

# Sydney Observer

**SUMMER**  
*Special*

**NEW YEAR  
NEW YOU**

**HOLIDAY  
BEAUTY**

*Christmas  
Gift Guide*

**THE YEAR IN  
EDUCATION**

**FENG SHUI  
YOUR HOME**

**PSYCHIC  
READING  
FOR 2017**

**PLUS!  
GIVEAWAYS  
GALORE**

**WOMAN OF INFLUENCE**

**PALLAVI  
SINHA**

**16 PG**  
*Feature*  
**savills**

**CORDEAU MARSHALL**

# Fireplace Style

## Create a Focal Point

A gas fireplace is the ultimate focal point. Beyond the warmth, gas fireplaces offer an unexpected way to inject a unique style into any room. Championing the latest and highest quality materials available, Real Flame has the perfect fireplace to suit your needs. Having manufactured gas log fires in Australia for more than 30 years, Real Flame is the leader in gas fireplace technology. From open-fronted decorative fires to outdoor pit fires that are integrated into architecturally landscaped spaces, Real Flame can create the charm and ambience you desire.



now that's  
**REALAXATION**  
[www.realflame.com.au](http://www.realflame.com.au)

### Chatswood

654 Pacific Highway  
Open 6 days. Mon to Fri 9-5pm, Sat 10-3pm  
Ph: 02 8905 0189

### Miranda

36 Kareena Road  
Open 5 days. Mon to Fri 9-5pm  
Ph: 02 8513 6202



# CONTENTS

- 6. Giveaways
- 8. Local News
- 12. Education
- 16. Lifestyle
- 20. Home & Garden
- 24. Profile
- 27. Real Estate
- 43. Summer Special
- 50. Wellbeing
- 56. Food & Wine
- 58. Fashion & Beauty
- 60. Clairvoyant
- 62. What's On
- 66. Noticeboard

## FROM THE EDITOR

Summertime is finally upon us! Whether you are eagerly awaiting some overdue annual leave, relishing the long school holidays or working through the merry season it is important to take some down time and re-energise before the new year ahead.

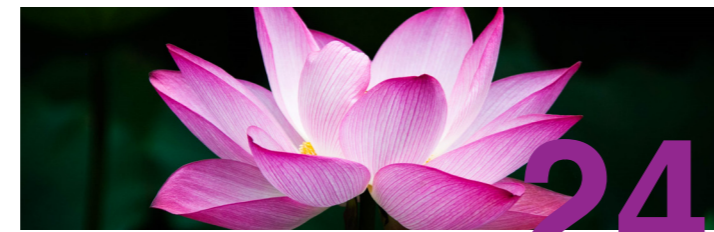


To mark the change of years SO brings you our annual December/January Summer Special (43-49) with everything you need to know from an Education Wrap Up (12) through maintaining Your New Summer Pool (22) to Giving Back this holiday season (46).

With a recent workplace equality scorecard revealing Australia's gender pay gap to be as prevalent as ever, now is the time to educate both young women and men on the significance of rectifying this alarming workplace reality. Our cover star Pallavi Sinha, recently recognised as one of Australia's *100 Most Influential Women*, discusses the importance of shedding light on these gender issues and encouraging millennial women to keep treading the path to equal rights (24-26).

As we say our final farewells to 2016 we look forward to welcoming you back in the Year of the Rooster (60-61)!

*Sabrina*



**PUBLISHED BY:** Kamdha Pty. Ltd.  
**EDITOR:** Sabrina Muysken  
*(editor@kamdha.com)*  
**JOURNALIST:** Alex Dalland  
*(news@kamdha.com)*  
**CONTRIBUTORS:** Danielle Armour, Juliana Kichkin, Dr. Ian Sweeney, Kerrie Erwin, Liz Kraefft, Jonathan O'Dea and Vera Randall.  
**DESIGNER:** Gavin Iremonger  
**BOOKING DEADLINE:** 15<sup>th</sup> of the month  
**PHONE:** (02) 9884 8699  
**ADDRESS:** PO Box 420, Killara NSW 2071

*SYDNEY OBSERVER* is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser.  
[www.kamdha.com](http://www.kamdha.com)

*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

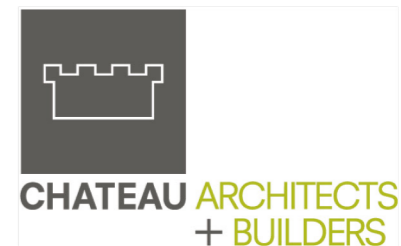
Chatswood	North Wahroonga	Turramurra
East Killara	Pymble	Wahroonga
East Lindfield	Roseville	Waitara
Gordon	Roseville Chase	Warrawee
Killara	South Turramurra	West Pymble
Lindfield	St Ives	Willoughby
North Turramurra	St Ives Chase	

Individually designed, premium quality homes



*Your home, your Chateau*

02 9634 6888  
[www.chateau.com.au](http://www.chateau.com.au)





# Giveaways

## SIPAHH STRAWS

This new limited edition gift pack from Sipahh is the ultimate healthy alternative that makes drinking milk fun!

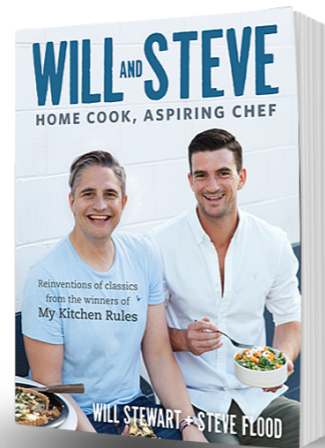
**One Sipahh 30 Pack (Chrismint, Ice Cool Hipster Latte, Velvet Vanilla) to be won.**



## WILL AND STEVE: HOME COOK, ASPIRING CHEF

Will and Steve are the cheeky (yet lovable) British duo who were crowned the winners of My Kitchen Rules in 2015. The book is chock-a-block with healthy recipes inspired by the pair's passion for freshness, flavour, and damn good food. A combination of their English heritage, their appreciation for Australian produce and a desire to reinvent the classics have resulted in some seriously scrumptious recipes.

**One copy of *Will and Steve: Home Cook, Aspiring Chef* to be won.**



## DEAR BARBER SHAVING KIT

Blending the best elements of the vintage barber shop experience with the comforts of modern salon-quality products, this collection from Dear Barber helps give that clean, sleek, new look.

**One Dear Barber Shaving Kit (Shave oil, Shave biscuit, EDT Aftershave) to be won.**



## ABODE AROMA CHRISTMAS DIFFUSERS

Abode Aroma's premium range of fragrance candles and diffusers can brighten up any home.

**One Abode Aroma Christmas Diffuser (Orange Clove) to be won.  
One Abode Aroma Christmas Diffuser (Lemongrass) to be won.**



## BRADT SCANDINAVIAN TRAVEL GUIDE BOOKS

This definitive set of guides to the Scandinavian area will help you plan that perfect trip, or at least learn more about this diverse place.

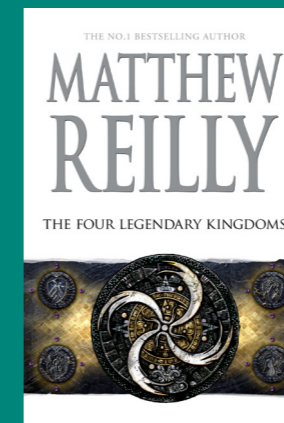
**One Bradt Scandinavian Travel Pack (Lapland, Iceland, Northern Lights) to be won.**



## MATTHEW REILLY'S THE FOUR LEGENDARY KINGDOMS

*The Four Legendary Kingdoms* is the highly anticipated new adventure book in Matthew Reilly's most popular series.

**One copy of Matthew Reilly's *The Four Legendary Kingdoms* to be won.**



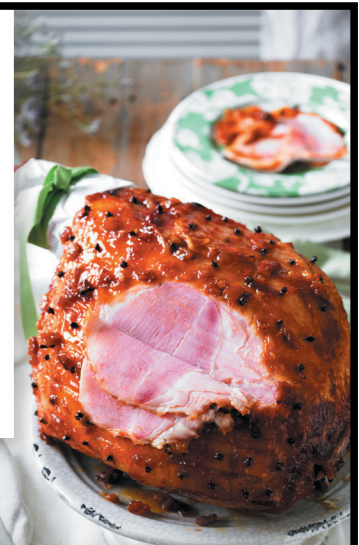
### HOW TO ENTER

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

**PO Box 420, Killara NSW 2071 or email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, address, and contact number by the 20th of the month.**

**SHOP.  
COOK.  
EAT!**

*Fresh ideas  
for you*



Shop for the holiday season's freshest ingredients at Gordon Centre and Gordon Village Arcade, cook one of our delicious recipes, and eat with family and friends!

## BLOOD ORANGE GLAZED HAM

Prep + cook time 2 hours. Serves 24

### Ingredients

9kg (20 pound) leg of ham  
Cloves, to decorate

### Blood Orange Glaze

350g (1 ounce) jar blood orange marmalade  
¼ cup (55g) brown sugar  
¼ cup (60ml) orange juice

THE AUSTRALIAN  
**Women's Weekly  
cookbooks**

### Method

- 1 Preheat oven to 180°C/350°F.
- 2 Cut through ham rind 10cm (4 inches) from the shank end of the leg. To remove the rind, run your thumb around the edge of the rind just under the skin. Start pulling the rind from the widest edge of the ham; continue to pull the rind carefully away from the fat up to the shank end. Remove rind completely.
- 3 Score across the fat at about 3cm (1¼-inch) intervals, cutting through the surface of the fat (not the meat) in a diamond pattern. Don't cut too deeply or the fat will spread apart during cooking.
- 4 Make blood orange glaze. Combine ingredients in a small saucepan; stir over low heat until sugar dissolves.
- 5 Line a large roasting pan with baking paper. Place the ham on a wire rack in pan. Brush ham well with the glaze; cover the shank end with foil.
- 6 Bake ham for 40 minutes; remove from oven, decorate the ham with cloves. Return to oven; bake for a further 40 minutes or until browned all over, brushing occasionally with the glaze.

802-808 Pacific Highway, Gordon NSW 2072 T 9491 8200  
[www.gordoncentre.com.au](http://www.gordoncentre.com.au)

**BUSH'S** fresh MEATS

Woolworths  
*The fresh food people*

**GordonCentre**  
**GordonVillage**  
Arcade



# Snippets

Danielle Armour

## Showground Aerial Attraction

On the back of the booming visitor numbers at St Ives Showground, Ku-ring-gai Council has partnered with Ecoline Pty Ltd, to develop a high ropes course to add to the Showground's attractions. The course design will include around nine courses ranging in difficulty, with the feature being a roller-coaster zip line. Ecoline already manages programs at Western Sydney Parklands, Ourimbah State Forest and Taronga Zoo and focuses on education and respect for the native environment as well as a unique experience for the public. The proposed development is part of a plan to create a tourism precinct at the Showground and St Ives Wildflower Garden.



## Green Globe Winner

At this year's Green Globe Awards, a Ku-ring-gai local was named NSW's Sustainability Champion. Sue Turner, founder of The Uniform Exchange in Pymble, received the award for her work buying and selling second hand uniforms and other school items such as books and musical instruments. Since launching The Uniform Exchange in her garage, Ms Turner has gone on to sell over 7000 uniforms and 2000 books, serving over 10 000 people on her website.

"My business is geared around encouraging my customers to rethink before buying new and the environmental benefits of reusing quality second hand uniforms and other school necessities," says Ms Turner.

**GREEN GLOBE**  
AWARDS 2016

## Roseville Revamped

Roseville Chase Community Hall has received a much needed upgrade. The hall now features a new lower and upper roof, guttering, stormwater and drainage system, as well as new skylights, windows and veranda areas. It also features energy efficient LED light fittings and air conditioning units. The hall can be hired for community functions, meetings and indoor activities.



## Property Developments

Development submissions that require notification of surrounding properties must be submitted by February 14. The extension is to accommodate Christmas and New Year holidays, as well as the need for all notifications to comply with Ku-ring-gai Council's notification policy.



# REVISITING DEMOCRACY

Jonathan O'Dea MP



**AROUND THE WORLD** many people are losing trust and faith in political systems as they have become alienated or disillusioned. The recent Brexit experience and presidential election of Donald Trump both reflect this sentiment.

Many people in Australia appear to feel similarly. While they have not experienced the decreasing autonomy of the UK Government or high job losses of the US, they are becoming increasingly disillusioned with the democratic parliamentary system.

Reform at all levels of politics in Australia should reflect the electorate's demand for transparency, public engagement and integrity from political leaders and government institutions.

Like any other political system, democracy will never be perfect. However, we should heed Lincoln's reminder that "Democracy is the government of the people, by the people, for the people".

So, how do we deliver the better functioning democracy essential

for continued political stability? How do we change public perception and reality?

I recently delivered a conference paper discussing the following ten ideas for strengthening democratic systems in an Australian and NSW context:

- Fixed election cycles
- Tighter and more consistent donation laws
- Improved parliamentary processes
- A national ICAC
- Federation reform, starting with health and education
- Greater transparency regarding public expenditure
- Empowered regional governments
- Candidate selection by party members
- Banning misleading political advertising
- Better public engagement

For a full copy of my paper, please contact my office. In closing, I wish everyone a happy and safe Christmas season and a prosperous 2017.

Jonathan O'Dea  
Member for Davidson

**ELEGANT**  
OUTDOORS  
TURRAMURRA GARDEN CENTRE

2 Rohini Street Turramurra

There's always something happening so follow us!

**Jonathan O'Dea**  
Member for Davidson

As the local MP for Davidson electorate I am pleased to serve our local community, including by:

- Representing **your interests** in NSW Parliament
- Taking **concerns** directly to Ministers for response
- Advising about **rights** and further **action** people can take
- Advocating for more **resources** for local groups and communities
- Organising **congratulatory messages** for 50th/60th wedding anniversaries and 90th/100th birthdays

As we approach Christmas, I wish you a safe, happy and healthy holiday season and all the very best for a wonderful 2017.

Please visit [www.jonathancode.com.au](http://www.jonathancode.com.au) to provide feedback or access speeches and media releases.

