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EDITOR: Sabrina Muysken
 (editor@kamdha.com)
CONTRIBUTORS: Erin Christie, Aidan Wondracz, Luka Osborne, Rose Gresham, Aashray Narula, Ian Sweeney, Kerrie Erwin, Susan Potthurst, Paul Fletcher, Vera Randall, Megan Krimmer and Emma Young.
DESIGNER: Jenna Chertkow
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FROM THE EDITOR

Hello May readers!

We have a great issue for you this month, jam-packed full of everything you need to know from the latest in local news (8-11), through professional health advice and wellbeing inspiration (26-35) and onto an enticing weekend getaway to the Central Coast's Harvest Festival (39-41).



If you're simply after a laugh or a pick-me-up, head to our profile on *The Project's* Anthony 'Lehmo' Lehmann to read how the first-time father is hilariously handling parenthood and all of the unexpected experiences it brings with it.

On a personal note, the *Sydney Observer* team would like to extend their thanks and gratitude to the local Ku-ring-gai community for your ongoing support and readership. If there is anything you would like to see amongst our pages in the future don't hesitate to send us a note at: news@kamdha.com

Wishing you a joyous final month of Autumn!

Sabrina

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

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East Lindfield	Roseville	Waitara
Gordon	Roseville Chase	Warrawee
Killara	South Turrumurra	West Pymble
Lindfield	St Ives	Willoughby
North Turrumurra	St Ives Chase	



Letters

What I loved about this month's magazine is the whole format. It has a bit of everything – stories, ads, competitions and information. An entertaining read.
- Katy Stanley, Killara.

The interview with Melissa Tkautz was the perfect read for a Sunday afternoon! I also enjoyed reading the article on how sunlight may actually decrease happiness.
- Helen Meares, Lindfield.

'Paint the mood' has clearly had my thoughts going this week. We are thinking of painting our home and it is amazing to find out how colours play a vital role in changing a person's mood. Interesting and informative!
- Priya Mukundan, North Ryde

The article I liked best was the story about 'A Week In Vietnam' for its succinct and thoughtful way it went through the major highlights of the country.
- Phillip Wu, Warhoongha



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Giveaways

LUSH FRESH HANDMADE COSMETICS

Dream Cream Hand and Body Lotion

This number one selling Lush Product is a soothing and cooling cream that is designed to go on even the most sensitive and easily upset skins. Light enough to use all over your body and hands for a skin boost at any time of day. Dream Cream is handmade with fresh ingredients such as oat milk, rose water and cocoa butter.



One Dream Cream Hand and Body Lotion to be won.

Volcano Foot Mask

This hydrating foot mask is the perfect pick-me-up. Simply slather across your sore soles and dry heels, cover with a plastic bay to avoid any mess, and put your feet up for 20 minutes – a great excuse to read a book and relax! Filled with delicious ingredients such as limeflower, papaya and lemon oil, it'll leave your feet feeling soft and refreshed.



One Volcano Foot Mask to be won.

HOW TO ENTER

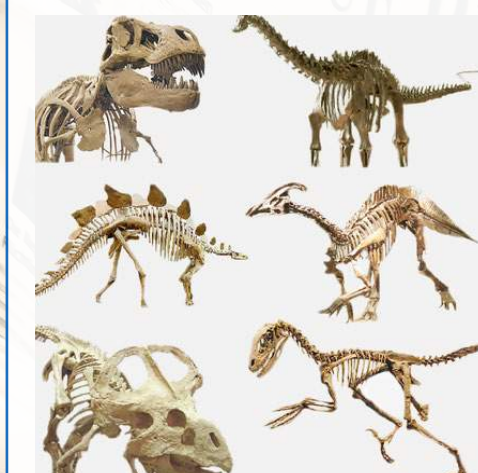
If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published and go in the running for our monthly giveaway.

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



Erin Christie and Aashray Narula

SNIPPETS



Festival on the Green

This year's Ku-ring-gai Council's Festival on the Green is themed DINOFESt as attendees are invited to explore a Jurassic-themed festival and get close and personal with prehistoric creatures. Held annually since 2004, the festival aims to provide local communities and organisations a platform to showcase their talents and offerings. A vast array of multicultural food stalls and markets and community and professional entertainment are sure to keep families entertained. Free activities including face painting, mini-train rides and a futuristic 9D cinema among others will be on offer for children. This event takes place on Sunday 7 May, from 10am to 4pm at St Ives Village Green. This festival is free of cost and to avoid parking hassles, a free shuttle bus will be available from Gordon Station.

Ku-ring-gai Tourism Plan

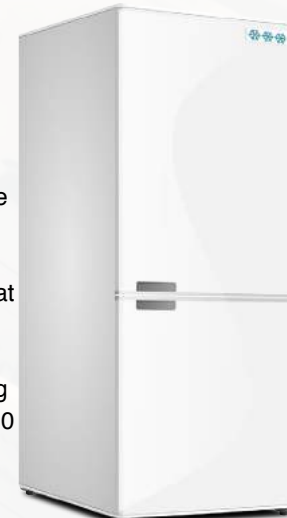


Ku-ring-gai Council has approved the public exhibition of a draft plan to enhance local tourism. Developed over 12 months, the Draft Destination Management Plan 2017-2020 involved local consultation and input from businesses and tourism and event providers. The three

key 'themes' identified in the plan are nature-based tourism, Aboriginal heritage, and major events held at St Ives Showground and Wildflower Garden. Mayor Jennifer Anderson highlighted the benefits of the plan, explaining that Ku-ring-gai only had 331 400 visitors in 2016, only 1 per cent of the total Sydney market. The plan will be displayed publicly on kmc.nsw.gov.au from 15 April – 12 May, and at the Council's customer service centre and the Ku-ring-gai Library.

Cash and prizes for your old fridge

In celebration of the 10th year of Earth Hour, Hornsby Shire Council is offering incentives to recycle your old second fridge. Those who participate will enter a draw to win one of four Bunnings Gift Cards worth \$50. This comes alongside the \$25 rebate you can claim if the removal does not involve more than six steps. Hornsby Shire Council is running the competition with Fridge Buyback, a company that collects fridges for free if they have 200 litres in capacity and removal involves less than 20 steps. Booking for removal must be made prior to 30 June, 2017 by calling 1800 708 401 or visiting fridgebuyback.com.au



Hornsby Shire Mayor Pro Merger

Hornsby Shire Mayor Steve Russell has expressed disappointment toward the recent Court of Appeal decision, as it has led to further uncertainty over the future of Hornsby. The outcome, finally resolved by Ku-ring-gai Council and the State Government, took a year of waiting. Although he considers the loss of the area south of the M2 from the district to be quite serious, he also believes strong leadership will allow the council to prevail. He says, "we objected to losing Epping ... but even without [it] Hornsby Shire Council is in a strong economic position and is still one of the most efficient councils in NSW."



PARLIAMENT OF AUSTRALIA • HOUSE OF REPRESENTATIVES
PAUL FLETCHER MP
Federal Member for Bradfield
Minister for Urban Infrastructure



A key element of my role as the Member for Bradfield is to represent the interests of my constituents in our national Parliament.

When we are debating legislation in the Party Room, or in the Parliament, one question

I always ask myself is what will this mean for the people of Bradfield? Who am I here to represent? That is why it is very important that I know as much as I can about the views and opinions of my constituents. The emails and other messages I receive are very helpful for this purpose.

I regularly get the chance to work on legislation which will positively affect the lives of those who live in Bradfield. One good example is a Bill I recently introduced into the House of Representatives the Enhancing Online Safety for Children Amendment Bill 2017. This Bill will help to protect young Australians online, a priority for many families in Bradfield.

Another important responsibility that comes with being a Member of Parliament is to make decisions that serve the national interest. That is why the Turnbull Government is delivering on our election commitments, such as the first stage of our Enterprise Tax Plan, our \$50 Billion Infrastructure Investment Plan and the 'Jobs for Families' childcare reform package.

If you want to let me know about your views on an issue, please get in touch. You can email me on paul.fletcher.mp@aph.gov.au or call my office on (02) 9465 3950.

The more I hear from you, the better the job I can do speaking up for you in Canberra.

As the Federal Member for Bradfield it is my job to represent you in our national Parliament in Canberra. Should you have issues that you would like to bring to my attention — or if I can help you in dealing with government — please do not hesitate to contact me.

The North Shore's Parisian Steakhouse



Co-owners Vincent Ventura, chef Francois Perego and Johan Giausseran

Located in the heart of Pymble, the North Shore has recently welcomed its very own unique flavour of France. Serving traditional French Fare, Brasserie l'Entrecôte offers a cuisine calibre and pedigree that is hard to match.

The stunning addition to the North Shore's burgeoning restaurant landscape is run by François Pergeo, who previously opened a French restaurant in Hornsby, Vincent Ventura, who hails from Bordeaux, and Parisian Johan Giausseran. The trio share an unwavering passion for French food and all things French, complete with Peugeot posters lining the walls en route to the washroom, and every staff member is the real Gallic deal.

With a delicious range of entrees from crab veloute to twice-baked soufflé also on offer, it is undoubtedly the main course that has seen the restaurant stamp its identity. Brasserie l'Entrecôte takes a nod from the original "Le Relais De l'Entrecôte", the famous one dish steakhouse that opened in 1959 in Porte Maillot, Paris. Their concept is simple – an amazing quality Sirloin Steak, accompanied by their delicious secret sauce, crispy homemade french fries, a simple salad and a glass of wine. Nothing more, nothing less!

"We stick to the original formula," says part-owner Vincent Ventura.

A formula which has so far proven successful as this is the brasserie's most requested dish, with people returning time and again for its simplicity and authenticity.

The remaining main dishes on the menu also follow suit with unpretentious, skilfully executed, classic French fare. For those not favouring the entrecôte, other mains include a range of Plats du Jour (depending on the day you visit) including lamb shoulder, duck supreme, mussels and fish of the day. There are also vegetarian, vegan and gluten-free options available.

To satisfy any sweet tooth, desert temptations include tarte tatin (a small stack of caramelised apple slices perfectly coupled with cinnamon ice cream), tarte au citron, chocolate profiteroles, crème brulee, Tuile de chocolate and more.



The ambience is incredibly friendly with background music that is played loud enough to hear that it is French but not so as to hamper conversation. The décor is an interesting blend of modern with traditional – think comfy brown leather banquettes and ordinary tables and chairs. At the rear there's an area featuring an illuminated cellar, which can be closed off for private functions.

Based on a simple and well executed concept, it is not long before Brasserie l'Entrecôte successfully wins over friends and followers in the Northern dining scene.

Brasserie l'Entrecôte

1047 Pacific Highway, Pymble

+61 280 21 2433

resv@brassierelentrecote.com.au

brassierelentrecote.com.au

VIVID SYDNEY RETURNS

Aidan Wondracz

This year, the buildings will not be the only thing illuminated at VIVID, with talented artists curating wondrous light displays that are guaranteed to light up your face with awe and glee.

Magicians of the Mist is where art meets light meets nature. 12 pumps will spray 28 tonnes of water into the air when an incredible light show will be projected onto the manmade mist. Expect lasers, fountains, jets of flame, music, fireworks, fireballs, LEDs and searchlights.

