazy but very, very cute the NetSetGO players entered into the spirit of the day and so did some of their parents!*



# Going Crazy under lights

Playing in the early evening, the 9s bravely faced even colder conditions. However, judging by their smiling faces they had a lot of fun despite the wintery weather.



## UMPIRE'S NEWS

# Senior Umpire Development workshop

Allison and I were proud to host this event targeted at our up and coming National Umpires. It was presented by Maureen Boyle OAM, AA who is an International Umpire, NNSW Life Member and in the Hall of Fame as well as having been newly inducted as a NNSW "Legend"

Maureen discussed the finer points of the "Techniques of Umpiring" including "Vision, Timing and Position." The umpires learned what to look for, when to look for it and where to move to. The evening was a lot of fun with much to absorb, including the correct terminology for areas of the

court, how to count three seconds and innovative ways to correctly assess three feet. Maureen was brilliant at explaining umpiring techniques in a way that was easily understood, but made the umpires think differently about their game.

We will continue to develop programs for our umpires that not only provide knowledge but do so in a fun practical and nurturing environment. Keep your eyes peeled for more events via our Facebook and Instagram pages.

*Alan and Ally*



## New National Achievers

Congratulations to Nicole Davis of KP on being awarded her national A badge at NNSW Premier League. The National A badge is awarded to umpires who demonstrate a detailed understanding and application of all aspects of game management, with consistency in vision, timing and positioning which enable the game to flow. Rule interpretations and the ability to apply advantage are key for an A umpire.

Nicole has worked hard over the past two very challenging seasons and all at KNA congratulate her on this wonderful achievement.

### New National B Umpires

Taylor R - LNC  
Alicia L - LNC

### New National C Umpires

Mia H- HH  
Jacinta - WP  
Emma B - HH



# KNA Congratulates Umpires for badges awarded

NATIONAL A BADGES	
Nicole Davis	KP

NATIONAL B BADGES	
Alicia Leffler	LNC
Taylor Rondeau	LNC
Mathilde Bode	STI

NATIONAL C BADGES	
Emma Berzins	HH
Mia Huntington	HH
Olivia Boyd	HH
Ruby Velthuyzen	HH
Hannah Thonell	KP
Anna Ward	LNC
Jacinta Dyer	WP

HIGH D BADGES	
Emma Eastwood	BER
Aimee Kempers	BER
Abigail Boyd	HH
Claire Brewer	HH
Natalia Sutherland	KILL
Isabel Bowman	KP
Harlow Wigley	KP
Keira George	NT
Kira Pedruco	NT
Lily Brignell	STI
Anais Burnicle-Rodwell	WAH
Olivia Wood	WAH
Dayna McLaren	WARR
Sophie Eldershaw	WP

MID D BADGES	
Eleanor Flarey	BER
Tess Flarey	BER
Summer Reeve	BER
Sasha Snook	BER
Maude Thompson	BER
Ellie Dryza	HH

MID D BADGES (CONT)	
Jacinta Garden	HH
Teruni Liyanage	HH
Hayley Steel	HH
Caitlyn Smith	KILL
Elizabeth Beveridge	KP
Caitlin Dunn	KP
Matilda James	LNC
Annabelle Jones	LNC
Beth Price	LNC
Deb Walker	NT
Aanya Arun	STI
Siobhan Chung	STI
Amber Conlon	STI
Grace Middleton	STI
Molly Tikoft	STI
Emmeline Zakon	STI
Nikke De Villiers	WAH
Louise Lovell	WAH
Sarah Lovell	WAH
Kate Markham	WAH
Abby Moore	WAH
Jessica Stevens	WAH
Kiera Yerbury	WAH
Marine Botha	WP
Maddison Lee-Joe	WP
Emily Parker	WP