Suite 8A, 12-18 Tryon Road, Lindfield NSW 2070  
Phone: 9880 7400 Fax: 9880 7488  
Email: [davidson@parliament.nsw.gov.au](mailto:davidson@parliament.nsw.gov.au)  
[www.jonathancode.com.au](http://www.jonathancode.com.au)  
Authorised by Jonathan O'Dea MP using parliamentary entitlements



# SIRO-A: PERFORMING LIVE IN CHATSWOOD

Danielle Armour

**JAPAN IS WELL** known for putting their own unique and quirky spin on things. Japanese performance group, *Siro-A* is no exception; using mime, visual effects, dance and high energy music to create an entertainment spectacular like nothing else.

The six man group are bringing their performance to Chatswood in January, hoping to wow audiences with their use of the latest video-mapping, light animation, laser effects and 3D video projection.

"We are preparing a brand new performance for Australian audiences. Although the performance is challenging for us, as it's unlike anything we've done before, it's also great because it combines elements from our previous shows," says director of the show Cocoon.

While the group have been performing internationally since their formation in 2002, they gained recognition for reaching the semi-finals of America's Got Talent. They were praised for their ability to blend reality and animation, and the way they think outside the boundaries of conventional theatre and performance.

Despite their international success, Japan still remains a key source of inspiration for *Siro-A*'s performances.

"We are often inspired by Japanese culture, like Japanese animation, technology and Japanese creators. I hope that Australians audiences will feel Japanese creative spirit from the show," says Cocoon.

The removal of the language barrier by making the performance visual only means the group has a global reach. This is key for the group, with their name, *Siro-A*, directly translating from Japanese as white or colourless, meaning 'belonging to no group, and impossible to define as anybody.'

Despite being in Australia to perform, *Siro-A* are excited to discover the culture and partake in traditional Aussie activities.

"I want to go to Bondi Beach! I want to taste Aussie beef with a beer while looking out at the beautiful ocean," says Cocoon.

*Siro-A will be performing their 60 minute entertainment spectacular at The Concourse, Chatswood from 10-22 January.*



# World's Smallest Hearing Device Just Got Smarter!

New quad-core micro chip processes sound 5 times faster! Experience clarity like never before. Effortless listening even in the most challenging of situations.

## HEAR THE DIFFERENCE FOR YOURSELF!



WANTED: 25 PEOPLE TO TRIAL THE SoundLens II Hearing Aid - OBLIGATION FREE!  
**CALL 1800 301 231**  
 BOOK NOW - Places are limited and fill fast!  
 \*Conditions Apply. OFFER ENDS 31st Jan 2017

- Virtually invisible
- Exceptional sound quality
- Outstanding hearing in noisy situations

SHOP 26 GORDON VILLAGE ARCADE | **AUDIOHEALTH** hear well, live well  
 767 PACIFIC HIGHWAY GORDON  
**GORDON - CASTLE HILL - ERINA**

# AUSTRALIA DAY

FREE EVENT

AS SEEN ON

LIVE SHOW 12PM

**26 JANUARY**  
 10.30AM - 1.30PM  
 Bicentennial Park  
PRINCE OF WALES DR, WEST PYMBLE

**CULTURAL PERFORMANCES**  
**SHEEP SHEARING**  
**FOOD STALLS**  
**AUSSIE ANIMALS**  
**SHEEP DOG TRIALS**  
**INFLATABLE RIDES**

Catch the FREE shuttle bus between Gordon Station and Bicentennial Park.

MAJOR SPONSOR

EVENT PARTNERS

MEDIA PARTNERS

[KMC.NSW.GOV.AU/AUSTRALIADAY](http://KMC.NSW.GOV.AU/AUSTRALIADAY)



# 2016: The Year In Education

Alex Dalland

**2016 HAS BEEN** a big year in education. The release of international university rankings saw ten more Australian universities join the Academic Ranking of World Universities. State and Federal Government implemented education reforms – including stricter exams for teachers – and the Gonski needs-based funding of schools will see public schools in Sydney's North Shore set to receive an extra \$1.2 million in 2017.

"The NSW Government is delivering on its commitment to deliver additional school funding based on student need," Jonathan O'Dea, Member for Davidson said in a recent statement.

"These extra resources go directly to our local schools allowing principals to better meet the unique needs of their students and the school community."

Local schools such as Killara High School and Lindfield Primary School are set to benefit immensely from this funding, with funding increases well over \$200 000.

In 2016, more than 70 000 students across New South Wales sat the HSC, which has now finally ended – with last exams calling pens down on November 4.

"The end of the written exams marks the end of a 13 year school career for students and the start of the next exciting chapter in their lives as they look forward to work, training or university," Board of Studies, Teaching and Educational Standards NSW (BOSTES) President Tom Alegounarias says.

"All HSC students have achieved this significant milestone and, whatever their results, there are a huge number of opportunities waiting for them beyond the school gate."

With the government also implementing standardised literacy and numeracy testing for new teaching students, described by a spokesperson for the Federal Minister for Education Simon Birmingham as "the most significant improvement in teacher education in a generation".

"Students graduating from teaching courses need to be able to cope with the demands of teaching and set good examples for their students. I'm sure Australian parents will agree that requires strong literacy and numeracy skills," Senator Birmingham says.

Term 1 is set to begin in 2017 on January 27, and it is expected to be a big year in education, with Education Minister for NSW Adrian Piccoli announcing that next year's Year 9 cohort will be at the forefront of major HSC changes.

"Evidence shows us that students perform better when schools focus on improving essential literacy and numeracy skills for all students," Mr Piccoli said, reflecting on the introduction of minimum literacy and numeracy assessments for the HSC beginning in 2019 and 2020. Under the current framework, English at any level is the only compulsory requirement.

Other reforms outlined earlier this year include changing of the assessment structure, a greater emphasis on maths and science – including a Science Extension course, as well as wide-sweeping updates to the syllabus. This revision will be one of the most major changes to the HSC in 17 years but will be one made with careful consideration, according to Alegounarias.

"The HSC hasn't been updated in 17 years. It has a proud record and these changes will ensure the certificate remains modern, to meet the needs of all students," Mr Alegounarias says.



# SUMMER SCHOOL

Danielle Armour

**F**OR MOST STUDENTS, summer holidays is six weeks of enjoying the good weather, spending time with friends and not having to think about Maths, English or Science. For HSC students, the summer break could be the ideal time to get on top of study and get the best possible start to their final year of schooling.

Many people forget that the HSC has already begun in Term Four of Year 11, meaning that students go into their summer break a quarter of the way through the content they will need for the final exams. Being on top of course content early is likely to lead to a less stressful HSC year.

## Study Seminars/Camps

Study camps and seminars are offered throughout the year, but are most popular during summer holidays and prior to the final HSC exams. During summer holidays, these seminars often cover what to expect from the HSC, including rankings and ATARs, how to plan a study timetable and how to stay motivated, as well as revision on HSC course content. Some programs have teachers available to students to explain content and improve learning. They also ensure that while students make the most of their time studying, they also take regular study breaks.

## Studying At Home

For someone who is confident in their learning ability and self-motivated, studying at home can be an easy option and slips seamlessly into your holiday routine. Creating a study plan is essential to ensure a balance between schoolwork and leisure. This can be done by setting aside a designated study day each week, with the day spent at a preferred study location such as home, the library or park with a checklist of things to be completed. Alternatively, a couple of hours every couple of days can be an effective way to study. Studying in the morning before it gets too hot is a great way to ensure productivity.

## Studying On Vacation

Summer holidays is a popular time for family vacations, whether it be a week at a beach house or a month long adventure in Asia.

Vacations are all about getting away from the busyness of our daily lives, so don't feel guilty leaving the books at home. If you decide to take some study away, be realistic about it and only take work that you are likely to complete. Small chunks of work done daily means not missing out on any activities and making the most of the vacation.

## Summer Study Courses

- CRU Study Camps – Galston Gorge Conference and Recreation Centre
- The School for Excellence Summer School – The University of Sydney, Camperdown
- HSC Essay Writing Course – The University of Sydney, Camperdown



# Enrolling now for 2018

Sydney Grammar School St Ives Preparatory School

SYDNEY GRAMMAR SCHOOL

## FREQUENTLY ASKED QUESTIONS

**Do you have a school bus?**  
Yes, we have a dedicated bus which covers a large area of the North Shore

**Can I visit and see the school at work?**  
Regular tours are held throughout the year. Please contact Louisa Schwartz on 8302 5218, or email [les@sydgram.nsw.edu.au](mailto:les@sydgram.nsw.edu.au)

**What age can my son enter the school?**  
The main points of entry are Preschool, Kindergarten, Year 3 and a small intake in Year 5



11–21 Ayres Road, St Ives NSW 2075  
Telephone +61 2 8302 5200  
[www.sydgram.nsw.edu.au/stives](http://www.sydgram.nsw.edu.au/stives)



# New Principal For Roseville College

**ROSEVILLE COLLEGE WILL** have a new principal in 2017, with Roseville College Council and the Board of the Anglican Schools Corporation announcing the appointment of Ms Deb Magill.

Chair of Roseville College Council, Mr David Minty says that Ms Magill stood out as an exceptional educator with a strong and determined leadership style, who has a vision to empower both staff and students. She will be Roseville College's tenth Principal.

"Among her professional expertise and strong credentials, Ms Magill's specialisation in learning enrichment will further strengthen the College's reputation for caring for each student as she learns and grows in our strong Christian and highly encouraging school community," says Mr Minty.

Ms Magill believes the College has a unique ability to nurture and empower girls within an inspiring learning community and will aim to bring a fresh, contemporary vision to the role of Principal.

Currently the school's Director of Learning and a senior member of the College's executive team, Ms Magill is very familiar with and highly respected by colleges, peers and families at the school. Her succession to incumbent Principal, Mrs Kimmer, demonstrates the College's focus on strong leadership and smooth transitions between leaders.

Ms Magill has worked with the Anglican Schools Corporation since 2004 and has been at Roseville College for the past six years.

"Together with Ms Magill, we aim to continue delivering excellent education for girls in Kindergarten to Year 12 at Roseville College, in preparation for a bright future beyond school," Mr Minty says.



# KIDPRENEURS

**Juliana Kichkin**

**A SHIFT AWAY** from thinking within the confines of the classroom has given rise to such projects as the national school-based entrepreneurship competition 'The Kidpreneur Challenge', that aims to encourage lateral thinking in creative endeavours.

The challenge gives students aged nine to twelve years the opportunity to gain hands-on experience in an interactive learning environment, gaining skills such as product development, packaging, merchandising and about licensing products.

Surrounded by a two-storey high Jack in the Beanstalk, a life-sized plane and toys as far as the eye can see, the young students interacted with the company's executives, product engineers, and marketing team.

Children worked in teams of three to build a micro-business, sell products at market, donate profit to charity and pitch their business ideas to entrepreneurs via video.

"A business experience that captures children's imagination is what it's all about," said Manny Stul, Moose Toys Chairman, Co-CEO, and EY World Entrepreneur of the Year 2016.

The competition is the brain-child of not-for-profit social enterprise Club Kidpreneur Foundation, who have worked with 10 000

kids in 500 schools nationally over the past six years to teach entrepreneurship and business development skills to young children in a fun, engaging way.

The Kidpreneur-in-Residence trip to Moose Toys was the grand prize experience for the winners of the Kidpreneur Challenge, which saw more than 2000 Australian students raise \$100 000 for charities in 2016 as a result of their own micro-businesses and entrepreneur projects. The winning schools also receive a HP Inc Sprout All-in-One desktop computer, printer and 3D scanner, valued at almost \$5000.

"Entrepreneurship education is a critical ingredient for the 21st century learner if we are to prepare students for the future world of work. It's important to nurture talent early as it is helping Australia's next generation create sustainable future career paths of becoming producers not consumers," said Tania Price, Club Kidpreneur Chairman.



# THE VIRTUAL BECOMES REALITY FOR SYDNEY SCHOOL

**Meredith Tomkins, Principal, Our Lady of Good Counsel Catholic School**



**A T OUR LADY** of Good Counsel Catholic School, we have been reimagining education and looking at things from a different perspective – through the goggles of Virtual Reality!

As a member of the cross-sectoral group of 15 schools across the state, we embarked on a new AISNSW/Government-

funded project to challenge the thinking of our children and staff – with new ideas and new technologies. Working with Peter Koch, a software engineer, we collaborated on a virtual reality project incorporating the ideas of our students. The children wrote surveys, while looking into the future at the impact virtual reality could have on education. We collected data from the children who participated in the project, and then had a Virtual Reality day where the goggles were brought into the classroom.

Using the new technology, the whole school from Year 2 to Year 6 boarded Apollo 11 and took their first steps on the moon. As well as giving them an idea of the impact Virtual Reality could have in the classroom, it was nothing short of astonishing for the students as well!

Year 6 were running a fundraising cake day for their farewell on the same day as we brought in the Virtual Reality goggles, and a younger student came up to me and said "This is the best day of my life! I've been to the moon and back and I've had a cupcake for lunch!"

This is the first time that Virtual Reality was used at an Australian school, and the results of this project could influence education not just nationwide, but have a worldwide impact while we are working with the UK-based Innovation Unit. Children are very good at looking at the present, and through history we teach them to look at the past. This project aims to encourage children to also look at the future, and gain a futuristic perspective on learning with the help of outside experts.

At Our Lady of Good Counsel Catholic School, we aim to challenge all of our learners. We've included everyone in the school in this project, and it reflects all of us as well. We have been doing some fabulous thinking while working with our students, and this project is a great example of how using outside experts can help us grow beyond what we would even believe to be possible.

*Our Lady of Good Counsel is part of Elevate, a cross-sectoral program facilitated by AISNSW involving fifteen schools Australia-wide. Elevate aims to lift the levels of learning for high potential students, and the design & implementation principles are applied across the whole school.*





# CHATTING WITH REJIMON

Alex Dalland chats with Rejimon Punchayil, of Mount Colah's Comfort Discovered, about running his long standing business and life on the Upper North Shore.

## Why did you choose to have your business in Mount Colah?

"Hornsby has got one of the largest proportions of people over the age of 60, not just in NSW but Australia as a whole. This means that we are located in a place convenient for our customers. Our store has been in Mt Colah for over 18 years, so I think we are well placed."