Crystallise ships American talent to Australia, with the multi-coloured mosaic display influenced from LA street artist Colette Miller. Festival goers can interact with the mural as the lights fade

and the shapes change the closer they get to the work.

"At first glance, the installation appears to be a mosaic, although randomly generated colours and patterns gradually allow viewers to see different forms within its surface," VIVID describes the artwork.

"However, the installation encourages viewers to approach and construct their own interpretations of what they can see, and the final secret of the work is reserved for those who truly explore."

Alongside these great light displays VIVID has released a stellar-line up of music performances. Favourite artists like Fleet Foxes, Nick Murphy, Laura Marling,

Camp Cope, and French electronic duo, AIR, make an appearance. Headlining this string of talent is the heavy eye-lined and electronic giant, Goldfrapp; and the Avalanches has announced they will be throwing a show near the Sydney Opera House, performing their hit song, 'Since I left you' for the first time in 16 years.

And behind every great light display are great ideas events. From serious topical issues such as 'Human & Machine: The Next Great Creative Partnership' to lighter, niche tastes such as 'This is the future of Fashion', VIVID has you covered.

The splendid light festival begins on May 26 and runs until June 17.

Festival on the Green

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ANTHONY 'LEHMO' LEHMANN



Sabrina Muysken

You'll most likely recognise him as one of the regular Friday night panellists on Network Ten's entertainment news program, *The Project*. Occupying "the funny chair", as he calls it, Lehmo contributes to the show's dissection of the weekly Aussie news with a good-humoured wit that audiences across the country have come to love.

"I really love my work on *The Project*. I genuinely enjoy the process and the team I work with. From meetings with the writers about scripts, through chatting with researchers about funny clips, to coordinating with producers, it's just a really great, fun environment to be in," says Lehmo.

"It's a real joy for me to get into the studio each Friday to work with the team and then, of course, it's loads of fun once we are on air as well. Live TV is an exciting platform to work on because there are no second takes or reshoots. Whatever happens is out there for the nation to see."

Before his regular appearances on TV and radio gigs – Lehmo currently co-hosts Melbourne's GOLD104.3's successful *Jo & Lehmo* breakfast radio show, he got his start in the world of entertainment as a comedian. Bringing it back to basics, Lehmo is once again fuelling uncontrollable laughter amongst Sydney-siders with his hilarious new show *The Family Lifeboat*.

Having recently joined the ranks of fatherhood, Lehmo's latest performance centres around those unexpected moments that occur after becoming a first-time dad. The new parental role, he says, has naturally supplied endless comedy material for his upcoming shows since day one.

"It's about a lot of the challenges of having your first child, but from the man's perspective. I guess you could say it's a little bit like a live 'daddy blog'. You think you're ready for parenthood, and then you just get

"You think you're ready for parenthood, and then you just get hit by surprise, after surprise, after surprise."

hit by surprise, after surprise, after surprise," reflects Lehmo.

"The show talks about how you live the first three months of the child's life in constant fear that you are going to get something wrong, and your midwife becomes Google! You end up

googling everything you could possibly imagine from 'When will my baby sleep through the night?' to 'When will my baby stop crying?' and 'How do I get baby poo out of the curtains?'"

As with many comedians, Lehmo regularly draws upon his own personal anecdotes for laughs. Yet, when the topic is as personal as his experiences with his first-born son, it is easy to wonder whether the comic needed to gain his wife's approval before airing his dirty, err, curtains.

"I occasionally run jokes past my wife and she is a harsh critic! She stares at me with a blank face and she'll either say 'That was really funny' or 'That wasn't funny', but her expression stays exactly the same.

"She did come to see the show in Melbourne, and she gets a number of mentions as I bring up a few behavioural curiosities of hers since the baby was born. After the show, a friend asked over dinner 'How do you feel about Lehmo saying all those things about you?' and she said that she couldn't really complain because they're all true, it's just that when you bunch them together it sounds bloody funny," he laughs.

Following its successful airing at the Melbourne International Comedy Festival, Lehmo is bringing his show to Sydney's comedy scene this month. And he facetiously reminds his future audience members to "try

“You’re surrounded by military hardware, soldiers on tanks and people sitting with guns on their laps, and you’re just standing there with a microphone and speaker telling jokes.”

and emotionally spread out all the stories over a nine month period” when they hear the comedian talking about his wife.

Prior to taking centre stage in some of Australia’s biggest comedy festivals, Lehmo earned his comedic stripes whilst performing for our troops abroad. Fondly branded Australia’s number one ‘combat comic’, his comedy ‘tours of duty’ have seen him perform in army bases in East Timor, Iraq, Kuwait, UAE, Afghanistan and “two secret countries” that he is not allowed to mention.

“The gigs are really, really good – I always joke that the gigs are always good when the hecklers are armed with guns! On a serious note, the defence force audiences that you get overseas are amongst the most appreciative and best audiences that you’ll ever work to in your life.

“Some of my best ever experiences performing stand-up have been to a group of 100 or 200 soldiers just standing around in the Afghan desert. It’s crazy. You’re surrounded by military hardware, soldiers on tanks and people sitting with guns on their laps, and you’re just standing there with a microphone and speaker telling jokes. They’re a genuinely grateful and ripping audience – that’s the kind of crowd I love!”

As for the meaning behind his latest show’s title, ‘The Family Lifeboat’, Lehmo’s performance humourously explores his theory that deep, down everyone has a numbered order of which family members, pets included, they would save in the event of a crisis.

“There is a big part of the show where I talk about the order of everyone’s household and this is where the concept of *The Family Lifeboat* comes into it. My wife insists that she loves everyone equally, so if we were stuck in a lifeboat and it was sinking she wouldn’t know who to throw out first – Of course, I’d be the one thrown out first!” Lehmo jokes.

Lehmo – ‘The Family Lifeboat’, Enmore Theatre Sydney, 5-7 May. enmoretheatre.com.au



OVER-SENSITIVITY: A CURSE OR BLESSING?

When a gentle glow feels like a spotlight and everyday sounds hurt your ears; life can get anxious and painful. Emma Young reveals there may be an upside to being highly sensitive.

Sensory processing disorder (SPD) is a contentious diagnosis. Some doctors will argue that it doesn’t really exist, while those who recognise it estimate that sensory issues affect between 5 and 16 per cent of us. For some people, this means they are over-sensitive to lights or sounds, but there are others for who a simple caress feels like sandpaper tearing at their skin. It can make what many of us take for granted as ‘normal’ life practically impossible.

Despite the array of difficulties, however, some adults and some parents of children with SPD report an upside. As well as being more reactive to physical sensations, they’re also more sensitive to other people’s emotions. To researchers, this is intriguing. Could sensory processing help explain the personalities of people we might otherwise just think of as ‘sensitive’?

In the 1960s, Jean Ayres, an occupational therapist and educational psychologist working in California, first identified SPD (or Sensory Integration Disorder, as she called it then) as something distinct. For people who accept SPD as a disorder, what unifies patients is that while their sense organs work normally, their brains do not respond typically to the data those organs send on. Some people with SPD are ‘under-responsive’ (they crave the stimulation of one or more senses), while many are ‘over-responsive’ to one or two senses, or more. Some people are under-responsive in some senses and over-sensitive in others.

Early experiments, whose results were published in 2013, used magnetic resonance imaging (MRI) to look at the brains of kids with SPD and a group of controls without any disorder. The results showed measurable differences in brain structure, primarily in areas towards the back of the brain that connect regions involved in processing visual, aural and touch data. A larger follow-up supporting these findings was published in 2016,

which provided evidence that SPD is indeed a neurological disorder.

Our senses provide information about our world, including other people. We constantly offer each other visual and auditory clues to our emotional states through our facial expressions, our tone of voice and our posture. Our brains pick up this informative instantaneously and subconsciously. Ask a non-psychologist what a ‘sensitive’ person is like, and they might say someone who’s easily hurt by a jibe, who cries at sad (or sometimes happy) moments in movies, who prefers the company of a single friend rather than a party. Psychologists don’t define the word in quite the same way.

“The most important aspect is that sensitive people process information more deeply and thoroughly,” says Psychologist Elaine Aron.

“The things people notice about some of them are the surface behaviours, like being upset by too much noise or crying easily or not liking to be rushed on a decision, but underneath that there is this depth of processing.”

But where do people with SPD fit in? Aron believes that the manifestations of over-sensitivity vary according to the individual. Once a patient is diagnosed, the next step is treatment. This is not to remove the sensitivity, given its potential benefits, but to make living with the disorder less traumatic. At the

moment, occupational therapy is often used to design specific programmes depending on the symptoms.

As scientific understanding of those experiencing over-sensitivity continues, we can observe the many social and health benefits the ‘disorder’ brings when managed correctly. Once considered a fault, could over-sensitivity be a blessing after all? Might people with SPD even be at the extreme end of a spectrum of sensitivity that developed as an evolutionary advantage?

For more on this topic visit

mosaicscience.com

Emma Young is an award-winning science and health journalist and author.



DROPPING OFF THE EDGE?

Erin Christie

Recent studies have shown that a student's postcode may be the ultimate determiner in how they will perform at school. Areas of disadvantage were identified throughout 2015 in all the states and territories of Australia through a program called *Dropping off the Edge*. The program also aims to address this disadvantage by looking at all the factors that could contribute; such as a low socio-economic status or a lack of resources – and make changes accordingly. The study found that the nature of the disadvantage is somewhat entrenched in society, making it very difficult for students to surpass despite any drive they might have to succeed.

Factors that were common across the most disadvantaged parts of Australia were residents who were likely to have experienced time in prison, unemployment over long periods of time, only basic levels of education, domestic violence, disability and mental health issues. Indigeneity was also a factor.

The findings of the *Dropping off the Edge* program highlight areas of disadvantage with a list of reasons for the status. One of the reasons cited for disadvantage in Western Australia is 'no internet access'. These areas are often remote, and lacking in resources because of this. Although many of the issues related to a lack of success at school are socio-economic and difficult to overcome, lack of internet is something that could be targeted more easily by government divisions in order to help make schooling easier on both teachers and students in remote areas of Australia. However, other reasons for disadvantage are more difficult to target.

Melodie Potts Rosevear, CEO for Teach for Australia, says, "the disparity between postcodes reflects how we segregate ourselves in society. Disadvantage concentrates in areas that attract the things that we know correlate to poor performance and outcomes."

Her company, Teach for

Australia, is aiming to change these situations by sending high-calibre new teachers to areas where they are most needed. The teachers in this program are high-achievers from fields other than teaching who are placed in disadvantaged schools to teach while they complete their Masters of Teaching. The competency of these new teachers has led to record-breaking results for disadvantaged students; some have been the first in their family to complete the HSC or its' equivalent. These great results show that there is an effective way to break through entrenched socio-economic statuses and improve education for the most disadvantaged students in Australia.



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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

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



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CHANGING FACES OF EDUCATION



The Roseville College Community is pleased to announce exciting news happening among its staff. Mrs Abi Woldhuis was named the NSW ICT Educator of the Year (2016) by the Australian Council for Computers at the ICT Educators in NSW annual conference

on March 10. ICT is of great interest to Mrs Woldhuis, due to the significant place technology currently holds in our society.

She is extremely proud of her achievement and the recognition of her hard work, saying that "ICT education has great potential to change lives of young people by empowering them to embrace then innovate with technology".