LOW D BADGES (CONT)	
Hayley Jang	KP
Frankie Powell	KP
Piper Stratford	KP
Nika Badenhorst	LNC
Cate Bell	LNC
Sophia Belson	LNC
Kate Bernhardt	LNC
Zoe Edgington	LNC
Matilda James	LNC
Mina Kim	LNC
Kate Manickam	LNC
Lucy Poon	LNC
Vivienne Roberts	LNC
Rana Taumalolo	LNC
Rachel Walsh	LNC
Zana Williams	LNC
Vicky Yusman	LNC
Taylor du Bruyn	STI
Beatrix Germaine	STI
Eva Kosasih	STI
Lily Lipari	STI
Grace Middleton	STI
Kayla Artindale	WAH
Nikke De Villiers	WAH
Charlotte Krstevski	WAH
Saffia Loder	WAH
Louise Lovell	WAH
Kate Markham	WAH
Abby Moore	WAH
Charlotte Yue	WAH
Mariana Daly	WP
Emma Girard	WP
Sasha Kalinin	WP
Sara Liu	WP
Holly McInnes	WP
Eloise Perez-Mansill	WP
Katie Rajadhyaksha	WP
Monique Strong	WP

LOW D BADGES (CONT)	
Mia Fieramosca	BER
Eleanor Ioffrida	HH
Gretel Lazenby	HH
Sara Mohsen	HH
Hannah Russell	HH
Marlise Scott	HH
Dena Sedghinezhad	HH
Holly von Thien	HH
Emma Fryer	KP

## Umpiring and Bench Officials News from Suncorp Super Netball Competition

Shauna Winchester continues her progression in her umpiring career. Her first SSN game took place at the end of April, when West Coast Fever played against the Adelaide Thunderbirds.

It was a great performance by Shauna and amazing to see one of our umpires who started out as a grass roots umpire perform at the elite level in Australia!

Alan Prentice Nat A and National Bench Official and Ruth Havlant National B and National Bench Manager continue to be regular faces on the

SSN Bench, being allocated some exciting and tight local games and derbies. It's not just about pressing buttons - concentration, common sense and communication are the integral traits which ensure that our elite games are managed correctly.

Their regular allocations show their consistency and confidence at the highest level of being a Bench Official. Well done to both of them.

For more information on our Umpiring and Bench Officials programs drop on over to the Umpires shelter near court 4 on a Saturday for a chat.

## CLUB NEWS

# Hornsby Heights netball uniforms on their way to Tonga

As we mentioned in our last issue, Hornsby Heights Netball Club updated their uniforms at the beginning of this season. Club members elected to donate their old uniforms to a needy club in Australia and approached NNSW for their advice.

"We were told that most pre-used uniforms were donated to third world countries where there was a greater need for them than there is here in Australia" said HH Social Media Officer Peta Stewart, who co-ordinated the project.

"At the final count, the Club had 147 uniforms in a range of sizes ready to be boxed up and sent to Tonga as part of a Tsunami Relief initiative organised by Kellyville Primary School, in conjunction with Youth in Union Charity. The school generously offered to include our donation in their container, which was much appreciated" Peta said.



**CLUB NEWS**

**Walking down Memory Lane with the founder of North Turramurra Netball Club**

North Turramurra Netball Club President Cheryl Nolan reports on the opportunity she had recently to meet with Lena McManus, who was the original founder and President of North Turramurra Netball Club in circa 1969.



NTNC President Cheryl Nolan and Lena McManus compare the first to the latest NTNC uniforms



representative badges) and these would be sewn onto the uniforms to be worn with pride in future seasons.

In those early days, players were formed into teams and allocated a parent coach and manager. Lena recalls providing teams with money each week to purchase half time oranges from Mr Tessiero's fruit shop in North Turramurra.

The North Turramurra club was one of the original members of Ku-ring-gai Netball (known as 'women's basketball' at the time). Club teams trained each week at courts on Bobbin Head Rd at Samuel King Oval. Lena remembers playing alongside other clubs - including Kissing Point - at various courts in the district prior to the current courts at Canoon Road being established. There were five or six courts on The Comenarra Parkway, where Saturday games were frequently played.