## At what stage do your clients start looking to mobility solutions and home care?

"Generally, people would expect to come in as a result of a medical situation, or following a surgical procedure or rehabilitation work... Many people will postpone a visit to a store like ours, thinking that solutions may not be available. It is only when they first come in that they realise this isn't the case. For example, for many people a walking stick is the entry point – and they will debate within themselves whether they are ready to use a walking stick. When they see our range and the hundreds of walking sticks we stock, they realise there are so many other solutions – for arthritis, back pain, even managing daily life."

## What is some useful advice for those looking into mobility and home access solutions?

"I would very strongly advise them to go to any place and try out the product. Don't get carried away buying things online when they should be tried and tested first. I get surprised when people buy mobility scooters and rise recliners online when they should be trying them out before they buy. I've got an online site, but even when I sell these products I suggest they come into the store first to try them out."

"My second piece of advice is prevention. Don't wait for an incident to happen to start using mobility products. Don't wait for a fall to use a walking stick. Prevention is an important part of staying healthy."

## What might be the most unexpected thing you have learnt from running Comfort Discovered?

"I have never worked in a business as fulfilling as this; the customers are so gentle, appreciative, grateful and kind hearted. We get sent cookies, cakes, even holiday postcards! We get people who come back just to express their satisfaction. We have a principle; that anyone who interacts with our business, whether online over the phone or in store, should leave enriched with new information and the awareness of new solutions that can improve their life. If we are not able to help them, they should leave with a smile and the feeling they have come across more people who are willing to help them. It's the least we can do and we feel extremely proud to have such happy customers."



## WRAP A HELPFUL SOLUTION THIS SEASON

TO SUIT EVERY BUDGET

**OPEN 7 DAYS**

**SALE** Phone 9987 4500

511 Pacific Hwy Mt Colah  
(Next to McDonalds. Easy Parking)

[www.comfortdiscovered.com.au](http://www.comfortdiscovered.com.au)

**511 PACIFIC HIGHWAY, MT. COLAH, HORNSBY**

Servicing the local community for **28 years**

**LOCAL HEROES OF WEST PYMBLE**

Established 1988

Family owned & operated  
**GROCERY SUPERMARKET**

**Christmas Gala Day**

*at West Pymble Village*

**10TH DEC**

**9:30am - 2:30pm**

- **Santa Claus**
- **Jumping castles**
- **School bands**

**and many more kids activities!**

[www.igawestpymble.com.au](http://www.igawestpymble.com.au)

**Open every day except Christmas day!**

**Phone orders and home delivery**

**Working hours 8am-8pm**

**Visit our store for a unique selection of imported goods**

ATM, Payment Methods Accepted:  
MasterCard, Visa, Amex, EFTPOS

*Fresh Christmas Trees*

**Available on Sat 10/12 and Sat 17/12 (until sold)**

**HUNDREDS OF WEEKLY SPECIALS ON OFFER!**

**Come and see our new revamped shopping centre!**



**De Costi seafoods for Christmas** and a great selection of gourmet foods, Christmas confectionery and biscuits.



"Fresh Fruit & Vegetables"



"Great Daily Baked Bread and Pastries"



"Finest Gourmet Meats"

**SHOP 8, THE PHILLIP MALL KENDALL STREET, WEST PYMBLE**

**Come and see Tony and his staff for a large selection of Christmas fare!**

**Call us NOW on 9498 5224 / Fax: 9418 2196**

**PLENTY OF PARKING**



# Meet The Artists: Opening 10 December, 2pm - 5pm

**JOIN US FOR** Turrumurra Jewellers' first contemporary jeweller event. Owner John Thearle will showcase his new work with colleagues, David Cruickshank and Sondi's Studio.



## JOHN THEARLE

I have always been an artistic person. My first love is sculpture, and in this vein, I consider my jewellery to be small wearable sculpture.

My father was an electrician, so when I was young there was always lots of wire to twist into jewellery for my sister. At school, I used jewellery for one of my HSC major works and completed my jewellery trade qualifications in Sydney and London. I've been at Turrumurra Jewellers for twenty years now.

When working with clients, I like to start with their seed vision for the piece – the gem, colours and shapes. After discovering the seed ingredients, I draw up design sketches, pricing and source appraisals for the gems. Then the metal sculpting begins and gems are set to create finished pieces. With care and love, these works can become family heirlooms.



## DAVID CRUICKSHANK

I live and work in New South Wales. I have a well equipped workshop where I work in a variety of materials.

Though my primary interest is silversmithing, I restrained myself early on due to the limited market for large pieces, focusing on making fine jewellery. However, I have also designed and produced a variety of other work; such as a large chess set made of industrial plastic, which I was commissioned to make.

I have produced a series of twenty-four pieces, pendants and brooches – all based on my travels in Morocco. Other commissions include a Silver Mace on a Sydney Blue Gum shaft for the University of NSW and several large silver bowls for Opera Australia to present to visiting singers and conductors.

My training as a Designer and Silversmith and my quest to develop technically as a Jeweller have given me the ability to tackle design and production challenges, both traditional and innovative.

I enjoy working to exacting standards, producing work that is both practical and aesthetically pleasing. I also enjoy liaising with clients to fulfil their requirements.



## SONDI'S STUDIO

Spanning almost thirty years of professional practice, I am an experienced teacher and mentor to aspiring contemporary jewellers.

My studio is adjacent to my home, in an isolated bush setting in the Blue Mountains. I cannot dismiss the fact that such a peaceful and regenerative bush atmosphere influences my designs. My new work has become less graphic, more abstract in the surface of the bi-metal I create. The complicated hollow structures I have made are becoming more open as well. Being a more mature practitioner has relaxed and freed me in many ways!

## Meet the artists – Saturday 10th December 2-5 pm



**Join Turrumurra Jewellers for our first contemporary jewellery event.  
Owner John Thearle will showcase his new work with colleagues  
David Cruickshank, Sondi's Studio and Elle.**



TURRAMURRA  
JEWELLERS

**John A Thearle**  
Studio 2, The Walkway  
1269 Pacific Highway TURRAMURRA

**Phone 9488 8005**

email: [info@turrumurrajewellers.com.au](mailto:info@turrumurrajewellers.com.au)



# CLEAN HOME CHALLENGE

Juliana Kichkin

**WITH THE YEAR** coming to a close, the pressure is mounting to finally de-clutter the house and welcome the New Year sans chaos and dust.

## Fun ideas for a different approach to cleaning:

**Take the 12-12-12 challenge:** this task involves locating 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper home and can be a really fun and exciting way to quickly organise 36 things in your house. This could also turn into a game the whole family can participate in and enjoy.

**The four-box method:** as you set out to declutter an area, place four boxes in a room: trash, give away, keep or relocate. Consider each item individually, and repeat in another area of the house.

**Use your imagination:** many cleaning experts suggest that using your imagination can speed up the process of decluttering difficult areas. Try asking yourself unique questions like, "If I was just buying this now, how much would I pay?" This could help put an objective take on old or sentimental items.

**Spend a few minutes visualizing the room:** when decluttering,

take a moment to look at a room and think about how you want it to look. What are the most essential pieces of furniture? What doesn't belong in the room but has just gravitated there? What is on the floor and what is on the other flat surfaces? Once you have visualized how the room will look uncluttered, it will make it easier to get rid of the non-essential items.

**Create a 30-day list:** the problem with decluttering is that it can come back just as easily by buying more stuff! Although it's the Christmas period, try and fight this tendency and save on unnecessary buying. Take a minute to create a 30-day list, and every time you want to buy something that's not absolutely necessary, put it on the list with the date it was added. Make a rule to never buy anything (except necessities) unless they've been on the list for 30 days. Often you'll lose the urge to buy list items and you'll save yourself a lot of money and clutter!



# December Dos & Don'ts

Elegant Outdoors, Turramurra Garden Centre

**SUMMER'S HERE, IT'S** going to be hot and there are things to be done in time for Christmas, so I'd like to give you a few tips on what to do & what not to do.

## WILDLIFE

**Do** help the birds in your garden to keep cool by providing water. A birdbath encourages our feathered friends to both drink & bathe. Remember to top up or change the water and clean the dish regularly.

**Don't** feed wildlife. Whilst many people want to encourage animals and birds into their gardens by offering food, this does more harm than good. Birds especially start to rely on the food source and this affects their ability to forage for natural foods.

**Do** plant trees and shrubs that attract native birds naturally – banksias, grevilleas, acacias and bottlebrushes are ideal.

## ENTERTAINING

**Do** surprise your guests with something different. Make some jazzy ice cubes filled with fruit and herbs and don't forget to use edible flowers – use lavender, nasturtiums, rosemary flowers, carnations and marigolds. Treat the adults to jellied champagne, again using edible flowers. Get the fantastic recipe for this on

[myhippiekitchen.com](http://myhippiekitchen.com) and if you don't have fresh petals to hand, buy ready to use dried ones from [petiteingredient.com.au](http://petiteingredient.com.au) – their "flower confetti" is just perfect!

**Don't** forget to give your family and friends a "thank you for inviting me" gift. Anything fragrant always goes down a treat, so give the lady of the house a scented candle, fragranced soaps or an aroma reed room diffuser. For the more difficult to buy for male host, potted herbs are a practical gift solution, which he can plant near the barbeque to provide an instant garnish for all of that meat he's cooked to perfection for you.

## CHRISTMAS

**Do** give pride of place on your table to a vibrant red Poinsettia, the must-have potted plant for Christmas.

**Don't** forget to water your garden to keep it happy and looking great for Christmas celebrations with family and friends.

All of us at Elegant Outdoors would like to give a big thank you to all our customers for their support and friendship and we wish you all a fun-filled, safe and Happy Christmas!

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

**Gasmate**  
the outdoors made easy

The Gasmate Galaxy BBQ Series Allows you to create your own stunning outdoor cooking and entertaining area.

Premium #304 Grade Stainless Steel Finish with Premium Rust Protection

Stainless Steel Hotplate and Grill with Stainless Steel Flame Tamers and Cast Iron Burners

Powerful combined output of 100MJ/H (Including Side Burner)

Convenient Internal Lights, LED's above knobs and Electronic Ignition

Storage Modules Cupboards, Sink, Fridge Tops and Drawers available

Sink Module with Interchangeable Sink Top

Gas Certified to Australian Standards

For all your summer BBQ needs & to see the Gasmate Galaxy in the showroom make sure to visit Dave & Phil now.

**LINC'S**  
BBQ · HEATING · OUTDOOR FURNITURE

P 9477 3535 F 9477 7566 A 126 George St, Hornsby 2071  
W [www.lincsbqandheating.com.au](http://www.lincsbqandheating.com.au) E [pipe1@lpg.com.au](mailto:pipe1@lpg.com.au)



**10% off all Linsol taps.**  
**Mention this ad and get a further 5% off.**  
**Sale available in store only.**



**Total Bathroom Centre**

684 Pacific Highway, Killara 2071  
T 9880 2885 F 9880 2886  
[www.totalbathrooms.com.au](http://www.totalbathrooms.com.au)



**No rain checks.**  
**Offer ends 21**  
**December.**

Call us on  
1300 844 941 or  
visit our showroom.  
Open 7 days a week.



# Your New Summer Pool

Alex Dalland

**WHETHER YOU ALREADY** have a pool or are looking at bringing one into your backyard to make the most of summer, *Sydney Observer* brings you this guide – with everything you need to know about pools!

## Choosing Your Pool

If you're thinking about adding a swimming pool to your home, it pays to have your design and use in mind.

"Are you going to use it mainly for relaxation, hydrotherapy, or to keep the kids entertained?" Chris Fitzmaurice, Australasian Manager of Swimart asks.

"Concrete takes the longest to build but can be completely customised to fit any depth, shape and size you like and is often the most durable, while an above-ground or modular pool is typically the cheapest option and one of the easiest to install."

## Overlooked Considerations

You might know what sort of pool you want but, according to Fitzmaurice, there are often other factors to consider which might not get the attention they need.

"Ongoing maintenance and equipment running costs is a common one, especially when people might be thinking of saving a bit of money in their choice of sanitation, filtration and cleaning equipment," Fitzmaurice says.

"Landscaping is often an after-thought but should be factored in the design stage as the placement and species of plants has a big impact on the overall look and feel of the poolscape."

## Maintenance: How to Keep Your Pool at its Best

If you already have a pool, how can you keep it at its best this summer? Start early and keep it regular, according to Chris

Fitzmaurice, and make some adjustments to help the pool cope with hotter weather.

"Keeping up a regular maintenance schedule throughout the year not only keeps your pool 'swim ready' but also helps to protect your valuable investment. Weekly servicing, which should take no more than half an hour, will ensure pool water is sparkling clean and small issues are addressed before they become costly problems."

Swimart also suggests increasing your pool filter's running time from four to eight hours per day, adding pool sunscreen to reduce the effect of sunlight on chlorine loss and checking your water's pH every two days and adjusting as necessary.

**For more tips on pool installation and maintenance from the country's Swimming Pools and Spas industry body, visit [spasa.org.au](http://spasa.org.au)**



# Power Of Feng Shui

Sabrina Muysken

**S**YDNEY OBSERVER'S RESIDENT spiritual medium Kerrie Erwin has released her latest book – *Sacred Space: Finding Harmony With Feng Shui*. Kerrie's sixth publication takes an in-depth look at the power of the ancient Chinese practise of feng shui and how implementing simple exercises into your home can bring about positive life change. Your home, as Kerrie explains, is your foundation in life and an appreciation of this space will undoubtedly improve your general wellbeing. With practical advice and case studies from her own psychic practice, *Sacred Space* sets the reader down a new path towards finding inner peace.

**Some of the key advice from Kerrie Erwin's feng shui guide include:**

## Clear Your Space

Unnecessary clutter in your home (or workplace) is thought to impede on the natural flow of energy resulting in unwanted blockages. These blockages slow down the natural chi energies moving through your space and impact your wellbeing by causing tiredness, lack of energy and general feelings of discomfort.

Kerrie's solution involves clearing out all clutter including worn-out clothes, uninspiring art and any broken items. She also encourages smoking or 'smudging' each room with some sage or dried gum leaves to clear the house of any negative energies. It is thought that the smoke attaches itself to negativity and as the smoke leaves the house so does the undesirable energy.