She is passionate about teaching students at the college to create with technology, rather than just control it. Mrs Woldhuis is now also qualified for consideration for the national ICT Educator of the Year award. This award is reflective of her passion, and also reflects strongly on the excellent abilities of the Roseville College faculty.

On March 21, Roseville inducted a new Principal. Ms Deb Magill will be the 10th principal in the school's 109 years; she was inducted and celebrated a few days after the college's birthday. The service was attended by more than 1000 members of the Roseville College Community, including the 800 current students.

An Acknowledgement of Country was given by Naomi Irving, College Vice-Captain for 2017, and the welcome was given by Chair Roseville College Council, Mr. David Minty. The Bishop of North Sydney, Chris Edwards gave an inspired address that encouraged Roseville's current students to don "a 'new school uniform' of compassion, kindness, humility, gentleness and patience". The ceremony also featured prayers of a personal nature to the college and Ms Magill, and performances by the College Massed Choir and College Stage Band.

Of her new position, Ms Magill says, "I am humbled and honoured to accept the responsibility of leadership at Roseville College, and to build upon its enduring and remarkable 109-year legacy."

She believes the college is 'positioned strongly to meet both the current and future needs of its students'; which will undoubtedly develop further under her leadership and authority.



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

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

AT ROSEVILLE COLLEGE THIS MONTH



Roseville College Years 9 – 11 Music Ensembles travelled to Japan for a Music Performance Tour among the infamous cherry blossoms, culminating in an ANZAC Day performance in Yokohama on 25 April.



Roseville College's eldest Old Girl, Mrs Margaret Gray, visited the School to meet Year 9 students and be interviewed for the College Archival records. She was accompanied by another Old Girl, her daughter Miss Margaret Gray.

PERSONALISED TOURS

Tours with our Registrar, tailored to your daughter's specific needs and interests, are held weekdays during term time, by appointment. Please contact:

Roseville College | An Anglican School for Girls
27 Bancroft Avenue, Roseville
Registrar 02 9884 1109
E registrar@roseville.nsw.edu.au

www.rosevillecollege.com

Roseville College is a school within the Anglican Schools Corporation

SAFE SCHOOLS PROGRAM CUT

Luka Osborne

NSW Education Minister Rob Stokes has recently revealed that the NSW government will not renew funding for the Safe Schools program when it runs out in June this year. The program was aimed to educate students on homosexual and transgender issues in order to prevent bullying.

"The Australian Government, who fund and oversee the Safe Schools program, have advised that they will no longer be providing funding for the program by mid-year," said Mr Stokes in a Statement.

The program was formed to make LGBTQI students feel safe and welcome; as well

as to help students understand their issues in order to promote a culture of understanding. The program's viability was highlighted when Brisbane year 7 student Tyrone Unsworth took his own life last year due to homophobic bullying.

The program has been axed in favour of a general anti-bullying program which Stokes said will be made available from July this year.

"The NSW Department of Education is currently developing an updated anti-bullying strategy that will be a new resource available for teachers from the beginning of term three."

This issue has been particularly contentious with both sides of the political spectrum being overtly vocal. Opposition leader Bill Shorten has stated how this issue has been made into a 'political football'.

In April, protesters marched around the country to show their support for the program, while former Prime Minister Tony Abbot, voiced his concern on twitter stating, "Good that NSW is scrapping so called Safe Schools, a social engineering programme dressed up as anti-bullying."

This echoes a common consensus with the conservative right, with others such

as Cori Bernardi voicing similar concerns. However, Labor's Joe Bullock has also called for funding to be cut, citing the program's narrow focus on discrimination.

Rob Stokes has assured parents and pupils that despite the platform change the new program will still aim to primarily combat bullying.

"Bullying will never be tolerated in NSW public schools – whether it be because someone is overweight, gay, based on the colour of their skin or for any other reason," he said.

This has come with unusual timing

as the Government has rejected recommendations by an independent report to make changes to its scripture program. The changes would have enforced religious education providers to track the enrolment of students as well as allow students who declined scripture to get on with their normal classwork during Special Religious Education (SRE) time. Further, the recommendation for the option of ethics classes was rejected, classes that were aimed at teaching ethical and moral reasoning with a secular approach.

Despite this Minister Stokes continues to pledge his support of pupils enrolled in

public schools.

"Students and parents should expect that schools are a place where they feel safe. Schools remain one of the most secure and trusted public institutions in our community."

"Students who are struggling in our schools, for whatever reason, need support and will continue to receive it in NSW public schools."

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'Learning is not the filling of a pail, but the lighting of a fire'

Megan Krimmer, Headmistress, Abbotsleigh

After two weeks of spectacularly beautiful weather and a time of reflection and celebration over Easter, as well as fun and relaxation throughout the holidays, another busy term has started for all of our students. Some will have returned to school with huge smiles on their faces, ready to embark on another exciting term of exploration and learning. Others may not have been quite so thrilled! It would be fabulous though, if all children could experience the 'lighting of a fire' that learning is really all about.

For many students, Term 2 means tests – NAPLAN for Years 3, 5, 7 and 9 in a few weeks' time, half-yearly examinations for some, and a variety of assessment tasks for all. The aim of each of these is to see how 'well the students have learned.'

This does not sound like much 'fun'. However, how students, teachers and parents approach the term can make all the difference in the world. Those who know me, know that I am a passionate advocate of 'growth mindset', a most compelling concept developed by Carol Dweck and her team of researchers from Stanford University. Dweck advocates that children's mindsets, that is, how they perceive their abilities, play a key part in motivation and achievement. Those with fixed mindsets believe that intelligence is innate and therefore fixed and often give up easily when learning becomes difficult. However, Dweck and other brain researchers have demonstrated very clearly that our brains can and do grow and develop. Children with growth mindsets know and understand that intelligence develops and that they can continually learn and improve.

Indeed, children who possess growth mindsets strive to achieve their personal best, take risks, try things they haven't tried before and relish challenges. They also see mistakes as their 'friends' and as learning opportunities that help them grow and develop. As such, learning really is fun

and children with growth mindsets want to learn more and more – the fire is truly lit.

So, how do we foster growth mindsets in our children? The language we use and our approach to our children are the keys. This was highlighted in a story I read recently about a mother and the 'battle' she was having with her 6 year old daughter over swimming lessons. Her daughter 'hated' swimming and cried after every session. Her mother, who loved all sports, especially swimming, was at a loss as to how to keep going. After a particularly 'gruelling' session the mother was discussing her daughter's progress with her swimming teacher. During the discussion, the swimming teacher said that she was so proud of the little girl 'because she never complains, even when the work is hard, [and] even when she's tired, she never quits.'

Well you can imagine the response: the little girl smiled from ear to ear; so did her mother, for, as the mother wrote: 'not only did she [the teacher] mention specific things at which [her daughter] was doing well, but she cemented in her head that the path to success in swimming is not just being "good" at it. It's working hard, not complaining, and never giving up.' (The added bonus – the little girl now can't wait to go to her swimming lessons!).



The writer of the story also encouraged readers not to tell children how 'smart they are', as this can so easily help develop a fixed mindset. If someone thinks they are really smart, it is likely that as soon as they come up against something that is difficult, they will give up. However, language such as: 'I am so pleased you tried hard and persevered', or 'the process you used to solve a particular problem was really good', or 'the process you used isn't working, what might be another strategy you could use?' or 'I am delighted how kind you were to...', and so on, really does help to develop a growth mindset in our children.

Further, the power of the word 'yet', is palpable. Instead of your child saying 'I can't', (a statement always banned in our household); meaning and possibility are transformed when he/she says: 'I can't do it, yet.'

How children and parents approach test results is also very important. I implore all parents to cease and desist from comparing your child to others and to their siblings. Try to make your home a comparison free zone, and, instead, see your child for who she/he is. When discussing reports or test results always ask – 'Did you try your hardest and did you do your

personal best?' If the answer is 'yes' – celebrate that. Celebrate your child's achievements, then work with him/her to look at the things with which they may be experiencing difficulty. Then, together with your child and her/his teacher, help your child set short term goals and develop strategies for improvement.

As Dweck says: 'A growth mindset isn't just about effort. ... Certainly, effort is key for students' achievement, but it's not the only thing. Students need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches—not just sheer effort—to learn and improve. We ... need to remember that effort is a means to an end to the goal of learning and improving.'

Of course, when your child has improved –

celebrate that!

In our 21st Century world our children can 'learn anywhere, anytime and anyplace', and I do hope that your child develops a growth mindset and that their curiosity, interest and passion for learning are ignited both within and beyond the classroom. I encourage every student to be curious, ask lots of questions, think critically and creatively, grapple with difficult concepts, avoid taking things at face value, delve deeply into their subjects, and, most importantly, be willing to take risks and make mistakes.

I hope that every child's learning journey this term is not a mere filling of a pail; instead let it be an exciting lighting of a fire.



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Australia's Education Slips Internationally

Luka Osborne

Australia prides itself on having a high quality education system. However, recent results have revealed our international rankings are slipping considerably.

A recent TIMSS (Trends in International Mathematics and Science Study) publication showed Australia as having fallen from 18th to 27th place in year four maths, 12th to 17th in year eight maths, 12th to 17th in year eight science and further drops in various other subjects such as reading. The Organisation for Economic Development study supported this by suggesting Australia's overall education has dropped substantially since their first study in the year 2000.

In stark comparison, European nations including the Netherlands and Scandinavia's Finland have had a stronghold of their positions on the international ranking system. Further, when analysing the results an emerging trend is evident in which the Asian nations of Singapore, Japan and, most notably, South Korea have ascended the ranks. Perhaps it is time for Australia to broaden

its education system and start looking overseas to adopt some of the interesting sentiments that has seen these nation's education systems succeed.

South Korea, which is currently 100 per cent literate, puts an emphasis on hard work and diligence. Historically, working hard for grades has been seen as a way to climb the social ladder. Students, however, have a very long schooling day with most finishing at 4pm and then continuing study at private tuition institutions. Classes are usually large and competitive, and culturally there is a huge emphasis on achieving good grades, which motivates students.

Finland works against the classic evaluation model as most students do not take exams until well into high school. The system promotes individual and social development where pupils don't begin school until the age of seven and have extended recesses and shorter days. Homework and assessments are minimal with emphasis placed upon state-funded extra curricular activities.

The Finnish believe that learning and self-developments continue outside the classroom.

Although they hold alternate education structures there is one major commonality that is very telling, both Finland and South Korea encourage utmost respect for teachers. Teachers are regarded highly, on par with lawyers and doctors. In Finland teachers must have a state-funded masters degree, with only the top 10 per cent able to become teachers. They are further supported with professional development programs throughout the year. In South Korea, educator's are seen as the pillars of society and framed as role models with most teachers also holding a master's degree.

Despite their differences Finland and South Korea both have education woven into the culture of their society. Teachers are regarded highly and therefore admired by pupils and supported by their governments. It seems to improve overall education we must learn to increase our respect for student's education and their educators.



QUEEN

IT'S A KINDA MAGIC!

AUSTRALIAN TOUR 2017



Luka Osborne

The immersive Queen tribute act 'Queen: It's a Kinda Magic' is ready to rock you! The 16 show national tour starting from May brings to life all the best of the iconic Freddy Mercury and Queen.