In addition to founding the club, Lena coached her daughter's team to seven successive wins and held a National C umpiring accreditation as well as managing KNA Fixtures.

**Cheryl Nolan**  
President NTNC

Part of the North Turramurra community for over 60 years, Lena has only recently left our suburb to move closer to her family. In packing up a lifetime of possessions and memories, Lena came across an early 1970s North Turramurra Netball Club uniform that had belonged to her daughter. She rang me to tell me of her find and offered to donate it to our club. Along with the uniform, Lena also had a wealth of stories about netball and the club to share with me.

She recalled how in the early 70s, club uniforms were all homemade - primarily by players' mothers - so they all varied slightly, depending on the sewing skills in each family. North Turramurra's uniform was a black and white checked cotton tunic with a wide white ribbon around the hip. Players could earn badges for playing each year ( winners, runners - up and KNA

**Pilates & Rehab exercise at KSSP**



Pilates is a low-impact form of physical activity that uses a series of stretches and exercises to improve flexibility, strength and coordination. Developed in the 1920s, Pilates has been adapted and evolved to the wide-reaching audience we see today. The philosophy of the exercise system is based on awareness of body position in space and the use of slow, precise movements to achieve fitness goals. Posture and limb position have a particular focus underpinned by strong trunk or 'core' muscle control. Pilates is accommodating to all levels of fitness and can be tailored to each individual. The controlled nature of the exercises and its low impact nature lends itself to be a low injury risk.

There are many well-documented health benefits to any form of exercise and Pilates is no exception. Pilates can improve flexibility, increase muscle strength, improve posture, improve mood and reduce the risk of back pain. Undertaking Pilates as part of a weekly routine can be a fun and engaging way to improve one's health. However, knowing where to start can be a challenge. Firstly, there are two main forms of Pilates: mat-based or reformer. Mat-based Pilates requires minimal equipment, can garner the same positive health effects and often uses body weight and position to provide appropriate resistance and is available in small group exercise classes at Ku-Ring-Gai Sports & Spinal Physiotherapy. Research has shown that completing Pilates for two 1-hour sessions can improve lower back pain over twelve weeks, whether it is mat-based or reformer Pilates.

If you'd like to increase your strength, flexibility, co-ordination or aid your rehabilitation from injury, contact us on 9440 3232 to discuss joining one of our small, group classes.



**Learner Driver? You can reduce your required hours down to 80 with NRMA**

*Did you know that ten hours of professional driving lessons with NRMA Driver Training, combined with a NRMA Safer Drivers course will give you a credit of 40 hours? KNA Silver Sponsor Phil Wells of NRMA explains how it works:*

"NRMA Driver Training conducts the Safer Drivers Course which is designed to establish safer driving practices among learner drivers under the age of 25. Statistics show that these are the drivers who are most at risk of a fatal accident once they get their provisional licence. In order to encourage students to take the course, Roads & Maritime Services

(RMS) will credit your log book with 20 hours once you have completed a safer driver's course. Cost of the course is \$140.

When you take ten hours of professional driving lessons with NRMA Driver Training, you will gain another 20 hours of credit, because every ten hours with the NRMA counts for 30 hours.

So to sum up, if you do ten hours of NRMA Driver Training and complete the NRMA Safer Drivers Course - you'll effectively reduce your required hours from 120 down to just 80! You will have also developed safer driving habits for your lifetime of driving".