## Enhance Positive Energy

Feng shui literally translates to *wind-water* and is a way of allowing its followers to live in peaceful harmony with their surroundings. Often referred to as the ancient art of placement, feng shui uses special cures to inspire, create and encourage positive life experience.

Thoughtfully placed mirrors, wind chimes and fresh flowers are all great ways of encouraging a healthy flow of chi energy.

## Heal Yourself Of Negative Patterns

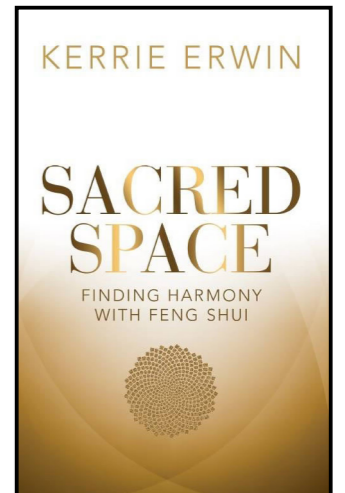
Falling into negative or repetitive patterns is unfortunately an all too easy pitfall of life. Whether these patterns pertain to relationships, health, home or work they can have serious side effects to your mental wellbeing and ability to move forward. Kerrie says, "A toxic build-up of hatred, fear and negative energy can make you feel sick and miserable." These destructive emotions can also quickly disconnect you from your goals, hopes and dreams.

In your journey to feng shui your home, and ultimately your life, addressing and healing these hindering patterns is key. Kerrie suggests using daily affirmations, vision boards and meditation as a way of overcoming them and manifesting the life you desire.

*Sacred Space: Finding Harmony With Feng Shui* by Kerrie Erwin is available now.

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

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



**CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS**  
[www.sydneydoors.com.au](http://www.sydneydoors.com.au)

**RENOVATING YOUR KITCHEN OR WARDROBE?  
JUST REPLACE THE DOORS AND SAVE \$\$\$**

**DIY OR CONTACT AN INSTALLER TO:**

- Measure
- Install
- Get a Quote

**SHOWROOM/FACTORY**  
 80 Redfern Street  
 Wetherill Park NSW 2164  
 Ph: (02) 9725 4444  
[sales@sydneydoors.com.au](mailto:sales@sydneydoors.com.au)

# BVKITCHENS

Buy DIRECT from the Manufacturer and SAVE \$\$\$\$\$\$

Appliances available

FREE Measure, Quote & Design, Sink & Tap with every custom made kitchen

[www.bvkitchens.com.au](http://www.bvkitchens.com.au)

\*Pensioners Discount Apply

Call TODAY 9892 2522 After hours call 0451 966 966



# PALLAVI SINHA:

## A WOMAN OF INFLUENCE

Sabrina Muysken

**R**ECENTLY RECOGNISED AT the 2016 Australian Financial Review & Westpac 100 Women of Influence Awards for her Excellence in Law, Journalism & Community Services, Pallavi Sinha is officially a Woman of Influence – a title she has unofficially held for some time.

Recognising the quality and impact of a woman's work rather than the seniority or scale of a nominee's role, the annual event sets out to encourage all Australian women to show what they are doing and the contributions they are making to society; identifying and celebrating "bold, energetic women who capture the spirit of progress, helping shape a vibrant, inclusive, economic and social future for Australia." Pallavi Sinha strongly embodies this characterisation — having worked extensively across issues of violence against women and social cohesion.

"I have always been drawn towards people who might need help. I think it is because I myself have had a very fortunate upbringing," says Pallavi.

Born and raised in Sydney, Pallavi attended MLC Burwood before going on to complete a Bachelor's Degree in Economics and Law at the University of Sydney. After a stint in corporate law and litigation at a top tier firm, she redirected her focus towards the areas of immigration law and family law, which were more aligned with her altruistic nature – she has since represented asylum seekers as well as women who have experienced domestic violence.

"Two of my favourite subjects to study at Sydney University Law School were Philosophy and Human rights and Anti-Discrimination Law because I've always had a passion for advocacy and standing up for disadvantaged groups... Today, I'm particularly passionate about promoting a harmonious society."

It was not long before Pallavi expanded

**"I have always been drawn towards people who might need help. I think it is because I myself have had a very fortunate upbringing".**

her work arena towards the media industry taking on roles in radio, television and freelance journalism. She has appeared on ABC TV's Q & A, the 7.30 Report, The Drum and participated in the Racism Debate with Stan Grant which was also broadcast on BBC World. A valued contributor to Australia's social discourse, her articles have been published by the likes of the *Sydney Morning Herald* and *SBS*. Pallavi regularly brings awareness to topics on government policy, family violence and social justice. She views her multi-platform media involvement as a way to shed much needed light on burgeoning issues that are routinely overlooked.

"The media play an extremely important, informative and educative role. It has very strong potential here and holds a lot of power whether it is in TV, print, radio or online. That is something that has to be used responsibly and with care.

"A part of my interest in the media is putting a voice to the voiceless and getting out messages from groups that may not be that well represented."

As a female of Indian heritage, it is only fitting that Pallavi's primary areas of advocacy surround issues pertaining to cultural and gender discrimination and

violence; the latter being particularly alarming, with recent national statistics revealing violence against women as a sad reality still existing within current Australian society.

"Violence against women is a very serious issue. There are some really heart-wrenching stats in Australia disclosing that there is at least one woman a week who dies at the hands of her partner or former partner."

Tying in with her core beliefs, Pallavi fights fire with water in opting to promote a more peaceful way of addressing these concerning statistics. This is seen through her legal representation of victims, involvement in peaceful protests and petitions and encouragement of media coverage to steer social discourse to areas of need.

"I've always tried to have a collective view towards things rather than an 'us against them' or 'men against women' approach.

"There is a principle of *ahimsa* that is referred to in Indian culture that I identify with, which is just non-violence. Whether it is against a man or a woman I've always

**"A part of my interest in the media is putting a voice to the voiceless and getting out messages from groups that may not be that well represented."**

Photo: Alex Dalland



thought it is just wrong, particularly if it is in Australia or in India.”

Unfortunately, Australia’s gender issues extend far beyond domestic violence, with workplace discrimination being a common experience amongst women. Yet despite the impression that ‘millennial women can have it all’ a severe dichotomy exists between how the public views the status of Australia’s workplace gender equality and where it is really at. Pallavi acknowledges that working women are still facing the same pressure of juggling their careers and family life and highlights events like the *100 Women of Influence Awards* as key in making progress.

“The event is this incredible platform where women are helping women. After all, woman are more than half of the Australian population! Recognising women nationally as well as helping them to pursue their chosen paths is crucial because otherwise that’s a large percentage of the population you just aren’t utilising well if they are not given equal opportunities or being represented... Currently women on boards make up only 23.4 per cent and although overall statistics are improving they are still very low. There is still a lot to do!” enthuses Pallavi.

It is this enthusiasm for positive change that has set Pallavi apart as a progressive and influential woman.

## “A symbol that resonates with me in life is that of a lotus flower...”

“It is a huge privilege and honour to be selected on such a prestigious list. I view it as a way to add weight to the work that I am continuously doing and will be doing on an ongoing basis for causes and disadvantaged groups.”

Career success in one field, let alone multiple as Pallavi has done, requires absolute commitment, personal sacrifice and a certain tenacity. Having forged successful careers in law and media these are tough demands she is all too familiar with and attributes her achievements to a close family upbringing and supportive friendships.

“I don’t get much sleep,” laughs Pallavi.

“Solid family and friend support networks have been very important. As has working hard and perseverance – you won’t get anywhere in life if you don’t work hard!”

When asked on her advice to young

women, Pallavi talks of a floral analogy that epitomises her way of life – never giving up. To her, so long as you continue to grow through your experiences, difficulties and adversities you will undoubtedly reach your full potential.

“A symbol that resonates with me in life is that of a lotus flower because the lotus blossoms in swampy, murky waters. That means, to me, that even if you go through negative experiences or face hardships in life, you can still progress and reach your goals.”

*On 6 December, Pallavi Sinha will be speaking on a panel discussion on Safety & Justice at the Water Police Court Justice & Police Court along with Minister for Women the Hon Pru Goward MP and the NSW Attorney General Gabrielle Upton MP. This is a free event. Contact Women NSW to register.*

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

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

*Anyone in immediate danger should call Triple Zero (000). For information, support and help for DV, call the 24 hour Domestic Violence Line on 1800 65 64 63. To report domestic violence call Crime Stoppers on 1800 333 000. To report suspected child abuse or neglect, call the 24 hour Child Protection Helpline on 132 111.*



savills

CORDEAU MARSHALL

Meet the Team

<b>Gordon</b>	9498 2388	785a Pacific Highway, Gordon
<b>St Ives</b>	9488 8588	Shop 25d St Ives Shopping Village St Ives
<b>Lindfield</b>	9416 9393	9 Lindfield Avenue, Lindfield
<b>Turrumurra</b>	9449 8844	1301 Pacific Highway, Turrumurra
<b>Roseville</b>	8008 8521	21 Hill Street, Roseville

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





**“I have been involved in the Upper North Shore real estate market for well over 30 years, and over that time have developed a track record of sales success and business development. I have enjoyed leading and guiding the Savills Cordeau Marshall group to grow into the leading agency on the upper North Shore.**

**I particularly enjoy my role as auctioneer and relish the excitement of the environment, and the challenge of extracting one last bid.**

**I firmly believe in supporting the local community and charity organisations. This philosophy is shared by our people who actively engage in events within their areas.”**

## **Craig Marshall** **Director**

0410 699 688

[cmarshall@savills.com.au](mailto:cmarshall@savills.com.au)



**“Maximising my clients’ property value is my key objective, using my vast experience in real estate and background in interior design, and my communication and negotiation skills.**

**My clients’ needs are crucial, so my goal is to always understand these so that I can use my expertise and local knowledge to fine tune campaigns and achieve the best result for them.**

**Building meaningful relationships is important to me, and I have developed an extensive network of contacts, built from volumes of referrals, recommendations and repeat business.”**

## **Michelle Placks** **Manager**

0418 608 938

[mplacks@savills.com.au](mailto:mplacks@savills.com.au)







**“My motivation comes from not only delighting my clients with an exceptional outcome, but ensuring that the property journey is completely managed and is an enjoyable one for them.”**

## **Charles Caravouanos Director**

0413 885 488

[charlesc@savills.com.au](mailto:charlesc@savills.com.au)



**“The family home is often people’s largest asset and selling it can be one of the most anxious times of their lives. To be entrusted to sell people’s homes is a great honour and one which I thoroughly enjoy.”**

## **James Levy Manager**

0414 474 868

[jlevy@savills.com.au](mailto:jlevy@savills.com.au)







**“My focus is to deliver an outstanding result every time using my extensive sales, marketing and negotiation skills. My clients’ respect and loyalty is my greatest reward.”**

## **Donna Ferris Manager**

0419 184 578  
dferris@savills.com.au



**“Exceeding expectation. Achieving excellent results. Enjoying every day.”**

## **Stephanie Hearne**

0412 565 682  
shearne@savills.com.au



**“I appreciate that my career is a 24 hour, seven day a week job and therefore when selling your property with me you can rest easy knowing that no stone will be left unturned!”**

## **Carl Ferris**

0403 190 555  
cferris@savills.com.au



**“I always strive to exceed my client’s expectations, providing professional advice and truly exceptional service to deliver outstanding results.”**

## **Jill Smith**

0425 335 000  
jsmith@savills.com.au







**“I really enjoy the vibrancy of the area I work in and am often able to work with clients several times as they upgrade or invest, which makes my job really rewarding.”**

## **William Chan**

0412 300 294  
wchan@savills.com.au



**“My principal objective is to continue to achieve the premium market price for each of my owners, ensuring the entire process is managed proactively with an exceptional level of service.”**

## **Mary Hepburn**

0413 240 505  
mhepburn@savills.com.au



**“I love being able to assist vendors and buyers to navigate this complex process through superior advice and service, whilst providing a supportive and caring environment.”**

## **Liz Hughes**

0414 473 933  
lhughes@savills.com.au



**“My goal is to provide the very best outcome for each and every one of my vendors, and to make the whole sales process as seamless and stress-free as possible.”**

## **James Yahl**

0422 294 952  
jyahl@savills.com.au







**“I am truly passionate about and focused on getting the best result for my clients, and will always go the ‘extra mile’ to meet their needs.”**

## **Thomas Skelly**

0408 263 016  
tskelly@savills.com.au



**“I am committed to delighting my clients with great results and outstanding service, providing expert advice grounded in honesty, transparency, and my own personal experience.”**

## **Melissa Stafford**

0419 609 690  
mjstafford@savills.com.au



**“My genuine passion for real estate drives my dedication to understanding my clients’ needs and working tirelessly to achieve the best possible result for them.”**

## **Coco Cui Roskam**

0422 683 409  
ccuiroskam@savills.com.au



**“Courtesy, integrity and perseverance are the three ideals that I live by. I am fully committed to achieving a successful outcome for my clients by understanding their needs and giving attention to detail.”**

## **Tristian Vardy**

0419 231 076  
tvardy@savills.com.au







**“I thrive on the satisfaction of exceeding my clients’ expectations, not just with a successful sales outcome but with an outstanding level of service.”**

## **Elizabeth Bailey**

0403 055 065  
ebailey@savills.com.au



**“My lifelong immersion in the real estate industry means I understand the value of diligence and detail, and am passionate about rewarding my clients’ trust and confidence with a great result.”**

## **Kathryn Marshall**

0406 809 238  
kmarshall@savills.com.au



**“I relish the competitive nature of real estate sales, and value the challenge and responsibility of maximising the value of a client’s most important asset.”**

## **Euan Lindsay**

0410 679 971  
elindsay@savills.com.au



**“I have an unwavering commitment to meeting my clients’ needs and ensuring a successful outcome, whilst always acting with the utmost professionalism, honesty and integrity.”**

## **Ross Mundy**

0451 373 641  
rmundy@savills.com.au







**“I believe in providing outstanding service to both vendors and purchasers, and enjoy working hard to ensure great results and complete satisfaction for my clients.”**

## **Raymond Lin**

0403 375 887

rlin@savills.com.au



**“I am dedicated to understanding my clients’ needs and exceeding their expectations with exceptional service at all times. My clients’ success and satisfaction is the ultimate reward for me.”**

## **Leonie Piper**

0435 750 620

lpiper@savills.com.au



**“I am continuously striving to achieve the best financial outcome for my clients, and enjoy using my language skills and multi-cultural experience to develop strong, lasting relationships.”**

## **Lucy Liu**

0450 413 488

lliu@savills.com.au



**“I’ve always been passionate about putting in the hard yards and going over and above to obtain the best outcome for my clients. I pride myself on building lasting relationships.”**

## **Toinette Betty**

0432 200 159

tbetty@savills.com.au





# Property Management Local Expertise. Global Strength.



**David Verco**  
0412 793 171



**Helen Hovey**  
0417 377 018



**Max Ma**  
0466 872 572



**Claire Butler**  
0412 084 448



**Joe Davies**  
0451 446 199



**Tim Cheng**  
0487 356 682



**Silvie Sanders**  
0435 308 306



**Jane Ruan**  
0415 079 925



**Alexander Schultz**  
0421 440 307



**Cory Barnett**  
0416 109 294



**Isabelle Doumit**  
0421 696 214

Our enthusiastic and dedicated property management team are committed to delivering an exceptional level of service and superior results to our clients. We are focused on maximising your investment income by:

- Negotiating superior rental returns and reducing vacancy periods.
- Appropriate marketing to attract quality tenants who will care for your property.
- Managing all aspects of your property including timely rent collection, repairs and maintenance utilising our network of trusted suppliers, and regular, thorough inspections.
- Utilising our local expertise combined with the global strength and marketing resources of Savills.