Director Johnny Van Grinsven says the shows success is in its attention to detail, the costumes, instruments and even lighting Cues, have been intricately designed to envision real Queen concerts.

Part of the authenticity is owed to the involvement of Peter Freestone, Freddie's assistant, biographer and best friend. The cast and producers closely consulted Freestone to perfect the character and nuances of the original band.

"We're extremely lucky to have Peter involved. He knows Freddie and the boys so well; his knowledge about who they are and how they moved and played and even their sense of humour has really helped take this show to the next level," says Van Grinsven.

The show recreates Queens 1986 World Tour concert and features the band's greatest hits performed live including We Will Rock You, Bohemian Rhapsody, We Are the Champions and Fat-Bottomed Girls, along with some obscure tracks that die-hard's will appreciate.

The starring role of Freddie will be undertaken by the UK's Giles Taylor, with support from Australia's Richie Baker as Brian May on guitar and Kyle Thompson as Roger Taylor on drums, as well as South Africa's Steven Dennet as John Deacon on bass.

"I am honoured to work with such a tight-knit and talented band. We have been touring the world for many years now and are like a little family. Add to this the input of Peter Freestone, which is invaluable because he was the closest person to Freddie for twelve years and this puts us head and shoulders above other Queen tributes that exist today," says Giles.

The multitude of Queen tributes across the globe is testament to the powerful impact Freddie had on fans and music lovers alike. Giles and the team are determined to bring the audience the closest thing possible to an actual Queen concert.

"Freddie was the perfect combination of talent and charisma. Not only was he a fantastically gifted vocalist but he also had the ability to hold the audience in the palm of his hand from the beginning of the show until the end. He truly was legendary.

"There will only ever be one Freddie Mercury, however, with the amount of rehearsal, attention to detail in replicating

each and every character in the band and the combination of a state of the art stage show, authentic costumes and sound we are the closest thing to Queen when it was fringed by Freddie Mercury that can be seen live today."

Giles acknowledges that living up to the great Freddie is no mean feat, however, says the most challenging aspect of the role is surprisingly not his vocals.

"I have a similar vocal range, but replicating his extreme level of fitness on stage. He was always moving, always active with his audience, and that is exhausting when doing a two hour show."

As for Giles' favourite Queen track?

"Fat Bottomed Girls, it was the first song I remember hearing of Queen as a child and it always remains in our set-list regardless of what country we are performing in."

Queen: It's a Kinda Magic is suited not only to die hard fans, but also lovers of classic rock, high standards of musicianship and great theatre.

'Queen: It's a Kinda Magic' comes to the Sydney State Theatre July 29, 2017.

statetheatre.com.au



Is winter the best season to sell?

Sabrina Muysken

When it comes to selling property, many Australians assume spring is the prime season to list in. After all, gardens are in full bloom, the temperature is just right and more buyers are supposedly out on the hunt. However, with so many sellers holding onto the very same marketing strategy it can ultimately work against you as buyers are spoiled for choice with a multitude of competing inspections all beckoning for their time and attention. When considering this strong competition, springtime suddenly appears far less appealing to future sellers. In fact, the spring real estate flurry may result in your home being missed, glossed over or, at worst, under-valued.

Whilst the temperature may not be ideal, the cooler months of late autumn and winter are able to offer far less selling competition from other similar properties. Better yet, there is often just as many

buyers during the wintertime as any other seasons. The reality is that individuals and families entering the property market to buy don't just commence their searches in coordination with the season, they are in the market for their own financial reasons that are irrespective of the weather.

Furthermore, Sydney's moderate climate means sellers will unlikely encounter the true seasonal difficulties associated with winter. With the Ku-ring-gai area regularly clocking temperatures over 20 degrees in the middle of July, it is improbable that home inspections will be negatively affected during this time.

By selling in winter, you are currently guaranteed to have a less competitive market, the

ability to corner more buyers and, most significantly, a stronger chance to gain the best possible price for your home. Remember, spring may be a buyers market, but winter is undoubtedly the sellers market.



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COMPANY TAX RATES GO DOWN



Peter Vickers, Chartered Accountant, Lindfield

Parliament just passed a bill to lower the tax rates on some companies. Like all tax laws, they are never as simple as a headline. The lower tax rates apply to companies that carry on a small business. What is "carrying on a business" can cause a lot of discussion.

Receiving rent, interest or dividends is not usually carrying on a business but could be in certain circumstances. Then, there is the question of what is small. This is defined as having an "aggregated" turnover of less than \$2 million in 2015/16, less than \$10 million in 2016/17, less than \$25 million in 2017/18 and less than \$50 million in 2018/19. Again beware of the word aggregated as here you have to add all the turnover of those "connected to" or "affiliated with" you but you can remove inter entity transactions of "associates". More complex definitions!

The \$2 million limit easily covers most tradesmen and professionals. However, when your turnover goes above this you usually have built more complex structures and have joint ventures with members of the family or partners. You also then have issues with grouping under payroll tax and land tax.

Normally the tax rate for a company is 30 per cent, but the rate for a small business as defined above was 28.5 per cent in 2015/16 and 27.5 per cent in the later years. By comparison, the top individual tax rate for the 2016/17 years is 49 per cent. Ah, an opportunity to save tax!

For those small business that are not incorporated then a special tax offset is available.

However, if you need to spend this income on your living expenses then you

have to get the after tax income out of the company and the income will then probably go back into a higher tax bracket. So using a company will not always save you tax.

If you do not carry on a business there is no need to feel discriminated against as the profits in large companies then get paid to shareholders including industry superannuation funds, which are holding money for most taxpayers' retirement.

As you can see what looked like a simple announcement and what looked like a standard Liberal/Labor debate in parliament is a lot more complex. You certainly need an expert to help, especially if you are on the borderline of the definitions.

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SUPER CHANGES

ARE YOU READY? THE NEW RULES AND LIMITS ARE EFFECTIVE 1ST JULY

Start planning now for 2017/2018

As from 1 July, the new superannuation and pension legislation will be effective and will impact both working and retired Australians. If you're not sure what the changes are and how they could affect you, attend our seminar. **Wednesday 10th May**

When: Either 12.30pm for seminar and Q&A 1-2pm or 5.45pm for seminar and Q&A 6.15-7.15pm
Venue: 345 Pacific Highway, Lindfield
Cost: \$50

A few of the Super changes you should know about include:

- Introduction of a \$1.6 million transfer balance cap
- Removal of tax exemption for transition-to-retirement pensions
- Cut in annual concessional (before-tax) contributions cap to \$25,000 whatever your age
- Cut in annual non-concessional (after-tax) contributions cap to \$100,000 from \$180,000 on 1st July.

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HEALTH CORNER

Rose Gresham

Foods that Fight Inflammation

Recent scientific studies have found that certain foods can help reduce inflammation – good news for anyone who suffers from joint pain or acne. The Journal of the American College of Cardiology recently released a paper summarising the key food groups that have an anti-inflammatory effect. Good oils such as olive, grapeseed and avocado, the omega 3 fatty acid found in fish, nuts, fruits, garlic, herbs, chocolate and green tea all helped reduce inflammation and swelling. According to the Senior Editor at Industry Dive Deborah Barrington, “the market for inflammation-fighting foods (is expected) to grow 7 per cent by 2020”. At the very least, this new research offers an excuse to eat more chocolate!



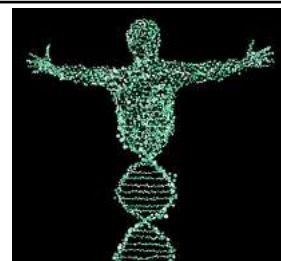
The EVATAR: The Device that Mimics your Reproductive Cycle!

Scientists at Northwestern University, Illinois, have designed a device that can mimic the human female reproductive cycle. The device was assembled from living tissue and will be used to create new treatments for infertility, miscarriage, fibroids, endometriosis and gynaecologic cancers. The researchers hope that they will eventually be able to create one of the devices, called an EVATAR, for every woman who presents these medical concerns in order to establish how her body would respond to certain forms of treatment. Teresa Woodruff, a biomedical engineer in gynaecology at Northwestern, hopes that EVATAR will “allow us to think about all the organs kind of connected in a way that eventually we hope will be future of personalised medicine”. Although the device is still in its early stages of development, this new direction in gynaecology appears promising.



The DNA Diet

For anyone who finds that fad diets don't produce satisfying results for their body type, this diet may be the scientific solution! A regimen focused around Nutrigenomics, the study of how our diet and other environmental factors interact with our health, is on the rise. This will enable individuals to better understand their own health and the genetics they received from their parents. By taking a swab from the inside of your mouth, doctors can establish whether you have a tendency to put on more weight or are susceptible to diseases such as diabetes, whether you will have difficulties conceiving and whether you are more sensitive to environmental pollutants or coffee.



Poor Oral hygiene and Lung Disease

Dr Ian Sweeney

The association between poor oral health and periodontal disease (gum disease) and many systemic conditions including cardiac disease, stroke and respiratory disease has received lots of publicity over the last number of years.

There has been clear evidence relating poor oral hygiene and periodontal disease with cardiac disease and now there is increasing evidence linking poor oral hygiene with lung disease.

Poor oral hygiene has been shown to increase the risk of contracting lung disease such as pneumonia by up to 86 per cent in some cases. There are a number of mechanisms involved, however it is believed; one method may be the bacteria being inhaled or aspirated directly from the mouth into the lungs.

The mouth contains large numbers of many types of bacteria capable of

causing different diseases. Patients with large numbers of periodontal bacteria will, depending on the virulence of the bacteria and their individual immunological response, be more susceptible to periodontal (gum) disease.

Likewise, patients with large numbers of certain bacteria may be more prone to respiratory disease.

Limiting the number of bacteria in the mouth may reduce the risk of the serious lung or cardiac infection.

Contributing factors increasing the risk of Respiratory disease include:

- Advanced age: elderly patients have greater susceptibility to chronic inflammatory disease and microbial infections.

- Plaque on teeth: 1 cubic mm of plaque contains up to 1 million bacteria. Studies have shown oral bacteria are capable of causing pneumonia and

pulmonary abscesses.

- Decayed tooth surfaces act as reservoirs for bacteria which are capable of causing pneumonia if inhaled.

- Dry Mouth: Also associated with an increased risk of pneumonia.

- Alcohol: Alters the protective mechanisms of the respiratory system, increasing the risk of infections.

- Smoking: The worse the gum disease associated with smoking, the greater the risk of Chronic obstructive Lung Disease.

If it has been more than six months since you have seen a dentist, you should contact your dentist to make an appointment for a routine examination.

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

northsidedental.com.au

ACNE VACCINE ON THE WAY

Erin Christie

Acne is a personal battle for all who suffer from it. The long-term skin disease usually begins with the increase in hormones that comes from puberty and has the potential to continue well into young adulthood, bringing with it the unfavourable symptoms of oily skin, severe congestion, and subsequent scarring – not to mention the negative impact it can have on an individual's self-esteem and mental wellbeing.

The worst bit? There is currently no one effective cure. Sufferers are left to choose from an array of harsh, chemical-based topical products (usually containing benzoyl peroxide) that actively work to burn and peel off inflamed lesions and an assortment of prescribed medication (such as Roaccutane) that attempts to rectify the sebaceous gland disorder from the inside out. Both methods bring with

them a long list of significant side effects. However, this is soon to change as an acne-curing vaccine could be on the way to the commercial market within the next couple of years.