**Book on 1300 696 762 or on the NRMA Safer Driving Course website.**

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\*Gift vouchers must be fully redeemed by the date stated on the voucher. Standard NRMA benefit offer applies and vouchers are not transferable for cash. Full NRMA Safer Driving School terms and conditions are available at nrmasaferdriving.com.au ^NRMA Free2go terms and conditions apply, visit nrmafree2go.com.au \*keys2drive terms and conditions apply, visit keys2drive.com.au Lessons applicable where keys2drive instructors are available. keys2drive is an Australian Government funded program. T3-3335

## Did you know braces can be virtually invisible?

Invisible Orthodontics is a term that is widely used to encompass orthodontic techniques, such as Invisalign, Lingual and Ceramic Braces with the goal of making orthodontic treatment less visible. Most patients agree that they want to have a beautiful, healthy straight smile and will enjoy the confidence it brings.

Dr Matthew Lewis, a specialist orthodontist at our Silver Sponsors, North Shore Orthodontics says, "Orthodontic treatment has had many advances over the years which allow for shorter treatment times and more aesthetic options for patients, including invisible braces. It may be worth considering these alternatives if you or your child feel particularly self-conscious about metal braces."

**Invisalign** is a system which uses a series of clear, removable aligners which move your teeth over time to give you a great smile. These 'sequential plastic aligners' are virtually invisible and move your teeth into straighter positions step by step. Unlike braces, these clear aligners can be removed while you eat and brush your teeth.



**Ceramic Braces** are brackets which are placed on the front of your teeth to hold the arch wire in place. They can be clear, or tooth coloured making them much less noticeable than the regular metal brackets traditionally used.



**Lingual Braces** are braces which are attached to the inside of your teeth. This makes the braces virtually invisible and a great alternative for adults. Lingual braces will usually require a custom manufacture to fit the contour of the inside of your teeth.



The specialists at North Shore Orthodontics can utilise these least visible options to make treatment as comfortable as possible for patients, whilst still producing the best possible results in the shortest, practical time.

All orthodontic treatment options have their advantages and disadvantages, and sometimes limitations. The invisible options do not suit everyone. Their specialists give patients a thorough orthodontic assessment and discuss the options and limitations of different techniques to ensure the best and most practical treatment plan is chosen.

Dr Matthew Lewis explains, "We understand that each person is different and at their

initial assessment we like to talk about any concerns they may have and clearly explain their treatment options. It's important that each patient feel good about their decision and is happy with their choice of treatment plan. Although most children are happy to wear traditional braces and are excited at the prospect of the fantastic results that orthodontics can achieve, it's great that we can offer alternatives that can be less noticeable and almost invisible, especially for adults."

### When should my child get braces?

It varies. Although most children do not need to start orthodontic treatment until about 12 to 14 years of age, North Shore Orthodontics recommends an initial assessment between 7-9 years so that treatment can be started at the ideal time. Some children get significant benefit from early treatment.

### Free Review Program

"Another advantage of screening your child early is that they will be placed in our **free review program**," Dr Lewis explains, "After their initial assessment, we see children annually for a quick check up to monitor their growth and development so we can make sure their orthodontic treatment starts at the best possible time for them. **We do not charge for these review visits which is great news for families.**"

## Exclusive Sponsor Offer for all KNA Players and families

- **ALL netball players, siblings and parents receive a no gap orthodontic assessment i.e., no out-of-pocket expenses if you have dental cover, or a 50% discount if you do not have private health cover.**
- **FREE REVIEWS each year so that treatment can be started at the ideal time.**
- **Please call the practice on 9418 1660 to book your appointment and no referral is necessary**
- **Simply mention this offer and KNA as it helps our club too!**



There is an exciting buzz at The Village with new retailers opening and a School Holiday program guaranteed to keep the kids entertained.

### Archies Café – Now Open

New café on Level 2, with a delicious 'Instagram worthy' menu which is updated every season includes burgers, salads and Archies signature croffle. Located Level 2, near Australia Post @archiescafeco.

### Ghanda – opening mid June

Ghanda is a surf and streetwear brand born out of Victoria which offers a great selection of clothing for men, women children and teens including dresses, jackets knits and more.