## Do you own a residential investment property in Sydney?

Our team services the North Shore, Eastern Suburbs, CBD, Inner East/West, Parramatta and North-West Sydney.

To obtain a complimentary rental appraisal for your property or to find out more about our leasing and management services, please call 8090 5430 or email [residentialpm@savills.com.au](mailto:residentialpm@savills.com.au) with your location and contact details and you will be put in touch with your local area specialist.

8090 5430 | [residentialpm@savills.com.au](mailto:residentialpm@savills.com.au)



CORDEAU MARSHALL

# SUMMER *Special*





# CHRISTMAS GIFT GUIDE

Sabrina Muysken and Alex Dalland

Her



Him



Them

**24 Happy Days Deluxe Advent Calendar, \$159**  
For the woman obsessed with all things cosmetics, this is the ultimate advent calendar! Brimming with amazing treats from The Body Shop's body care, skincare, makeup and accessory ranges it really is a gift that keeps on giving – for 24 days in fact. The goodies inside include a Vanilla Chia Body Butter, Almond Hand Cream and much, much more!  
*Available from The Body Shop*

**Bradt Scandinavian Travel Pack (Lapland, Iceland, Northern Lights), \$19.99 - \$39.99**  
Over the past forty years, Bradt have developed a comprehensive and award-winning range of travel guidebooks, many with no direct competition in English. If you enjoyed our November issue travel write-up on the Arctic Circle, this definitive set of guides to the region will help you plan that perfect trip, or at least learn more about this diverse place.  
*Available online and at all good bookstores*

**Abode Aroma Christmas Diffusers (Orange Clove, Lemongrass), \$14.95-\$29.95**  
Abode Aroma's premium range of fragrance candles and diffusers can brighten up any home. If you want to keep that festive feeling alive, nothing beats their signature Christmas fragrance – Orange Clove. With notes of Valencia Orange, Cinnamon Quill and spicy Tanzanian Clove, this fragrance warms the soul. The mini lemongrass hanging diffuser makes a great addition to any Christmas tree or as a good stocking stuffer for those who have everything.  
*Available from [abodearoma.com](http://abodearoma.com)*

**Cloud 9 Fragrances Soy 'White Flowers' Candle, \$39.95**  
A beautifully contained natural soy candle with a beautiful Gardenia fragrance. Island holidays, lazy summer days, refreshing cold cocktails and fun family times can all be remembered when burning this candle. It is the perfect scented gift to give those staying in Sydney over the holiday period for a bit of relaxation.  
*Available from Rodney Clark, Gordon Centre*

**Dear Barber Shave Set (Shaving oil, Shave biscuit, EDT Aftershave), \$24.95 - \$49.95**  
For the man in your life who might need to say goodbye to the face fur, the new range of grooming products from British brand Dear Barber provides the perfect way to do so. Blending the best elements of the vintage barber shop experience with the comforts of modern salon-quality products, this collection from Dear Barber helps give him that clean, sleek, new look.  
*Available from [dearbarber.com.au](http://dearbarber.com.au)*

**Will and Steve: Home Cook, Aspiring Chef, \$39.99**  
A cookbook chock-a-block with healthy recipes inspired by the My Kitchen Rules duo's passion for freshness, flavour, and damn good food. A combination of their English heritage, their appreciation for Australian produce and desire to reinvent the classics has resulted in some seriously scrumptious recipes that are perfect for the whole family.  
*Available from [willandsteve.com.au](http://willandsteve.com.au)*

**IT Cosmetics Superhero Mascara, \$20**  
A clever gift idea that will hang on the tree as an ornament until the time is ripe! Formulated with powerful peptides and proteins, strengthening biotin, lash-lifting polymers and plumping collagen, this superhero mascara has the power to transform your lashes and take them to new voluminous heights.  
*Available from Sephora*

**The Aromatherapy Company Therapy Man Face & Body Balm, \$23.95**  
For the man on the go, this nifty two-in-one product nourishes, soothes and protects your face and your body. Filled with the natural essential oil of sandalwood, the calming cream helps to eliminate redness and inflammation.  
*Available from [thearomatherapycompany.co.nz](http://thearomatherapycompany.co.nz)*

**Sipahh ChrisMint (Candy Cane) Flavoured Straws, \$3.99**  
If you are looking for something for the kids this Christmas, this new limited edition gift pack from Sipahh could provide them with a healthy alternative that also makes drinking milk fun! Sipahh's new ChrisMint straw is a crisp candy cane flavour, perfect to leave out with Santa's glass of milk.  
*Available from [sipahhstore.com.au](http://sipahhstore.com.au)*

# Spice Up Your Christmas Dinner

Alex Dalland

**IF YOU'RE GETTING** tired of the same old Christmas dinners with ham, turkey, roast vegetables and gravy then look no further – because *Sydney Observer* is bringing you great new ways to energise your Christmas dinner, from beginning to end!

## Appetisers/Finger Food

One of the easiest starters that will complement any meal is Haloumi – the high melting point of the cheese makes it perfect for grilling. Fry it on skewers, drizzle it with a mixture of honey and lime and then sprinkle with paprika and cinnamon.

If you want to take advantage of the abundance of seafood available at this time of year, try serving oysters – but jazz them up with a blend of light soy sauce, rice wine vinegar and half the amount of sesame oil, and top the oysters with shallots for a seafood appetiser with an Asian infusion.

## Christmas Mains – Ditch The Turkey!

For alternatives to the conventional ham and turkey, try the everyday but underrated main course staples like beef roast or pork shoulder and add a bold new flavour!

If you're looking for a beef roast twist, Better Homes and Gardens suggest adding a tin of anchovies, smashed garlic, black pepper, red wine vinegar and fresh rosemary as a roast rub that will give a perfect salty flavour.

When it comes to pork shoulder, there is nothing better than the traditional Puerto Rican Christmas favourite – 'pernil'; a slow-cooked pork shoulder marinated in 'adobo' sauce. Food Network recommends pureeing a large amount of garlic, oregano, coriander, cumin, salt and pepper and rubbing this all over the pork. Once the pork is roasted, serve with lime juice and coriander for an unforgettable main course that will have your guests coming back every Christmas!

## Christmas Desserts

After a big Christmas feast, a small dessert might be just the thing you need. If you're a fan of Banoffee (banana toffee) pie, try serving miniatures to your guests. BBC Good Food suggests blending digestive biscuits and butter to make a rich crunchy pastry when refrigerated, and topping this with caramel, whipped cream, banana chips and chocolate shavings.

If you have a sweet tooth and dessert might just be your main course, why not try taking an Aussie favourite and creating something new? Recipe website Foodiful suggests a Tim Tam cheesecake – made by blending the tasty biscuits with butter to make a base layered with a mix of cream cheese, sugar and melted white and dark chocolate. Then all you need to do is layer the mixture in your cake tin, refrigerate overnight, add sifted cocoa and serve!



Need help with Web sites and online IT services?

## LINUXPEAK

- Domain name management
- DNS hosting
- Web site design and hosting
- Email hosting and archiving
- SSL encryption & security
- Project management software
- IT problem solving



02 9499 3080 [www.linuxpeak.com](http://www.linuxpeak.com) [hello@linuxpeak.com](mailto:hello@linuxpeak.com)

## GORDON MARKETS

2nd Sunday of every month



**Gordon Station Council Park (middle level)**  
11 Dec, 8 Jan & 12 Feb  
8.30am to 3pm

**UNDERCOVER**  
Protected from heat and rain!

Information: [www.gordonmarkets.com.au](http://www.gordonmarkets.com.au)  
Bookings: Message Service (02) 9418 2373





# GIVING BACK

Christmas is a joyous time of celebration, sharing and, most importantly, giving. **Juliana Kichkin** reveals ways you can give back this merry season.

## The Barilla & Foodbank NSW Cooking Experience

What better way to enjoy the seasonal time of giving than by sharing and enjoying in the gift of Italian food yourself?

Engage your family and friends to relish in a great cooking and eating experience at the Barilla-Foodbank cooking school, a cooking masterclass which doubles as a charity initiative!

Learn, cook and eat delicious, restaurant-quality Italian food, while also extending the whole family's knowledge of nutrition and cooking, while at the same time preparing an extra portion which will feed those in need later that evening.

In addition to booking a team building cooking class, participants get the chance to fund an educational masterclass for 40 less privileged members of our community. During the class, they will get the chance to learn cooking techniques, nutritional information and the know-how to cook healthy and affordable meals for themselves and their families.

To inquire about a team cooking event (groups of 12-20) at the Barilla Kitchen please contact Sharon May at Foodbank NSW on [Sharon.May@foodbanknsw.org.au](mailto:Sharon.May@foodbanknsw.org.au) or (02) 9757 3944.



## CAREgifts

CAREgifts is CARE Australia's online gifts range that supports their work around the globe to save lives, defeat poverty and achieve social justice.

Every CAREgift item is an example of how funds raised can be used to help those in need — \$65 can buy vegetable garden, and \$10 can buy drought-resistant seeds. Donations from the sale of CAREgifts will go where they are most needed — helping families grow healthy food, send their children to school or access lifesaving healthcare and clean water.

CAREgifts follow a simple process. First, choose and buy CAREgifts online. Then, give your loved ones gift cards, deliver Christmas cheer and help this organisation to change the lives of those who need it most.

Give the gift of a healthy start to life for a baby, by providing access to healthcare for a new mum and her baby, so their first few months together are happy and healthy.

At just \$30, you can help families in the developing world receive the resources they need to lift themselves out of poverty.

With many different gift cards to choose from including cooking classes, warm blankets, planting fruit trees or school uniforms, share the spirit of genuine giving.

To find out more visit [caregifts.org.au](http://caregifts.org.au)



## Vinnie's Christmas Appeal

Australia faces a reality of poverty in a land where apparently everyone has a fair go. Although boasting a health economy on an international scale, measures announced in the recent federal budget have shed new light on what it means to give, according to St Vincent de Paul.

"We are concerned that our identity as a nation is changing, becoming less fair, kind, and compassionate on the one hand and more individualistic on the other," a spokesperson for Vinnies said.

As part of St Vincent de Paul's annual Christmas Appeal, this year's giving can not only change the lives of those in need but can also help vitalise the community's Christmas spirit.

With a personalised donation that you can nominate as a once-off or paid on a regular monthly basis, you can give the gift of a care package, food for a week, safety in a crisis, rent and stability, or simply a general donation.

[vinnies.org.au](http://vinnies.org.au)



# Keep Your Christmas On Budget

Danielle Armour

**ARE YOU FINDING** that you've spent your Christmas bonus before you've even earned it? You might not be alone. A 2014 study by personal finance company Fair Go Finance found that while 90 per cent of people set a Christmas budget, as many as one in four of us will spend more — by as much as \$500! Avoid being an over-spender with these top tips from *Sydney Observer*.

## Secret Santa

Secret Santa is perfect for families or friendship groups. Instead of buying gifts for all of them, draw one person's name and become that person's Secret Santa. Set a price limit that works for everyone involved and challenge each other to buy the best gift possible within that budget. Have fun trying to guess who your Secret Santa is, while making sure nobody finds out who you have!

## Everybody Chip In For The Christmas Meal

If you are hosting a large group of people this Christmas, ask everyone to bring a designated plate of food. By allocating some of the food shopping to other people, you can save both time and money. While hot food is best made and served by the host, there are plenty of dishes such as salads, cheeses and desserts that

can be easily supplied by guests. The same can be done with drinks by making Christmas lunch a BYO occasion.

## Lists

Whether it be with food or gifts, making lists is the easiest way to make sure you stay on budget these holidays. Plan as many of your gifts and meals in advance and write a list of what you need to get. When you get to the shops, this helps to prevent impulse buying and ensure that nothing sits in the cupboard unused for the months after Christmas. If you're shopping online, sticking to the list is just as important to make sure you don't get sucked in by sales and free shipping.





# HOME

WITH ELEGANT OUTDOORS

4 Rohini Street  
Turramurra  
0431 836 376

Beautiful gifts and interior,  
lifestyle & accent pieces for you  
and your home





MIDDLE HARBOUR YACHT CLUB

DECEMBER 2016/JANUARY 2017

SAILING HOLIDAY CAMPS

---

TACKERS 1, 2 & 3

21st - 23rd December

3rd - 6th January

9th - 12th January

17th - 20th January

23rd - 25th January

Ages 6 - 13

---

TEENAGERS LEARN TO SAIL

21st - 23rd December

3rd - 6th January

9th - 12th January

Ages 13 - 18

---

Proudly Supported by:









Ph: 02 9969 1244 | Fax: 02 9969 3326  
E: [juniorsailing@mhyc.com.au](mailto:juniorsailing@mhyc.com.au)  
W: [www.mhyc.com.au](http://www.mhyc.com.au)



# NEW YEAR, NEW YOU

Danielle Armour

**H**OW DID YOUR 2016 New Year's resolutions fare this past year? If you stuck to it, you are one of only eight per cent of people who achieved the goal they set themselves on January 1. If not, here are some tips to make sure you keep at it, at least for a bit longer than you did this year!