Scientists at the University of California in San Diego have been researching a cure that works for everybody. Acne has been found to be caused by P. acnes bacteria, which is something an individual will have the entire duration of their life. As this bacteria is actually also good for your skin in certain ways creating a vaccine against the effects was not the way to solve the problem.

Speaking to Allure, leader of the research project, Eric C. Huange said, “We have found an antibody to a toxin protein that P. acnes bacteria secrete on the skin – the protein is associated with the inflammation that leads to acne.”

The vaccine will therefore work to block the negative aspects of the bacteria

that cause acne outbreaks without eliminating it entirely. This could be a momentous breakthrough for both the medical world and skincare industry, allowing acne sufferers to use products of their choosing without worrying about aggravating their condition. Most powerfully, the vaccine has the potential to drastically improve the self-esteem of individuals battling the condition and resulting anxieties over their appearance.

Still in its developmental stages, the acne cure has so far been tested on skin biopsies with great success. The next step in the process before bringing it to the commercial market will be to test on human patients. While you bide your time during the highly anticipated two year wait, flick to our beauty pages (42-43) to see how you can treat your skin concerns in the meantime.



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Better Hearing at AUDiOHEALTH

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

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

With literally thousands of ears of experience behind them, the Magee family have been involved in hearing care for three generations. With the utmost level of involvement, AUDiOHEALTH offers unparalleled commitment to provide clients with more than just a service.

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

“Our clinicians take a genuine interest in each individual’s specific needs and strive to offer tailor-made solutions. The latest state of the art equipment is used to ensure accurate testing,

precise programming and detailed medical reporting.

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

“At home, we continue to bring you the latest hearing technology with the new SoundLens Synergy, the world’s first and smallest IIC* invisible when worn hearing device, smaller than a jelly bean and hidden completely in the ear canal with a quad core processor that works 5 times

faster than previous micro-chips and we have just launched the world’s smallest rechargeable RIC hearing device, being rechargeable this has done away with the need to change batteries so no more fiddling, just pop into the ear and go and very eco-friendly. Further progress has been made in addressing tinnitus that annoying ringing people get in their ears or head when no external sound is present. Most new hearing devices come equipped with a tinnitus masker which offers relief to those who find this sound interfering with their lives.”

If you feel you may have a hearing loss and would like to trial any of these innovative new devices, make a booking at the Gordon clinic on 94181622. You’ve nothing to lose but your hearing loss and a whole new world of sound to gain!

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PNEUMONIA AWARENESS WEEK: HOW MUCH DO YOU REALLY KNOW

Rose Gresham

The Lung Foundation will be hosting Pneumonia Awareness Week from 7-13 May. The week will involve a collection of community events and informative talks designed to educate Australians on the dangers of pneumonia.

The infection still claims 1.6 million deaths worldwide every year, and is one of the top 15 causes of death in Australia. With such alarming statistics behind a condition that is often ignored or underestimated, the importance of raising awareness seems as imperative as ever.

Who is at Risk?

Pneumonia can affect people of all ages and walks of life. However, two age groups are at a greater risk of contracting pneumonia – children under the age of four, particularly infants, and people who are 65 years or older.

Ruby Archis, a representative of the Lung Foundation Australia, emphasises the importance of pneumonia awareness amongst senior citizens. The key message for Pneumonia Awareness week this month, says Ruby, will be “If you’re 65 years and over, you’re at risk of pneumococcal pneumonia”, a clear reflection of the risk factor for elderly Australians.

Indigenous Australians are often also at a higher risk than the rest of Australian society. Additional factors that can increase one’s likelihood of infection includes exposure to chemicals, pollutants or toxic fumes, smoking cigarettes, being undernourished, having pre-existing breathing difficulties or having had a recent cold or flu. As would be expected, those with a chronic disease are also at a higher risk of contracting pneumonia.

Signs and Symptoms

Signs of infection can differ due to age and general health. Common symptoms include breathing difficulties or rapid breathing, fever, abdominal pain, loss of appetite, headache, chest pain and a cough. A tell-tale sign of chronic infection is Cyanosis — a blue colouration on the skin around the mouth due to a lack of oxygen.



Treatment

In mild to moderate cases the immune system can fight off infection on its own, whilst antibiotics may assist recovery in more serious cases. For young children and the elderly, hospital admission may be necessary in successfully treating the infection. Plenty of fluids should be consumed and pain medication can be taken to relieve fever and discomfort. The key is plenty of rest — sitting up is preferable in order to assist in breathing normally.



Preventative Measures

A vaccination is available for the pneumococcal strand of the infection, although there is currently no preventative measure for different viral or bacterial causes. The vaccination is recommended as part of routine immunisation for children, older Australians and Aboriginal and Torres Strait Islanders. It is available on the National Immunisation Schedule and is free for Australians over the age of 65.



ADMIT TO AGEING, IT'S NOT A WEAKNESS EMBRACE IT WITH JOIE DE VIVRE!

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



It has become almost frowned upon to admit to being scared of ageing these days, as if it is a weakness. As life goes on wrinkles deepen, our hair colour and body shape change and we can't do the physical things we did in the past because of a medical condition – or just being older – ageing is not a weakness.

Consider what the people of France have to say about ageing. In a recent survey one third of the population said “old” begins at 80 – as do an increasing number of Australians. Embracing their attitude could help us admit to ageing with joie de vivre rather than feeling it is a weakness to be hidden away.

My decision as I acknowledge that ageing is a slow beating drum is to live in the moment and plan for the future – to the fullest extent possible, knowing that a disease like dementia could creep up on me in the future. At Just Better Care we support many people with dementia – and their families by providing respite services.

One support worker worked with a sprightly woman with dementia and documented her life story. Sorting through boxes of photographs triggered details of memories precious to her. On Google Earth they visited places identified in the photographs, where she grew up, schools attended, places she went on holidays. At the end of the project our client was bursting with pride and her family filled with astonishment of her achievements. They

too re-lived many forgotten memories now held safe on a DVD.

I'm sure none of us have dementia on our bucket list, however it's out there and should a diagnosis come your way accepting help from trained professionals will make the journey easier.

So, let's admit to ageing life with an attitude of joie de vivre and accept that it's OK to accept a little help along the way as joints stiffen and tiredness takes over. Remember, we're here to help with a wide range of in-home health care services along with spring cleaning and gardening.

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REAL MEN MOVE

Luka Osborne

Real Men Move is an organisation that encourages Australian men over 45 to be responsible for their own health by increasing their physical activity. Working with founding partners, Exercise & Sports Science Australia (ESSA) and the NSW Government Family and Community Services, Real Men Move aims to be a tool to educate and encourage men to take up exercise as an integral part of their schedule. Only 44.6 per cent of Australian men are sufficiently active, with the worst cohort being the over 55s. The Real Men Move helps to combat these statistics by providing resources and exercise options for all fitness levels.

Minister for Ageing in New South Wales John Ajaka joined forces with ESSA CEO Ms Anita Hobson-Powell to launch the initiative to help men get off the couch.

"We are all aware of the importance of maintaining physical activity throughout our lives but statistics tell us that when men reach a certain age they simply stop being as active," said Mr Ajaka.

"We're seeing a trend where physical activity levels tend to drop significantly once males reach 45, so the Real Men Move website will provide practical tips for motivating Australian men in this age group to take responsibility for their health and make some key lifestyle changes," says Hobson-Powell.

On average women live 5 years longer than men and 75 per cent of men aged

over 25 carry excess baggage. The most common reasons for a sedentary life in men are time constraints, uncertainty about exercise levels and low confidence about their bodies and fitness levels.

Lack of physical activity is a major contributor to chronic illnesses, which is not only detrimental to health, but also a burden on Australia's economy and health system. The Australian Institution of Health and Welfare says the leading killer of men is coronary heart disease, a condition easily combated by regular exercise, which helps blood pressure, keeps weight in check, builds the heart muscle and increases blood flow.

"We know that coronary heart disease was the leading cause of death in males aged 25 and over in 2010 and that the most common chronic diseases amongst males aged 25 and over is currently cardiovascular disease," says Hobson Powell said.

There are many other good reasons for older men to keep active. Regular exercise improves immune function, cardio-respiratory and cardiovascular function, bone density and risk of osteoporosis, gastrointestinal function as well as chronic conditions such as Alzheimer's, dementia, diabetes, obesity, heart disease, high cholesterol, arthritis pain and cancer. Exercise also helps to manage stress, releases endorphins and produces a sense of wellbeing.

"The sooner Australian men start to

implement a regular physical activity regime, the more likely they are to stay healthy and extend their life expectancy."

Another reason why aging men should keep the limbs moving is that somewhere in the 30s age bracket muscle mass and function starts to diminish; this is known as sarcopenia. Physically inactive people can lose 3-5 per cent of their muscle mass each decade after 30, usually speeding up around retirement age. The main treatment for sarcopenia is you guessed it...moving. This is specifically resistance or strength training. The old saying 'use it or you lose it' is true.

The website offers an 'ask an expert' section as well as resources for partners and friends to help kick start healthy living. The website also accommodates to groups of men where organisations and workplaces can access tips and resources.

Ms Hobson-Powell recommends Australian men to "visit the Real Men Move website for more information, and also use this resource to get in touch with an accredited exercise physiologist who can create a custom exercise program to suit their needs".

"Sometimes, all it takes is a push in the right direction and some encouragement from their family and friends for people to recognise the importance of getting fit and starting exercising."

realmenmove.org.au

Pet Therapy for Seniors

Erin Christie

Interaction between animals and patients is a growing form of therapy for many ailments. Interaction with pets has been found to help sufferers of varying disabilities and the elderly. Owning a pet or regularly interacting with animals has many great health benefits, which is why it is so important that the programs that bring pets to those in need, whether through visits or permanent ownership, continue to gain traction.

A multitude of studies have proven animal interaction to have great physical health benefits. Seniors who can walk their dogs are proven to be able to walk further, which is great for the maintenance of fitness. Dog ownership and talking to pets is also associated with a lower risk

of heart attacks and lower heart rates. Pet therapy through visits to senior's nursing homes has seen reduced need for medication and better vital signs. Having a pet can also reduce loneliness, which in turn reduces tendencies towards depression and agitated behaviours; overall increasing wellbeing.

Pet therapy is seen as an excellent way to help the elderly, and it can be done in different ways. Taking pets to hospitals or nursing homes for visits is a great way to boost morale and create excitement for patients. Pets must go through some training before they are considered fit for this, but it is a worthy experience and endeavour to put time toward. Alternatively, if an elderly loved one is in

good health but alone, buying them a pet could be a beneficial act. Pounds and shelters are often overflowing with pets looking for new homes; in adopting one for an elderly family member you could also be saving the animal's life. These animals are often older as well, and require less training than a new baby animal, making it easier for your loved one to incorporate the pet into their daily life.

Pet therapy is not only a unique way to help seniors, it is proven to work. If you have a loved one in need of some love and attention that comes with many benefits, increasing their animal interaction is definitely the way to go.

rspcansw.org.au

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GET IT

GIRLS!

Sabrina Muysken discusses all things health and wellness with international models and *Girls Make Your Move* campaign ambassadors, Steph Smith and Laura Renshaw.