### Little Cha – Bubble Tea

Introducing the latest addition to The Market Room - Little Cha is providing the highest quality tea in delicious, refreshing flavours. Opposite Coles in the Market Room @the.little.cha



## School Holidays at The Village

St Ives Shopping Village will be hosting the following school holiday events at The Village - booking is essential.

### July 4th and 5th - Kids Robotics Classes:

Kids aged six and above will create a robotic model in these two hour STEM workshops which are designed to ignite the curiosity of children in this age group:

First session begins at 9.30am

Second Session begins at: 12.00pm

### July 6th and 7th - Computer Coding Classes:

Children aged six plus can build their very own computer game using Scratch coding.

First session begins at 9.30am

Second Session begins at: 12.00pm

**COST: \$15 + Booking Fee (includes a free cupcake) per session**

**Booking: to get tickets visit [www.stivesvillage.com.au](http://www.stivesvillage.com.au)**

# Maximising your investment property's income



## Understand what renters want

Keep an eye on real estate trends to ensure you are meeting the expectations of the rental market. Air conditioning, ventilation, lighting, paint colours, flooring – while these factors might seem like minor points of difference, they could make a world of difference in attracting tenants and optimising rental income.

## Stay on top of upkeep

It's important to stay on top of any required repairs and general maintenance for an investment property, as these can ultimately affect its value and rental yield. It is worthwhile to consider renovations as dated interiors can reduce tenant interest. If the property looks good and functions well, you will be able to command a higher rent.

## Be flexible with lease terms

Tenants looking for greater housing security may prefer to live in their rental for much longer than a typical 6-month lease. Longer-term

leases offer both parties peace of mind, stability, and security, allowing for long-term financial planning.

Short-term leases usually last less than three months and can be attractive to tenants wanting flexibility. However, it is essential for landlords to factor in the costs of higher tenancy turnover – such as greater wear and tear on the property, increased letting fees, more frequent marketing campaigns, and potential vacancies.

## Make your property pet-friendly

Being pet-friendly could boost your income potential by widening your tenant base and achieving a higher rental price in areas short on similar accommodation. However, it's not as simple as stating you have a pet-friendly property; it's essential to make your investment pet-proof – think fences, pet doors, hardwearing floor coverings etc.

## Keep an eye on the market

Increase rent, when necessary, strategically.

Raising rent periodically without causing vacancy is an art form. It involves understanding what is available nearby and the cost and effort of moving for the tenant.

## Get professional support

The smartest strategy to ensure success is to enlist the services of a professional property manager. Combining Belle Property's premium brand, professional marketing, and shared national database, our team maintains a 'days on market' average of just 7.8 days compared to the Sydney industry average of over 20 days.

Servicing clients across the Upper North Shore, our team would be more than happy to assist you and ensure that your investment is performing to its full potential.

## Alex Nindra

Head of Leasing

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Whether you're looking to buy your first investment property, renting out your family home, or growing your portfolio, it's important to continuously look at ways to optimise the income from your investment.

In this article, we discuss our helpful tips to help you maximise your investment property's rental yield and secure its long-term success.

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Our KNA Facebook <https://www.facebook.com/pages/Ku-Ring-Gai-Netball-Association> is a great interactive tool where members of KNA members can share their favourite netball moments as well as be kept up to date with all the latest KNA events and news.

### KNA Website:

The KNA website [www.kna.com.au](http://www.kna.com.au) is your go-to place for key information such as results, schedules, events, latest news, and photos.

ANZ Netball Nation is for all Aussies who live and breathe netball. Visit the Netball Nation Facebook <https://www.facebook.com/NetballNation> or website [www.netballnation.com](http://www.netballnation.com)

North Shore United FaceBook. Follow the latest news and developments of North Shores elite netball venture established to participate in Premier League that kicks off its inaugural season in 2016. <https://www.facebook.com/pages/North-Shore-United-Netball/144861013877102>

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