## Be SMART

The biggest problem with New Year's resolutions is that they are vague. Following the SMART guideline when setting goals makes it much harder to back out. SMART stands for Specific, Measurable, Assignable, Realistic and Time-related. Losing 10kg by June 30 is more motivational than to lose weight generally.

## Plan

In line with SMART goals, planning is essential to achieving goals. This includes how you will measure your achievement and strategies to ensure to do reach your goal. This may include making a budget or hiring a personal trainer. There are less chances to back out if you can see how you can reach the end goal.

## Make Resolutions With Someone

If motivation is a struggle, make a resolution with a friend, partner or family member. When you are struggling to commit to your resolution, they can remind you why you started in the first place and how far you've come. Even if you don't make the same resolution, you can still be accountable for ensuring you each don't give up.

## Give Yourself Some Leeway

If at first you don't succeed, try again! This mantra is perfect for New Year's resolutions. Just remember, even by having a New Year's resolution, you are ten times more likely to achieve your goals than someone who doesn't.

## Less Is More

Giving up alcohol, sugary foods and Netflix binges all at once? While not impossible, multiple lifestyle changes at once can be impossible to maintain. Try setting one goal this year, and working to maintain that. If you achieve it early, set another one for the remainder of the year. Resolutions aren't exclusive to January 1.

NOW OPEN



part of the **cranbrook care** family



## WELCOME TO A NEW STANDARD IN AGED CARE LIVING

Bella Vista Gardens overlooking the Castle Hill Country Club golf course on Fairway Drive, Kellyville redefines aged care in the Hills.

- 24 hour nursing care with highly experienced and caring staff
- Extra services, dementia care, palliative care and respite care
- Luxurious private suites with ensuites
- Fresh à la carte meals prepared by our Executive Chef
- Life enriching activities and active community involvement
- Hair & beauty salon, hydrotherapy pool and gym on site
- Multi-award winning aged care provider since 2000



We invite you and your family to call Sarina on **02 9672 6155** to obtain further information on how we can provide **wellbeing, security** and **excellence**.

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



**cranbrook care**  
wellbeing, security & excellence



## Private, Luxury Couples Retreats in the Wollombi Valley





'Somewhere Unique' offers two architecturally designed self-contained retreats, set in 20 acres of tranquil bushland. Situated in the Wollombi Valley, in the heart of Hunter Valley Wine Country, the retreats are less than 2 hours from Sydney.

The retreats feature: a two-person bath; king-sized bed; fireplace; valley views from every room; and two bicycles to explore the historic village and local vineyards.

An extensive breakfast hamper is provided and guests can select optional meal packages, each including chocolates, and quality local provisions and wines.

All of our 200 reviews on TripAdvisor are 5-star, earning 'Somewhere Unique' a reputation of luxury, quality, romance, and privacy.

To check availability, please go to:

[www.somewhereunique.com.au](http://www.somewhereunique.com.au)



# HEALTH CORNER

Danielle Armour



## 2017 Fitness Trends

Predictions for the top fitness trends of the next 12 months are in, according to the American College of Sports Medicine. Unsurprisingly, the top trend is forecast to be wearable technology. However, experts are warning against relying on fitness trackers to help lose weight, with a recent study in the USA finding that they contribute little towards achieving weight loss goals. Other predicted fitness trends for the New Year include bodyweight training, high intensity interval training, exercise as medicine and yoga.



## Reducetarians

Move over vegetarians and vegans, being a reducetarian is a way to make a difference without cutting meat out of your diet altogether. Reducetarians pledge to eat at least one meatless meal a day or over the week. With similar ideals as vegetarianism and veganism, including reducing risk of heart disease and cancer while making a stand against the suffering of animals, reducetarians are those who are either incapable or unwilling to cut meat from their diet altogether. Concept creator, Brian Kateman, hails it as a way to make a difference without a person changing their "entire paradigm".



## Happiness Is Success

NAB's recent 'Rethink Success' study has revealed that 57 per cent of people measure success based on happiness, rather than their career or money. The next most influential measures of success were having strong family relationships, feeling fit and healthy and being a good person. These personal definitions of success differed greatly from what people identified as society's definition of success, believing societal pressures of materialism are still commonplace. Aussies are also confident about their ability to achieve success, with 80 per cent of people believing that success is in their own hands.



Dr. Ian Sweeney

## Protecting Teen Teeth

**THE TEENAGE YEARS** are an important time in the growth and development of adolescents and young adults. During this time, lots of changes are occurring both physically and emotionally. Despite these many new changes, it is important to not lose sight of the need to maintain good oral hygiene practices which have hopefully been in place since the early preschool years.

The Australian Dental Association is currently stressing the importance of "Protecting Teen Teeth", as the teenage years are increasingly recognised as a time when new dental problems can occur. Sports drinks, eating disorders and smoking are three areas targeted by the ADA. Sports drinks consumed at the appropriate time will help to replace lost sugars and salts. However, most sports drinks have high sugar content, while also being quite acidic in nature. Acidic drinks will increase the risk of tooth erosion, while

sugary drinks will increase the rate of decay. Sports drinks will do both – cause erosion and decay. One way to help minimise the damage of acidic sugary drinks is by drinking water instead of or immediately following these drinks. This will help to neutralise the acidic and sugary environment in the mouth minimising potential damage of the acid and sugar.

Eating disorders such as Anorexia Nervosa or Bulimia Nervosa have quite tell-tale signs in the mouth. The effect of high concentrations of gastric acid in the mouth may cause the teeth to become shiny, they may start to chip or wear away at the edges or they may become sensitive. Your dentist will be able to suggest some strategies which may help to minimise the adverse dental effects associated with these conditions.

Smoking causes a whole raft of problems, not the least of which is an increased risk

of oral cancer. Smoking increases the risk of gum disease, bleeding gums, loss of bone that supports the teeth and tooth loss.

A healthy well balanced diet together with regular exercise will help to maintain a healthy lifestyle. Avoiding regular consumption of cakes, biscuits, chips and soft drinks is a good starting point. Looking after your teeth is a lifelong commitment. New challenges occur along the way, however a few general rules to follow are:

- Drink tap water as it contains fluoride.
- Choose healthy snacks.
- Limit consumption of sugary foods and drinks.
- Limit consumption of acidic drinks such as sports drinks, soft drinks, juices and wine.

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

NORTHSIDE  
DENTAL & IMPLANT  
CENTRE

NORTHSIDE  
SEDATION  
CENTRE

## Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Let our family,  
give your family,



### Turramurra Practice

1253 Pacific Highway,  
Turramurra 2074

☎ 02 9144 4522

### Hornsby Practice

79 Burdett Street,  
Hornsby 2077

☎ 02 9987 4477

Visit: [www.northsidedental.com.au](http://www.northsidedental.com.au)





# Festive Season Practice

Liz Kraefft, Yoga Teacher and Owner of Kuring-gai Yoga



**T**HIS TIME OF the year we do often get out of step of our regular routines and this means our healthy lifestyle regime (what ever that is for you) is put on hold.

Very simply: that is fine! We all need a break from the usual habits and routines, but if possible to modify your yoga practice by tweaking a few things.

## Tips For Your Festive Yoga Practice:

- **Write down a plan** of what you would like to include as part of your personal practice. This is simply a matter of noting some Yoga stretches and Postures that you enjoy. Perhaps you could include a little time limbering, breathing with awareness on your mat and gentle movements.... like we do in our classes before we start getting into the postures.
- **Select the most enjoyable** to you so you look forward to getting onto your yoga mat. The amount of time you spend on these should be achievable; 10 – 15 minutes would be perfect.
- **Choose the best time of the day.** Morning or afternoon, let it work for you.
- **Go outdoors!** If you are having a beach holiday, why not take your regime to the sand and enjoy the fresh air or even if you are at home, the deck or the backyard is also perfect.
- **Spend some time** taking a little Yoga Nidra or Deep Relaxations. Play some of your favourite gentle music and get comfortable to help relax.
- **Listen to your body.** If you feel like having a day off from doing anything, then this is really what you need. Sometimes a gentle walk is all that is required.
- **Recruit a friend.** It is great to share your practice with a friend or family member, so it becomes a little fitness thing you can do together. This can be so much fun that you end up laughing for the whole 15 minutes, which in itself is very good for you!!!

Have a wonderful break and keep yourself well, safe and happy!



# HAPPINESS: MAKING OTHERS HAPPY MAKES US HAPPY!

Vera Randall – Founder of Knitwit and Owner of Just Better Care Northern Suburbs

**YESTERDAY, BRENDA – ONE** of our Support Workers – came to our office all smiles and full of bounce, in spite of having spent the day driving from home to home in unusually heavy traffic and 31 degree heat.

Curious to know why she was so happy, I asked her – to which she replied, “I’ve had a great day. I put washing through for my 11am client and it all dried while we were out shopping. After putting the shopping away and folding the laundry we made a quick pasta dish and salad together, a bit like on a TV reality show! She was so happy and asked me if we could do some cooking together again.” Then Julia, who also works in the community, joined us. We talked about what working in the community meant to them for a few minutes then agreed that *making others happy makes us happy*.

Just after Brenda left to visit her next client to prepare an evening meal, Mike, my husband and co-owner of JBC Northern Suburbs burst into the office bubbling over with his news. He had been to the home of one of our clients who is returning from hospital soon. He was there to photograph and measure the back and front entries of her house and pass on to an equipment supplier for expert advice on the best way to keep her safe coming and going in her new wheelchair.

“You wouldn’t believe it,” he said.

“I met Charles, an 84 year old former business executive who lives across the road. For five years, he has been taking care of the lawns and gardens of neighbours in his street that can no longer do these tasks themselves.”

He told Mike with a smile that the ladies call him ‘Little Jesus’. What a happy encounter those two had. They talked about the business world that Charles misses to this day and how he fills his days by maintaining lawns and gardens. *Making others happy makes him happy*.

Research tells us that loneliness increases at this time of year, especially for elderly folk who can’t get out and join in community festivities. As well as visits by our Support Workers and big-hearted people like Charles, with a little *self management* (the true meaning of *time management*) how wonderful it would be if we all took the time to do something special with a lonely person in our community making them happy – and you feel happy too!



## WAHROONGA OPTOMETRIST

- Professional eyecare advice
- A full range of fashion spectacle frames
- Many brand names
- Health Funds Electronic claiming

The practice also arranges to send used spectacles to developing countries. If you have any unwanted spectacles that you do not use please leave them for disbursement.

OPTOMETRISTS ASSOCIATION AUSTRALIA

Mark Hornitzky, B.Optom. (UNSW)  
3/2 Redleaf Ave. Wahroonga Phone 9487 3551

**FREE DELIVERY**

North Shore **EVERY TUESDAY**

FOR ORDERS OVER \$60.00

**COUPON CODE: fdtuenorth**

Enter coupon code when ordering online or state the coupon code over the phone

*At My Dish we pride ourselves on the creation of high quality taste assured ready to eat, snap frozen meals.*

**TO ORDER:**

Visit our website: [www.mydish.com.au](http://www.mydish.com.au) or call us on **02 9477 4001**

**NDIS APPROVED**

Do you or a loved one need some help around the house, perhaps some assistance with meal preparations, or some personal care? Our services are flexible, reliable, and tailored to match your in-home, social and lifestyle support needs and provide the solutions you want.

**WE'RE HERE WHEN YOU NEED US**

Call us, anytime

**9958 1500**  
[justbettercare.com](http://justbettercare.com)

**Just Better Care**  
IN-HOME, SOCIAL & LIFESTYLE SUPPORT



# LYME DISEASE AWARENESS

Danielle Armour

**IMPROVED TESTING FOR** Lyme disease could be as close as two years away, according to a US doctor. Specialising in tick-borne infections, Dr Richard Horowitz called for better technology to detect Lyme disease while speaking via teleconference at a public hearing in Sydney on tick-borne diseases.

Lyme disease is caused by the *Borrelia* bacteria and is transmitted through tick bites. The Lyme Disease Association of Australia estimates that around 2100 Aussies currently suffer from Lyme disease. Symptoms of acute Lyme disease mimic flu symptoms and include headache, fever, muscle soreness and unexplained fatigue, and are usually treated with a dose of antibiotics. However, chronic Lyme disease has a more extensive list of symptoms and a much longer treatment process.

Australian doctors are divided on the existence of Lyme disease in Australia. Many believe that any Australian who has contracted Lyme disease has contracted it overseas, where ticks have been confirmed to carry the *Borrelia* bacteria. There are also many doctors who do believe that the *Borrelia* bacteria is present in Australia, and have diagnosed patients with Lyme disease that have never left the country.

Globally, the controversy around Lyme disease is caused by the difficulty in diagnosing it. Current testing for Lyme disease is unreliable due to the bacteria's tendency to live in human tissue rather than blood. In 2005, 55 per cent of Lyme disease patients in the USA would have been missed if doctors relied solely on blood tests.

Doctors who believe that Lyme disease is prevalent in Australia have declared that the statistics could be similar here due to less advanced testing than the USA.

In November 2015, the Australian senate launched an inquiry into the growing evidence of an emerging tick-borne disease that causes a Lyme disease-like illness for many Australian patients. The inquiry has received more than 1200 submissions from doctors, researchers and sufferers of Lyme disease.

The Lyme Disease Association of Australia holds its primary awareness event in May each year, encouraging the spread of knowledge about a disease that is not officially recognised in Australia.

[lymedisease.org.au](http://lymedisease.org.au)

# NATURE CARE COLLEGE

**NATURE CARE COLLEGE** is passionate about health and wellbeing on all levels – from self-empowerment through education, to holistic exercise options and everything in between, including:

- Health and nutrition focussed workshops and short courses
- Work-ready health career programs
- Reduced rate natural therapies treatments at our Wellness Centre
- Delicious, healthy food at our Health Bar
- Yoga, Pilates and Meditation classes

Our Discovery Day, Saturday 21 January, provides the perfect opportunity for you to explore what Nature Care College has on offer, experience our unique community and discover why Nature Care College has been the leading provider in the field of natural wellbeing and education since 1973.