What is the inspiration behind the *Girls Make Your Move* campaign?

Steph: The initiative is basically trying to get more young girls up and moving! Being physically active is so important and it's quite common in those last few years of high school or your early twenties to fall into a slump of not being motivated. The campaign is all about showing girls how accessible and how fun working out can be.

Laura: It's all about inspiring and empowering women to workout and breaking down the barriers that lead to physical inactivity in young women. It is a fantastic initiative!

Why are you both passionate about being involved as ambassadors?

Steph: It doesn't just fit in well with what we do and promote but it's what we truly believe in! We love inspiring others to get active so we are all about any campaigns doing the same.

Laura: I think the initiative is just fantastic and I am so happy to be involved. The values of the campaign, empowering and inspiring young women are so well connected with our *Keep it Cleaner* core values and so we are both really excited to be able to support the campaign.

You've recently launched a joint platform, *Keep it Cleaner*, how did the idea come about?

Steph: Well it all stemmed from our Ebook *Keep it Clean* which was our original recipe book. We created it because Laura had a blog at the time that had some epic recipes on it and people were always asking me what I was putting in my meals too, so we just decided to create something together. We had an amazing

response so we decided to expand and created the website *Keep it Cleaner*.

Laura: Yes! After the amazing support for our e book, *Keep it Clean*, we wanted to create a platform where we could post content every day and connect with young women on a more regular basis. Our philosophy is all about how easy being healthy can be and how you should never deprive yourself. It is all about making healthy choices and substitutions in your cooking. Our recipes are super simple and so easy to follow. We always say if Steph and I can make it – anyone can!

What is the overarching mission of *Keep it Cleaner*?

Steph: To create and share tasty and healthy recipes, to inspire people to get active anywhere at any time and to share our own stories, thoughts and ideas when it comes to living a healthy lifestyle.

Laura: Our mission is to inspire young women to be the healthiest and happiest version of themselves. We want to teach girls to love being active and love the feeling of nourishing their body with quality, natural food.

Women, especially young women, are said to be feeling increasing amounts of pressure to fit into certain ideals of what they should look like. Have either of you ever felt that pressure? And, how do you deal with it?

Steph: Definitely! Everyone has at some point in their life. I personally have felt it at times through modelling, particularly modelling overseas. I had pressure from my agency but also pressure from myself to look a certain way to fit into the industry over there. This was a while ago now and I've learnt to love the body I've got, but I still have bad days. The

best way to deal with it is to focus on the things you love about your body, not about the things you hate.

Laura: I developed food anxiety when I was 19 from all the negative accounts I was following on Instagram and I am so happy I was able to overcome that and be able to have a really great balance in my life now. I feel for young girls as they have so much pressure on them because of social media. They spend hours every day scrolling through their Instagram of images of unrealistic body types and this is why Steph and I think it is so important to be a positive influence on them to inspire them to have balance and never deprive or starve themselves.

Social media has been known to fuel the projection of damaging body image ideals. As active social media users, how important do you think it is to project a healthy, positive message to your followers? How do you handle that large responsibility?

Steph: Once my following started growing to quite a large number (the majority of them being young girls) I quickly realised that I had quite an influence over them and decided to use my social following as positively as possible by promoting a healthy lifestyle! Both Laura and myself love to project that we are normal girls who have good days and bad, we're relatable! I really appreciate the responsibility, I want to use it to the best of my ability to do great things.

Laura: It is so important! We have a huge responsibility, as we are so lucky to be an influence for so many young girls. We don't take this lightly and always make sure we are instilling positive messages through our posts. We want girls to see our posts be inspired to be

the best versions of themselves.

Best advice you've ever received and would pass down to other young women?

Steph: Try not to compare your body to someone else's in a negative way. We are all incredibly unique and no BODY is the same, so try and be the best version of yourself.

Laura: The most beautiful woman is a confident woman.

For more on how you can get involved in upcoming free events and activities visit: campaigns.health.gov.au/girlsmove



HIT THE GYM

Erin Christie

Ku-ring-gai Fitness & Aquatic Centre is offering a 30-day free pass to teenage girls until July 2017.

The healthy initiative was encouraged by research that was recently released by the Federal Government. The findings revealed that almost 60 per cent of girls between the ages of 15 and 17 do little to no physical exercise.

The results are hardly surprising given the technological age the research group is living in. Distractions such as televisions, computers, phones, iPads and more can easily discourage teens to exercise by offering alternate, unhealthier forms of entertainment. However, as we all know exercise is of the upmost most important in maintaining quality health.



The initiative comes as part of the nationwide campaign 'Girls Make Your Move'. Inspired largely by the alarming research findings, it will assist teenage girls across Australia in finding fitness activities they enjoy in order to keep them happier and healthier.

Mayor Jennifer Anderson says, "the centre staff are very supportive of people of all ages wanting to get back into exercising, and the Council is delighted to be a part of this campaign."

The offer is extended to girls aged between 12 and 19 years, and can be accessed by ringing the Ku-ring-gai Fitness and Aquatic Centre on (02) 9499 2005 or emailing them at admin.kfac@ymcansw.org.au

MAY HOT SPOTS

Luka Osborne

Pyrmont Wine Food and Arts Festival

Returning for its 6th year the Pyrmont Wine Food and Arts festival celebrates the country charm of the Mudgee region, coupled with the best of Sydney city. A two day free headline event will take place at Pirrama Park on Saturday 13 May and Sunday 14 May, 11am-5pm. This event has something for the whole family with live music, local artists, rides and children entertainment and around 100 stalls. Guests will be able to meet wine makers and participate in tasting sessions on wine and a range of fine foods. Tickets for tastings start from \$20.

pyrmontfestival.com.au



Gabs Beer Cider and Food Festival

Gabs is a must see for lovers of a cold brew. It will feature 600 beers and ciders from Australia, New Zealand and around the world. 180 are specially brewed for the festival and if you get peckish there will be many street-food vendors which each have suggested beer pairings. The festival will also feature the Dan Murphy's Marketplace, The Local Taphouse Craft College, Arston Food & Drink Experience, the Yenda Wheel of Beer Ferris wheel, as well as live entertainment by Little Creatures. Gabs will be held at the dome at Sydney Olympic showground over two sessions on Saturday 27 May; 12pm-5pm and 6.30pm to 11.30pm. Tickets start from \$40.

gabsfestival.com



Taste of Manly

Set along the iconic Corso waterfront, the 'Taste of Manly' festival will return for its 31st year as part of the Aussie Wine Month. Featuring food from popular local restaurants accompanied with Australia's finest wine and Northern Beaches craft beer producers, this seaside spectacle celebrates Manly's unique culinary scene. Enjoy your pick of over 16 pop up restaurants and indulge in over 15 wine and beer stalls, all whilst kicking back to live music. There are also interactive entertainments, including the Sustainability Hub. Held along the Manly Corso, this event is free and runs from the 27-28 May.

manly.nsw.gov.au



Mother's Day Luncheon

Are you looking to spoil your mum this Mother's Day? Look no further than Doltone House's decadent Mother's Day Luncheon. Held in a plush themed room, you will enjoy lunch while overlooking the Sydney harbour and the city skyline. The renowned Doltone house caterers will supply a 3-course meal with red, white and sparkling wine available, as well as beers and soft drinks. The event will include entertainment for children as well as a special gift for mum. Adults are \$85 and Children (3-12) are \$35 each. The luncheon will be held on Sunday 14 May, from 11.30am to 3.30pm.

doltonehouse.com.au



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Atlantis Bar & Dining offers superb food and wine in a high class, restaurant bar setting. Positioned in the heart of Sydney's North Ryde, the restaurant is an easy three minute walk from North Ryde train station and also has a bus stop conveniently placed just out front. If you're arriving by car, there is plenty of parking spaces with three levels of undercover parking available.

Available for group bookings and functions, Atlantis Bar & Dining is the ultimate place to host your next event. Set menu's are available from \$39 for two courses and \$45 for three courses.

Corporate Events and Functions

With outstanding function facilities including three large private rooms available for business conferences the convenient venue can superbly accommodate all corporate needs, from boardroom meetings and business conferences, to seminars, workshops and

large scale private functions

Alfresco dining is also available on the luxurious terrace, set against an Australian bush-land backdrop for up to 80 guests, which their conference rooms lead onto. With an additional cocktail style capacity of up to 200 guests, the skilled Atlantis team are able to tailor facilities and services to fulfil almost any requirement.

Atlantis offers three quality Conference Day Packages; The Atlantis Package (\$69pp), The Premier Package (\$75pp) and The Deluxe Package (\$85pp). All of which include conference room hire, audio visual equipment inclusion (VIA Connect PRO), supplied stationary for delegates and varying menus dependant on package selection.

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Sabrina Muysken

It is time to indulge in some nutrient-packed foods that can help you lose weight, fight illness and increase your energy levels.

Weight Management – Grapefruit

Grapefruit is already known for its immune-boosting and anti-bacterial properties. However, the citrus fruit is also a great aid in weight loss as it is loaded with fibre, low in calories, works to stabilise blood sugars and curbs cravings. Add grapefruit to your diet by mixing with other fruits and blending for a healthy, morning juice to kickstart your day.



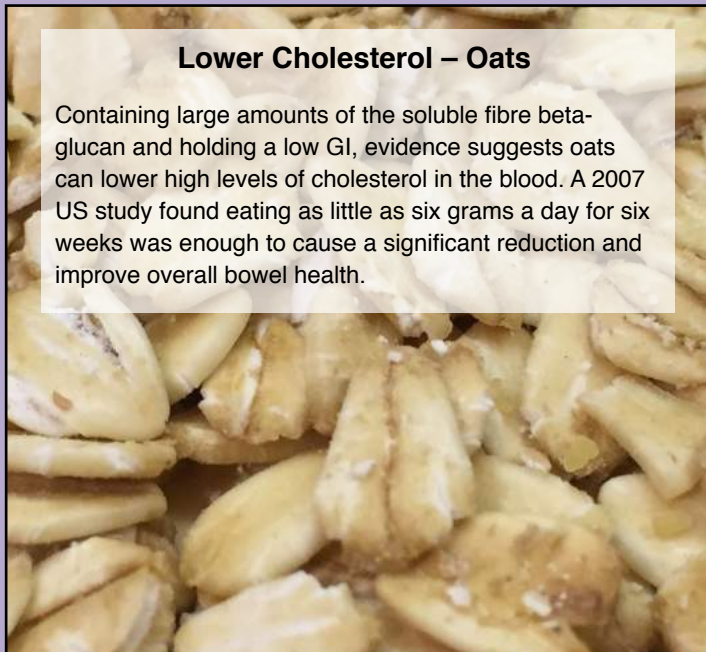
Cold & Flu Protection – Garlic

Garlic has been proven to reduce the risk of becoming sick, how long you stay sick and the severity of cold and flu symptoms. Garlic contains sulfur compounds that stimulate the immune system as well as anti-inflammatory properties. Cooking with garlic oil, adding crushed garlic to your meals or taking a garlic supplement are all easy ways help your body ward off infection.



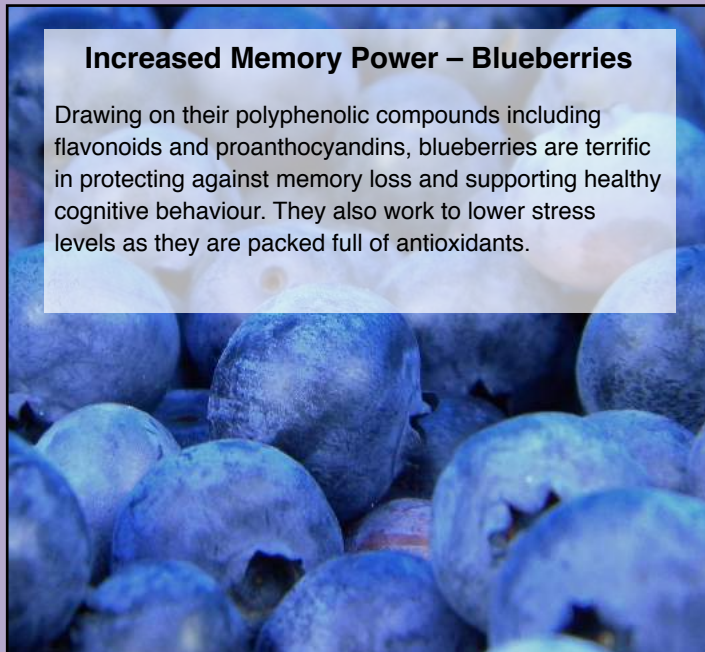
Lower Cholesterol – Oats

Containing large amounts of the soluble fibre beta-glucan and holding a low GI, evidence suggests oats can lower high levels of cholesterol in the blood. A 2007 US study found eating as little as six grams a day for six weeks was enough to cause a significant reduction and improve overall bowel health.



Increased Memory Power – Blueberries

Drawing on their polyphenolic compounds including flavonoids and proanthocyanidins, blueberries are terrific in protecting against memory loss and supporting healthy cognitive behaviour. They also work to lower stress levels as they are packed full of antioxidants.



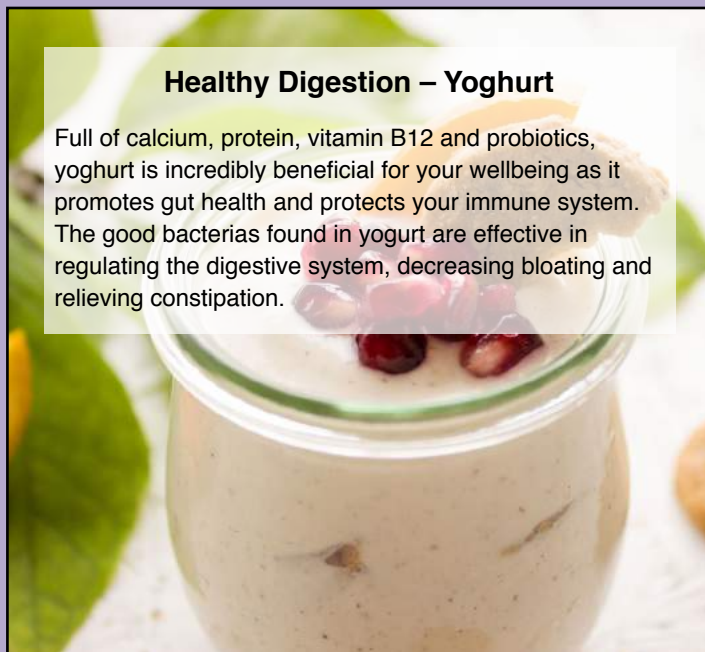
Boosted Immunity – Ginger

With a long history of medicinal use, ginger is a fantastic way of boosting immune function and aiding our bodies in their fight against infections. Adding crushed ginger to any savoury meal or having hot cup of ginger tea is a great way to add this healer into your diet.



Healthy Digestion – Yoghurt

Full of calcium, protein, vitamin B12 and probiotics, yoghurt is incredibly beneficial for your wellbeing as it promotes gut health and protects your immune system. The good bacteria found in yogurt are effective in regulating the digestive system, decreasing bloating and relieving constipation.



HARVEST FESTIVAL CENTRAL COAST



LONG WEEKEND ESCAPE

Aashray Narula

The Central Coast Council is proud to announce the inaugural 'Harvest Festival Central Coast' to be held on the June long weekend.

The festival aims to celebrate the fantastic and unique producers and local produce from across the Central Coast as the event will take run across the Somersby, Peats Ridge, Mangrove Mountain, Kulnura and Yarramalong areas. The region-wide event is a fresh initiative to promote the area's unique agricultural heart and picturesque environment.

"This event is designed to encourage festival-goers to follow a specially designed trail, visiting local farms and event hubs – culminating in a major event on the final day," explains Council's Connected Communities Group Leader, Julie Vaughan.

The festival will consist of various free activities, entertainment as well as outdoor ticketed food. Visitors will also have the opportunity to enjoy the local area and its surroundings, sit and converse with local farmers and enjoy the sights and sounds of the beautiful natural environment surrounding them. The program will encourage attendees to visit multiple event sites with local produce for sale and opportunities for fruit picking, music, arts and a variety of other activities.

The Central Coast region is famous for the quality and volume of its agricultural produce, with overall agricultural production valued at over \$150 million a year according to the New South Wales government, and this number will only increase with growing overseas demand. Developed with the input of local farmers, business and community

groups, this unique experience seeks to boost tourism and increase the economic value of the area.

"The Harvest Festival is one way to activate these areas and showcase the potential they have to build community capacity and drive economic and tourism objectives," says Council Administrator, Ian Reynolds.

"That's why we are encouraging local goods businesses, farmers, markets, social entrepreneurs and innovators to get on board."

Make sure you follow @thisisthecentralcoast on Instagram to receive further updates on the festival and read great stories about the Central Coast region.

WHAT'S ON

Tapas Tastes of the Harvest

What: Local tapas will be enjoyed at The Springs with all ingredients sourced locally, along with bush inspired cocktails like Botanica lemon myrtle martinis and Native Hibiscus Sours.

When: 11am – 5pm, Saturday 10 June & Sunday 11 June

Where: The Springs

Address: 1080 Peat's Ridge Road, Peats Ridge

Website: the-springs.com.au

Mangrove Yoga Farm

What: Pick your own vegetables and enjoy a tour of the Yoga Farm. Mangrove Yoga Farm operates as a community-supported agriculture. It represents a way for communities to farm together, for people to know where their food comes from and how it is grown. Enjoy a yoga class followed by a vegetarian lunch from fresh produce picked locally from the Mangrove Yoga Farm.

Where: Mangrove Yoga Farm

Address: 119 Pembertons Hill Rd, Mangrove Mountain

Contact: Trudy Gray on (02) 4377 4407 or trudy@mangroveyoga.org

Website: mangroveyoga.org

Long Table Lunch

What: Join us for a sumptuous shared-table 3 course meal showcasing local produce with performance by local musician Toby Wells.

When: 12-4pm, Saturday 10 June

Where: Noonaweena

Address: 1442 George Downes Drive, Kulnura

Contact: Jacquie on 0413 361 669 or jacquie@noonaweena.com.au

Website: noonaweena.com.au

Farm Barn Dance

What: Swing you partner round and round at this year's Farm Barn Dance. This fun filled event will feature a live band with a caller, classic country cook up and sideshow alley stalls to keep you and the family entertained.

When: 5-10pm, Saturday 10 June

Where: Glenworth Valley Outdoor Adventure

Address: 69 Cooks Road, Glenworth Valley

Contact: Lauren on 0413 181 270 or Paperdaisieevents@gmail.com

Website: glenworth.com.au

Sublime Degustation Dining

What: Enjoy high culinary art and good company during your 5 course degustation menu with matching wines sourced locally from farmers.

When: 6-11pm, Sunday 11 June

Where: Mangrove Mountain Memorial Club

Address: 18 Hallards Road, Central Mangrove

Contact: Renee on 0428 774 119 or reneer84@gmail.com

Website: mmmclub.com.au

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Located at Peats Ridge just 40 minutes from Wamboona, The Springs is the perfect day trip into the hinterland of The Central Coast of NSW. The fabulous industrial space is surrounded by rural properties that supply Executive Chef, Dan Capper with fresh local produce, for his innovative farm to plate experience. The Springs property also has its own garden with citrus, herbs and other produce that are picked daily.

With The Little Creek cheese makers nearby, The Springs has an endless supply of their beautiful produce. Their garlic feta is a favourite with many. Fresh eggs are never a problem with many organic chicken and egg farms just up the road along with the abundance of the beautifully made local honeys.

The Sitting Duck Restaurant is truly a unique farm to plate experience.

The Duck Inn also offers fabulous "ducktails" inspired by their neighbour's farms and The Springs own backyard. With cocktails like Lemon Myrtle Martinis, Bush Pepper Bloody Marys and Native Hibiscus Gin Sours, you will truly enjoy the tastes of the hinterland.

Join us by the fire in winter or on a sunny day for that very long lunch on the deck overlooking the bushland setting. Sunsets at The Springs are spectacular and indulging in a cocktail, boutique wine or local tap beer on one of the leather chesterfields or cow hide arm chairs is the perfect way to watch the sun go down.

Once you visit us once you will keep coming back. Whether it's for a lazy long lunch, a cosy dinner, a party, or wedding. The Springs makes it all happen with love and passion.

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EXPLORE AUSTRALIA

Luka Osborne

How many Australian's can actually say they have visited every state and territory? Our own backyard is as diverse as it is vast and any aspiring adventurer should consider a local holiday before visiting international hotspots.

Within one country we have the world's largest reef in Queensland to the world's largest rock in the Northern Territory and everything in between. A local plane trip is just like visiting a whole new country, from the Tropical Daintree Rainforest, to the Wetlands of Kakadu and the winter wonderland of the Snowy Mountains.

Low on annual leave? Utilise a long weekend! Travelling locally means cutting the travel time and allows you to forget about the hassles of jet lag, passports, heavy luggage and exchanging money or learning a new language. Being familiar with the customs, language and way of life allows you to simply let go and immerse yourself in the experience.

If a little more time permits, consider travelling by wheels. The potential of a van or caravan road trip, pottering along at 90km/h allows you to stumble upon places you never knew existed. It's also a good way to bump into fellow travellers, local holidayer's or perhaps a gap year couple from Germany! We should celebrate that people from all over the world are



travelling across oceans to experience what we have to offer.

Prudence Warren, regular adventurer and avid Topdeck traveller recounts her Rock 'n' Canyon tour, which explores Australia's Red Centre, Alice Springs, Uluru, Kata Tjuta and Kings Canyon, with great fondness.

"Driving up front on the Topdeck coach with my awesome trip leader next to me through the national park and looking ahead and seeing Uluru was definitely the highlight of my trip," She says.

"This was topped off by watching the sunset over Uluru, showing off all the different colours it threw. I highly recommend this experience — and seeing Australia — to all," says Prue.

"Being able to walk around the base of the rock listening to all kinds of Aboriginal stories was definitely eye opening to say the least.

"It gave me the chance to appreciate and learn the history of this culture, which opened my eyes about the land we share as fellow Aussies and with people from all over the world."

In the hustle and bustle of our everyday lives it is easy to forget about the rich natural beauty of this vast land. Don't take it for granted and consider a holiday at home or a wander in your own backyard.