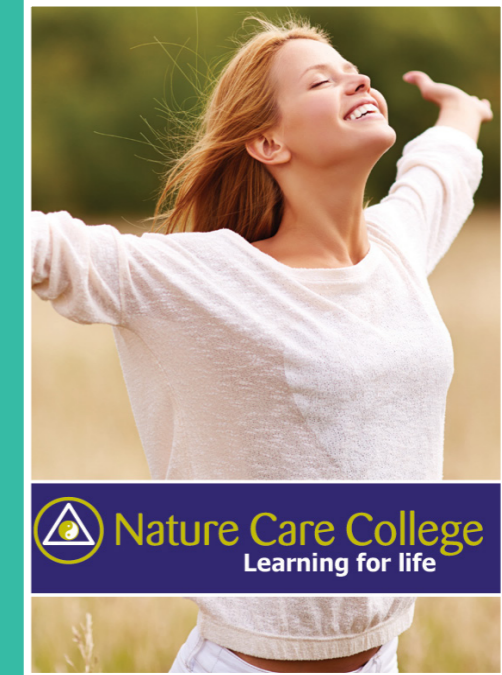
Join us for one of our free Discovery Day Kitchen Workshops.

Our state of the art learning centre and wellness hub is located at:  
178 Pacific Highway  
St Leonards NSW, 2065

(02) 8423 8333

[info@naturecare.com.au](mailto:info@naturecare.com.au)

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



1958 - 2016  
**58**  
YEARS  
**PRICE'S**  
pharmacy  
WEST PYMBLE

Price's Pharmacy is proud to offer a number of special services including:

- FREE BABY CLINIC with Sister Vicki Wednesdays-10am to 1pm
- Preparation of Webster-Packs for daily medication regime
- Sub-agent for Diabetes Australia
- FREE local-area home delivery by "Delivery Boy" with over 50 years experience
- Justice of the Peace usually available but please ring first

Our happy, dedicated staff giving caring, family friendly attention to your pharmaceutical needs.

PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073. PH: 9498 5552 - FAX: 9498 7537

**Hatha Yoga Classes**

**Workshops**

**Meditation courses**

**Corporate Classes**

**Private Classes**

**Retreats**

**KU-RING-GAI**  
**YOGA**

[WWW.KURINGGAIYOGA.COM.AU](http://WWW.KURINGGAIYOGA.COM.AU)  
P: 02 9875 5358 / M: 0426 212 622  
PYMBLE UNITING CHURCH  
CNR PACIFIC HWY & LIVINGSTONE AVE  
PYMBLE 2073 NSW AUSTRALIA

**Nature Care College**  
Learning for life ~ No.1 since 1973

**DISCOVERY DAY**  
Saturday  
21st January  
1pm - 4pm

**HEALTH & WELLBEING FOR EVERYONE OFFERING...**

COURSES  
WORKSHOPS  
WELLNESS CENTRE  
STUDIO CLASSES  
HEALTH BAR

Ph 02 8423 8333 | [info@naturecare.com.au](mailto:info@naturecare.com.au) | [www.naturecare.com.au](http://www.naturecare.com.au)



# December & January Hotspots

Danielle Armour

## SEAFOOD MARATHON

Retailers are always buzzing around Christmas, and none more so than the Sydney Fish Market in Pyrmont. Celebrating 20 years in 2015, Sydney Fish Market will again host its annual 36 hour seafood marathon from 5am Friday 23 December to 5pm Saturday 24 December. All vendors in the market will be trading for 36 hours straight, with shoppers expected to buy over 660 tonnes of seafood. Market vendors are also selling deli items, including Christmas turkey and ham, olives and cheeses. This event is the last chance to stock up on Christmas favourites before the markets close for the holiday.



## SO FRENCHY SO CHIC

The best way to indulge in French culture is to experience authentic cuisine and sample local wines. So Frenchy So Chic in the Park showcases the best in French music, food and drink in the middle of Sydney. Held at Bicentennial Park in Glebe on 21 January, all your French favourites will be available, including fresh oysters, crepes, macarons and, of course, champagne. The best way to sample as much food as possible is to pre-order a food hamper. Tickets for the event are \$83.

## CHRISTMAS DAY LUNCH CRUISES

Sick of spending all day in the kitchen at Christmas? A Christmas Lunch cruise may be the solution! Not only will someone else cook and serve the feast for you, but a harbour cruise means you can take in the beauty of Sydney Harbour and its attractions, including the Opera House and Sydney Harbour Bridge. However, it won't come cheap – with most cruise companies charging between \$120 and \$180 for a basic ticket. Similar cruises are available for Christmas Dinner and Boxing Day lunch.



# CLASSIC AUSSIE PAVLOVA

**Preparation Time:** 15-20 minutes

**Cooking Time:** 1hr 15 minutes

**Serves:** 6-8 (depending on serving size)

### Ingredients:

- 1 tbsp cornflour
- 6 egg whites
- 1 1/3 cups caster sugar
- 1 tsp vanilla extract
- 1 tsp lemon juice
- 200ml pure cream
- 2 cups fresh seasonal fruit

### Method:

1. Preheat oven to 150°C. Cover a large baking tray with non-stick baking paper.
2. In a small electric mixer bowl, beat egg whites until soft peaks form.
3. Gradually add sugar, vanilla extract, lemon juice and sifted cornflour and beat for 10 minutes until stiff and glossy.
4. Spoon the meringue mixture onto the baking tray and use a flat-bladed knife to shape the meringue and make furrows. Bake in oven for 10 minutes.

5. Reduce oven temperature to 110°C. Bake for a further 1 hour until the meringue is crisp and dry. Turn the oven off and leave the meringue inside with the door close to cool.
6. Whisk cream in a bowl until firm peaks form. Spread the cream over the top of the pavlova and top with your chosen fresh fruit.
7. Enjoy!









## CHRISTMAS MENU

Award Winning Kaczanowski Ham  
Free Range Turkey  
Cowra Pork  
Duck & Chicken  
Seafood  
Christmas Cakes & Puddings

**TAKING ORDERS ONLINE OR IN-STORE 'TILL 24 DECEMBER**

**Don't forget Award Winning Sausages and Free Range Cowra Lamb for Boxing Day.**

IMAGES SHOWN ARE STOCK PHOTOS NOT THE ACTUAL PRODUCTS

Shop 5, 11 Hughes Place East Lindfield p 9416 3742 | [butchersdelight.com.au](http://butchersdelight.com.au)





Perfect for illuminating your complexion in an easy, practical way! The light cream texture enriched with fine shimmer particles that instantly blend into the skin, provides a fresh, radiant finish. Apply by gently dabbing to the bridge of your nose, cheekbones and cupid's bow.

**Wonderful Cushion Luminizer**

**Sephora Collection**  
\$20, [sephora.com.au](http://sephora.com.au)



With delicious notes of Moroccan tea, Kashmir wood, cardamom and wild fig, this easy-to-use rollerball fragrance is the perfect handbag companion.

**Indigo Rollerball**

**Nest Fragrances**  
\$25, [nestfragrances.com](http://nestfragrances.com)

This ultimate pink duo gives the perfect pop of pink colour and fullness. Providing lipstick, balm, gloss and stain, the products use antioxidants to smooth, treat and condition lips.

**Je Ne Sais Quoi (Perfect Pink Duo)**

**IT Cosmetics**  
\$34, [itcosmetics.com](http://itcosmetics.com)



# HOLIDAY BEAUTY

Sabrina Muysken

Here are *Sydney Observer's* top beauty picks for the holiday season:  
(available from Sephora or The Body Shop)



Make a bold statement with this extreme-wear, waterproof eyeliner. The malleable gel finish allows the eyeliner to glide on smoothly for a flawless, precise application before setting for all-day wear. With a built-in sharpener you can mold the product into a perfect point for an instantly sharp look.

**Highliner Gel Eye Crayon**

**Marc Jacobs Beauty**  
\$36, [marcjacobsbeauty.com](http://marcjacobsbeauty.com)



A gel-based luxurious lip liner that defines and adds shape to your lips. In a series of new nude shades, these liners complement every lip colour – no matter how light, bright or bold.

**Poutliner Longwear Lipliner**

**Marc Jacobs Beauty**  
\$35, [marcjacobsbeauty.com](http://marcjacobsbeauty.com)



End Christmas on a high with this beautiful scented manicure set. Complete with a hydrating hand cream and all the tools you'll need to get perfectly groomed without the cost of visiting a nail salon.

**British Rose Manicure Set**

**The Body Shop**  
\$29.95, [thebodyshop.com.au](http://thebodyshop.com.au)



An overnight formula that goes on weightlessly, delivers unprecedented moisture and locks in vital nutrients while you rest. Wake up hydrated, restored and refreshed from the perfect blend of prickly pear, green ginger and mugwort extracts.

**Hydra Therapy Sleep Mask**

**Erno Laszlo New York**  
\$153, [ernolaszlo.com](http://ernolaszlo.com)



# WELCOME TO THE YEAR OF THE

# MAGNIFICENT FIRE ROOSTER

Kerrie Erwin



**T**HIS YEAR IS a sign of a new dawn and an awakening. 2017 signifies new ways of thinking, letting go of old ideas, creating success with working hard and just generally moving ahead in all areas of your life for improvement. With patience and faith, new beginnings and exciting realities can be achieved.

Rooster years are also a blend of righteousness, justice and great efficiency. This is the year to make plans for the new you!

2017 is subject to the Fire element in its yin form. Yin fire expresses inner warmth and insight as well as the quietness of privacy and family ties. Many people will be changing their thinking, starting new work, moving to a new home, country or place and generally creating new ways to improve their lives on many levels to achieve happier outcomes.

The secret is not to jump too quickly onto things when making decisions, as there are so many possibilities when only the best will do. After the changes from 2016, which was a year of great change in the world, now is the time for reinvention. By letting go of things and situations that no longer serve you, this year can be a lot easier for creating the way you want to live.

## 2017: PERSONAL YEAR (1)

The New Year of 2017, which officially begins January 28, is the beginning of a New Year cycle for you.

2+0+1+7=10  
1+0=1

Number 1 years are ideal for the “new you” in every aspect of your life. Get those vision boards out to create and manifest the life you want to live by following your goals and heart’s desires.

If you are feeling stuck, unhappy in love, or missing out on things all the time, make the effort to plant seeds and make changes to improve all areas of your life because this is the time to start moving.

Stop dwelling on old hurts or emotional wounds, as it just creates clutter and stops the positive Chi energy wanting to come into your life to shake your world into better outcomes in this exciting and flamboyant rooster year.

## AFFIRMATIONS CREATE CHANGE

To get started with the new you, for 2017 find out what is important in your life and promise yourself for the next week that you will never feel guilty for wanting to change the way you live and feel. This should concern yourself and not others. We all have free will and we all need to walk our own true spiritual path. Remember never to let go of your dreams, as they are the driving force for you to create your divine life.

Using affirmations helps eliminate insecurities and establish a healthy habit of self-love. Affirmations allow us to think ourselves healthier and happier. They work especially well when said in front of the mirror because you express them to your eyes — and the eyes are the window to the soul.

Suggestion: “Everyday in every way I am loved, supported and safe.”

Once used every day, these simple affirmations will become part of your mindset.

## KERRIE'S 2017 PREDICATIONS

- There will be a family crisis and great emotional upheaval for the Trump family in the next two years. Donald Trump may have bitten off more than he can chew, having problems with the powers in the establishment and American security.
- A new uprising of ISIS will emerge, with more bombings and upsets by home grown cells in America and Europe.
- There will be more changes in Europe, with other countries wanting to leave the EU.
- Turnbull will lose power due to his inability to make changes for the people that voted for him and there will be a force within his own party to take him down. His fence sitting will upset many, with Tony Abbott coming back.
- Another child for Beyoncé and more troubles in the marriage, as other women come forward with other children outside the marriage.
- Trouble in Nicole Kidman's marriage and possibly a separation, as problems that have been there for a while will get worse.
- Medical marijuana will be legalised in this country within 18 months.
- A death in the royal family.

## Reader Question

**Eleni, July 1963 – What is the importance of lighting candles when in communication with the Higher powers?**

The importance of lighting candles is symbolic to create the mood when invoking spiritual powers. It is also a part of a type of ritual in prayer and is commonly used in celebrations by churches and secret metaphysical societies. Through intention we are inviting the heavenly powers for healing and creating positive outcomes with ancient magic for ceremony.

## 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.



# Chinese New Year

Danielle Armour

**I**N 2011, CHINESE Australians made up 4 per cent of the Australian population – making it no surprise that Sydney is one of the best places in the world to celebrate Chinese New Year! While Australians from all backgrounds are often eager to get involved in Chinese New Year Celebrations, many people know very little about the festival and its significance in Chinese culture.



One of the main confusions about Chinese New Year is that it does not fall on January 1. The traditional Chinese calendar is lunisolar, and is based on the moon phase and the time of the solar year. This differs from the Gregorian calendar, the most common calendar used globally, which is dictated only by the sun. Chinese New Year typically falls at the second new moon after the Chinese winter solstice. In 2017, this means that Chinese New Year is on January 28, with celebrations running for 16 days.

One of the most famous aspects of Chinese New Year is the zodiac sign that is assigned to the year. Each of the 12 years in the Chinese zodiac cycle is represented by an animal, calculated in accordance with the Chinese lunisolar calendar. According to Chinese zodiac, the animal of the year a person is born in affects their personality and their relationship compatibility. People born from January 28 2017 to February 15 2018 are born in the year of the Rooster and are likely to be observant, hardworking, confident and courageous.

There are many traditions and festivities that take place before Chinese New Year and throughout the celebration period. In the days prior to the New Year, people will often clean their house, signifying a welcoming of the new. This is followed by decorating the house, usually with red coloured lanterns and symbols of luck, health and prosperity. New Year's Eve is also an important part of Chinese New Year, with families reuniting to celebrate.

There are numerous events running throughout Sydney to celebrate Chinese New Year. Festivities are generally based around Chinatown and include open air markets and dragon boat races on Darling Harbour. Highlights of the festivities include the Lunar Lanterns trail around Circular Quay, with 12 zodiac animal lanterns varying in size up to ten metres tall, Lunar Lantern Hub at Martin Place and a pop up food festival at Pyrmont Bay Park.

2017 will be the 21st year of Chinese New Year festivities in Sydney, with the event being the city's third largest yearly event.



# DECEMBER

## 23 December – 24 December

### Sydney Fish Market - 36 Hour Seafood Marathon

**Where:** Sydney Fishmarket, Pyrmont

**Cost:** Varies

**When:** 5am December 23 to 5pm December 24

**Contact:** [sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)

## 10 December

### Matsuri Japan Festival

**Where:** Tumbalong Park, Darling Harbour

**Cost:** Free

**When:** 11am-7pm

**Contact:** [matsurisydney.com](http://matsurisydney.com)

## 26 December

### Rolex Sydney Hobart Yacht Race Starts

**Where:** Sydney Harbour

**Cost:** Free to watch

**When:** 1pm

**Contact:** [rolexsydneyhobart.com](http://rolexsydneyhobart.com)

## 10 December

### Egyptian Mummies: Exploring Ancient Lives

**Where:** Powerhouse Museum, Ultimo

**Cost:** Adult \$26, Children (4-16) \$15.30

**When:** 10am to 5pm

**Contact:** [maas.museum](http://maas.museum)

## 25 November – 21 December

### Ben And Jerrys Open Air Cinema

**Where:** Cadigal Green, University of Sydney, Camperdown

**Cost:** Adult \$20, Concession/Children \$16

**When:** Film starts at sunset

**Contact:** [openaircinemas.com.au](http://openaircinemas.com.au)

## 4 December

### Variety Santa Fun Run

**Where:** First Fleet Park, Circular Quay

**Cost:** Adults \$40, Children \$20

**When:** From 8:15

**Contact:** [varietyasantafunrun.com.au](http://varietyasantafunrun.com.au)

## 18 December

### Carols In The Domain

**Where:** The Domain Royal Botanic Gardens

**Cost:** \$69- \$125

**When:** Events from midday, concert commences at 8:30pm

**Contact:** [carolsinthedomain.com](http://carolsinthedomain.com)

## 9 – 11 December

### Finders Keepers Markets

**Where:** Australian Technology Park Exhibition Hall, Eveleigh

**Cost:** \$2

**When:** Friday 6pm-10pm, Saturday 10am-6pm, Sunday 10am-5pm

**Contact:** [thefinderskeepers.com](http://thefinderskeepers.com)

## 31 December

### New Year's Eve Fireworks

**Where:** Sydney Harbour

**Cost:** Free

**When:** 9pm and 12am

**Contact:** [sydneynewyearsve.com](http://sydneynewyearsve.com)

## 7 December

### Russian National Ballet - Swan Lake

**Where:** Enmore Theatre

**Cost:** \$88.10

**When:** 7:30pm

**Contact:** [ticketmaster.com.au](http://ticketmaster.com.au)

## 23 December

### Christmas Twilight Market

**Where:** Carriageworks, 245 Wilson St, Eveleigh

**Cost:** Free entry

**When:** 4pm to 9pm

**Contact:** [carriageworks.com.au](http://carriageworks.com.au)

## 4 December

### Bondi To Bronte Ocean Swim

**Where:** Bondi Beach

**Cost:** \$50

**When:** 10am

**Contact:** [bonditobronte.com.au](http://bonditobronte.com.au)



# JANUARY

## 6 – 22 January

**Briefs: The Second Coming**  
**Where:** Hyde Park North, Elizabeth Street, Sydney  
**Cost:** Priority: \$80 + booking fee, General admission: \$70/\$63 + booking fee  
**When:** Friday 6 January to Sunday 22 January 2017  
**Contact:** sydneyfestival.org.au

## 6 – 29 January

**House Of Mirrors**  
**Where:** Hyde Park North, Elizabeth Street, Sydney  
**Cost:** General admission: \$10  
**When:** Various times  
**Contact:** sydneyfestival.org.au

## 13 January

**Lake Street Drive**  
**Where:** Hyde Park North, Elizabeth Street, Sydney  
**Cost:** General admission: \$40 + booking fee  
**When:** 7.30 pm – 8.45 pm  
**Contact:** sydneyfestival.org.au

## 7 – 11 January

**Measure For Measure**  
**Where:** Roslyn Packer Theatre, 22 Hickson Road, Dawes Point  
**Cost:** Premium: \$110 + booking fee, A Reserve: \$96/86 + booking fee, B Reserve: \$80/72 + booking fee  
**When:** Various times  
**Contact:** sydneyfestival.org.au

## 6 January

**Prize Fighter**  
**Where:** Belvoir Street Theatre, Surry Hills  
**Cost:** \$37-\$72  
**When:** Various times  
**Contact:** belvoir.com.au

## 10 January

**Let's Dance**  
**Where:** Hyde Park North, Elizabeth Street, Sydney  
**Cost:** Free  
**When:** 5pm – 11pm  
**Contact:** sydneyfestival.org.au

## 11 – 29 January

**Which Way Home**  
**Where:** Belvoir Street Theatre, 25 Belvoir Street, Surry Hills  
**Cost:** \$25 - \$48  
**When:** Various times  
**Contact:** belvoir.com.au

## 14 January

**Moses Sumney**  
**Where:** St Stephen's Uniting Church, Macquarie Street, Sydney  
**Cost:** General Admission: \$40 + booking fee  
**When:** 7pm – 8.15pm  
**Contact:** sydneyfestival.org.au

## 18 – 28 January

**The Encounter**  
**Where:** Sydney Opera House, Bennelong Point, Sydney  
**Cost:** Free  
**When:** Various times  
**Contact:** sydneyfestival.org.au

## 24 – 29 January

**Retro Futurisms**  
**Where:** Hyde Park North, Elizabeth Street, Sydney  
**Cost:** Priority: \$56 + booking fee  
 General Admission: \$46/\$41 + booking fee  
**When:** 9.45pm – 11pm  
**Contact:** sydneyfestival.org.au

## 20 – 21 January

**Nick Cave & The Bad Seeds**  
**Where:** ICC Sydney, Darling Drive, Sydney  
**Cost:** Various  
**When:** 7pm – 10pm  
**Contact:** sydneyfestival.org.au

## 6 – 22 January


**Ladies In Black**  
**Where:** Sydney Lyric Theatre, Pirrama Road, Sydney  
**Cost:** \$68-\$125  
**When:** Various times  
**Contact:** sydneyfestival.org.au



**Rug Revival**  
 by A.G.I. Carpet Services  
**PH: 9997 8888**  
**THE RUG CLEANING SPECIALISTS**

- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service
- Quality Second Hand Rugs for Sale

For our other services, visit our website:  
[www.agicarpetservices.com.au](http://www.agicarpetservices.com.au)  
 A.G.I Carpet Services  
 2/45 Bassett Street Mona Vale



**NORTHSIDE WASHER SERVICE**  
 WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

**Graeme Shepherdson**  
 Ph: 9457 9162 / 9481 8505  
 Mob: 0418 679 596

*Kym's*  
**Old Curiosity Shop**

**ART, ANTIQUES, BOOKS, BRIC a BRAC**  
 35 Hill Street ROSEVILLE  
**0404 153 163**  
 We Buy, Sell & Consign  
**Free Appraisals**  
 Open: Tuesday to Saturday  
 10:00 am to 6:00 pm



**ROOFS**  
 ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking...  
 Act Now



Contact us for a free no obligation quote  
**Phone: 9654 6000**  
[www.roofsabove.com.au](http://www.roofsabove.com.au)


Services available include.....

- All Repairs, Restoration and Replacement to Metal & Tiled Roofs
- All Guttering, Downpipes & Leaf Guard

HIA members  
 the best in the business



**Jorian Blanch & Co**  
 With Richard Fischer



- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law

Proudly servicing the local community for over 40 years

Telephone 9144 1102 at Turramurra or  
 9449 4422 at Pymble Office  
 1269 Pacific Hwy, Turramurra. 2074  
 Email: richardfischer@bigpond.com

**SUBLIMINAL THERAPY**

SCWL subliminal CDs by MIDWEST RESEARCH  
 Reprogram your subconscious mind.  
 Natural alternative to most medications  
 Over 180 titles to assist in the treatment of:

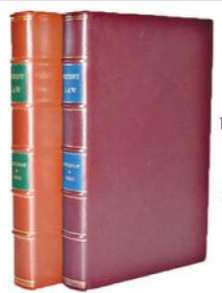
- Habit Eradication
- Ability Enhancement
- Attitude Development
- Relationships and Sex
- Study and Learning Skills
- Relaxation and De-stressing
- Prosperity and Success
- Health and Healing
- Sports Performance

First month specials for NEW CUSTOMERS:

- Buy 3 get 1 more FREE
- Buy 5 get 2 more FREE
- Buy 7 get 3 more FREE
- Buy 9 get 4 more FREE

WWW.SCWL.ORG  
 CALL NOW for a FREE LISTENING of all available titles and FREE DVD with your first order  
 david@scwl.org T. 02 8214 8397 M. 0419 605 365

**BOOK RESTORATIONS**  
 Bookbinding and Repairs  
 Since 1976



We sympathetically repair and restore your cherished volumes. Traditional hand bookbindings in leather, as well as special bindings, are also undertaken. Old family Bibles, dictionaries and childhood favourites are our speciality.

By appointment

34 Clanville Road, Roseville, NSW 2069.  
 Telephone: (02) 9416.9900  
[www.bookrestorations.com.au](http://www.bookrestorations.com.au)

**KURT & DANIEL SEIFERT**  
 JEWELLERS

Local family owned and run

**Alterations • Remodelling • Repair**  
**Engagements • Weddings • Anniversaries**

Together we can design an original piece of jewellery and quote while you wait.  
 If you have your own gold

- Whether to save or sentimental we can reuse.
- We also buy jewellery and gold.

onsite workshop



1A William St, Hornsby • ph: 9476 4711  
 e-mail: kurtsfrt@iprimus.com.au

**THAT GREAT MARKET**

Find out why the locals love TGM.  
 Quality stalls including home/garden wares, fashion, art, jewellery, artisan, fair trade, childrens products, great food, gourmet and free entertainment.

Bringing a funky inner city vibe to the leafy north 3rd Sunday each month

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



FESTIVE MARKETS  
 November 20  
 December 18  
 10am-3pm  
 9 Wellington Road  
 East Lindfield



**St John's Gordon Christmas Night Markets**  
**Where:** St John's Church, Gordon  
**Cost:** Free  
**When:** 2 December  
**Contact:** stjohngordon.org.au

**Carols in the Park**  
**Where:** Bicentennial park, West Pymble  
**Cost:** Free  
**When:** 10 December  
**Contact:** carolsinthepark.org

**Manly's 23rd Ocean Care Day Festival**  
**Where:** Manly Beach  
**Cost:** Free  
**When:** 4 December  
**Contact:** warringah.nsw.gov.au

**Carols by the Lake**  
**Where:** Lakeside Park, North Narrabeen  
**Cost:** Free  
**When:** 17 December  
**Contact:** warringah.nsw.gov.au

**Women in Business Christmas Fair**  
**Where:** Mosman Art Gallery  
**Cost:** Free  
**When:** 6th December  
**Contact:** mosmanartgallery.org.au

**Bilgola Ocean Swim**  
**Where:** Bilgola Beach, Bilgola  
**Cost:** \$30  
**When:** 11 December  
**Contact:** bilgolaslsc.org.au

**December**

**The Beach: Plunge into a white ocean of over one million balls**  
**Where:** The Cutaway, Barangaroo  
**Cost:** Free and ticketed, visit website for details  
**When:** Saturday 7 January to Sunday 29 January 2017  
**Contact:** sydneyfestival.org.au

**Pittwater to Southport Yacht Race**  
**Where:** Royal Prince Alfred Yacht Club, Newport  
**Cost:** Free  
**When:** Monday 2 January to Thursday 5 January 2017  
**Contact:** pittwatertosouthport.com.au

**Newport Pool Surf Club Competition**  
**Where:** Barrenjoey Road, Newport Beach  
**Cost:** Free  
**When:** Sunday 08 January 2017  
**Contact:** newportsurfclub.com.au

**Twilight at Taronga Summer Concert Series**  
**Where:** Bradleys Head Road, Mosman  
**Cost:** Various  
**When:** January 2017  
**Contact:** tickets.twilightattaronga.org.au

**First Aid for Young People**  
**Where:** Gordon Library  
**Cost:** \$90  
**When:** 18 January  
**Contact:** kmc.nsw.gov.au

**Sunset Cinema North Sydney**  
**Where:** Miller Street, North Sydney  
**Cost:** Adult \$22, Concession \$25, Child \$15, Family pass \$55  
**When:** Thursday 19 January to Saturday 18 March 2017  
**Contact:** sunsetcinema.com.au

**January**



# WARM STYLE

*smart design*



"The experts in **underfloor** heating..."

**Electric & Hydronic** floor heating systems  
 Polished concrete / Tile / Carpet / Timber  
 In slab/ In screed / Ultra thin  
**DIY Kits or Supply & Install**



www.comforheat.com.au  
 sales@comforheat.com.au  
 Local Call : 1300 13WARM

 **ComfortHeat**  
 Superior Floor Heating Systems



# ALTO LAND ROVER THE MAIN EVENT



ABOVE & BEYOND



## WITH COMPLIMENTARY REGISTRATION, CTP AND STAMP DUTY\*

Whether it's driving off the beaten track, or exploring the urban jungle, adventure is in the DNA of every Land Rover. The 2016 model Land Rover Discovery Sport, Range Rover Evoque and Range Rover Sport are now available with Complimentary Registration, CTP insurance and Stamp Duty. But it's only available for a limited time.

### ALTO LAND ROVER

393 Pacific Hwy, Artarmon. Tel: 9003 9622 | [altolandrover.com.au](http://altolandrover.com.au)

\*The above offers apply to new and demonstrator 2016 model year vehicles ordered and delivered between 01/12/15 and 31/03/17 while stocks last. Land Rover reserves the right to extend any offer. ©2015 Land Rover Pty. Ltd. 4712199