Caviar We Can All Afford

Susan Potthurst of Elegant Outdoors, Turramurra Garden Centre

If you've not tasted Australian native limes you've not yet lived! When the fruit is sliced open it reveals hundreds of glistening citrus pearls, appropriately known as "lime caviar", which burst in the mouth with a unique explosion of juicy lime flavours. The colour of the "caviar" depends on the variety and can be opaque, pink, orange, red, or green.

These understory rainforest trees grow up to 10m tall in SE Queensland & Northern New South Wales but are more than happy in a sunny spot in the urban back yard or a decent sized tub. The fruit is generally cylindrical in shape, likened to a finger, hence the name "finger lime" and the skin colours range from green, yellow, red, purple & even to black.

Finger limes are rich in Vitamin C, folate & antioxidants & have a myriad

of culinary uses. Chefs the world over rate them as far superior to other limes & use them extensively as a garnish on oysters, sushi, seafood & salads. These delicate & colourful pearls are also fabulous in desserts, yoghurt & ice cream & why not drop some into your pre-dinner glass of Champagne or a cocktail for a bit of extra zing.

Use the whole fruit when making tangy sauces, chutneys, jams & marmalades. The fruits can also be frozen successfully without destroying the flavour or texture on thawing, allowing us access to this versatile citrus all year round. As you can see, you can do so much with these native bush gems and their use is limited only by your own imagination.

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INVESTING IN SKINCARE: IS IT REALLY THAT IMPORTANT?

Sabrina Muysken

The short answer is yes, it is incredibly important. Finding your holy grail of skincare, well, that's a little more complicated...

Healthy, radiant skin has been said by many to be 'the best accessory you can wear'. However, achieving said radiance is not as simple as strolling down to your local chemist and purchasing whichever product is on sale. If you were lucky enough to have been blessed with a perfect complexion that needs little to no maintenance, then well, we're jealous! But if you are like the rest of us mere mortals who are fighting skin concerns that range from dryness and pigmentation to oily t-zones and hormonal breakouts it is time to get skin-educated.

Become BFF's With Your Skin

The golden rules to remember before selecting appropriate skincare is to know your skin type and, most importantly, that this type will likely change as you age. A simple test to determine which skin category you currently fall under is to gently wipe a clean, white cloth or paper over bare skin in the morning. How the swatch looks after a gentle swipe of your skin can help you identify any areas of concern.

It looks clean → Normal Range

If the paper looks clear then you probably fall under the 'normal' range – luck you! This means you have minimal breakouts and your skin doesn't feel particularly dry or oily. Even so, investing in a quality skincare routine is still just as vital in

order to keep your skin staying this way for as long as possible. Keep an eye out for products that will help protect you against environmental damage such as sun exposure – these include antioxidant serums, physical sunscreens and age-preventative creams.

Feels abrasive or sore → Sensitive/Irritable

If you didn't like the feeling of the cloth against your cheek then chances are you have sensitive skin. Sensitive complexions are easy to rile and inflame when using products that contain irritants such as alcohol, fragrance and sodium tallowate. Keep your eyes peeled for products that are marketed as gentle, fragrance-free and cream-based. It's also important not to overdo it as product overload can easily trigger reactions – the more products you use, the greater the chance one won't agree with your skin!

There is oily residue → Oily/Combination

If the swatch is left with a greasy mark after touching your skin it is safe to say you have an oily or combo complexion. The bad news is that you are most prone to breakouts from overproduction of natural oils that block your pores and cause havoc. The good news is that your skin will generally age well with fewer wrinkles. We recommend products containing natural anti-bacterials such as tea tree and eucalyptus (ideal for fighting off infection) and non-comedogenic ingredients that won't block your pores. It's also important to remember not to go overboard with overly drying ingredients. It may seem like a good idea at the time,

but this can actually trigger your skin to produce even more oil resulting in unwanted congestion.

Feels tight → Dry/Dehydrated

If the paper didn't change much but you are left with tightness, peeling or dullness you may be suffering from dehydrated skin, commonly associated with aging. As we age our oil production slows. This is a double edged sword as whilst our tendency to breakout diminishes (yay!) we also start forming fine lines around areas of movement. These lines are much more prevalent if we are not hydrating our skin adequately. Using oil-based products, cleansing with gentle non-foaming agents and regularly exfoliating with AHA's (Alpha Hydroxy Acids or 'Fruit Acids') are all great ways to combat dryness and boost hydration.

Not All Skincare Was Created Equal

In your quest for glowing skin it is vital to recognise that the quality of any skincare brand is not determined by price, label claims and, most especially, not by luxurious packaging. Once you've taken the consumer blinders off it is time to get down to investigating the nitty gritty – the ingredients list. Get familiar with common ingredients such as salicylic acid, benzoyl peroxide and retinal, and research how they will react with your skin type. Remember, the ingredients list is ordered from highest usage downwards. So, if one of the first three ingredients isn't 100 per cent compatible with your skin type put down the product and walk away, no matter how pretty the packaging is!

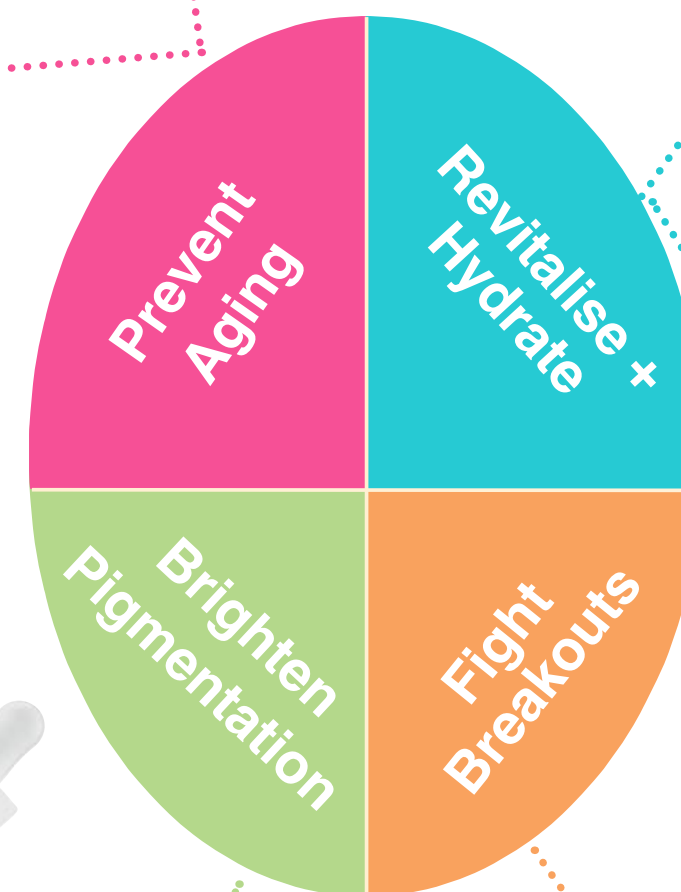


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TAO

1st May

Portrait Equality Exhibition Launch

Where: Mills Gallery, Surry Hills
Cost: Free
When: Monday
Contact: portraitequality.org

2nd – 20th May

The Australian Ballet presents Nutcracker – The Story of Clara

Where: Sydney Opera House
Cost: Tickets from \$43
When: TBA
Contact: australianballet.com.au

4th May

An Evening Author Talk With Tracey Spicer

Where: Balmain Town Hall
Cost: Free
When: Thursday May 4
Contact: (02) 9367 9211

5th May

Opera, Wine & Dine

Where: The Castlereagh Boutique Hotel
Cost: \$150 plus booking fee for opera, 3-course meal and matching wines
When: Friday
Contact: operabites.com.au

6th – 7th May

Sutherland Relay For Life

Where: Don Lucas Reserve, Wanda
Cost: \$15 - \$20 per person
When: 9:10AM Saturday until 10AM on Sunday
Contact: ccau.convio.net

10th – 20th May

Educating Rita

Where: The Depot Theatre, Marrickville
Cost: \$22 - \$32
When: Various times
Contact: thedepottheatre.com

14th May

Julia Morris: Lift and Separate

Where: Sydney Opera House
Cost: \$69.90
When: Sunday
Contact: sydneyoperahouse.com

14th – 19th May

Mercedes Benz Fashion Week Australia

Where: Redfern and Waterloo
Cost: \$50 - \$578
When: Sunday – Friday
Contact: mbfashionweek.com

19th – 27th May

Chicago the Musical

Where: Concord RSL
Cost: \$32 - \$40
When: 19, 20, 26 & 27 May at 2PM
Contact: Booking online

22nd – 28th May

Sydney Writer's Festival

Where: Sydney and Walsh Bay
Cost: Varies across events
When: Monday – Sunday
Contact: swf.org.au

28th May

30th Annual TRAVELPLAN INTERNATIONAL SKI EXPO

Where: Australian National Maritime Museum
Cost: Free
When: Sunday
Contact: skiexpo@travelplan.com.au

26th May – 17th June

Vivid Sydney

Where: Sydney Harbour, Sydney, Chatswood
Cost: Free
When: All nights
Contact: vivid Sydney.com

Community Noticeboard

6th May

Coffee4Kids Charity Ball

Where: North Sydney
Cost: \$140 - \$1,400
When: Saturday
Contact: coffee4kids.org.au

6th-7th May

Hills Home Show and Lifestyle Expo

Where: Hawkesbury
Cost: Free
When: Saturday and Sunday
Contact: hillshomeshow.com.au

7th May

Festival on the Green

Where: St Ives Green
Cost: Free
When: Sunday
Contact: kmc.nsw.gov.au

13th May

Convict Footprints on the Old Great North Road

Where: Hawkesbury
Cost: \$45-\$55, \$150 for a family
When: Saturday
Contact: nationalparks.nsw.gov.au

17th May

Walking tour: Henry Lawson's North Sydney

Where: meet at McMahon's Point Ferry Wharf
Cost: Free, booking essential
When: Monday
Contact: Stanton Library for more information

May 20th – May 21st

The St Ives Show

Where: St Ives
Cost: \$5
When: Saturday and Sunday
Contact: stivesshow.net

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MEET THE ARCHANGELS PART 3



Kerrie Erwin, Psychic and Medium

Archangel Gabriel

The Archangel Gabriel is the bringer of good news and hope. I call this energy my special magic to help me manifest whatever I may need in the physical world.

Years ago, while doing a service as a medium on platforms in spiritual churches around the city, I always doubted myself and wanted to be better than I was so that I could deliver really good messages from the spirit world. After all, one ever knows what is going to happen when you are standing on a platform and working with team spirit for the spirit world. Sometimes, I would feel really scared and wonder if anything would come through. Although I should never have doubted myself, because spirits will always have messages for their loved ones on earth.

After invoking this powerful angelic energy, my chair audience started to improve dramatically and my mediumship began to grow. This was because I was working from my highest good. Soon after I began to trust in the process and believe more in my gifts. I began to enjoy the whole process, felt relaxed, learnt to listen more clearly to my guide, who taught me how to line the spirits up in a way that allowed me to place them to the right loved one. Over time my mediumship grew and my career took me into a larger arena, with even more people, which included working for the media on many levels. Archangel Gabriel and my spirit guides helped me adjust to the new challenge and I was able to help a great deal of people thanks to Gabriel's loving assistance.

How to connect to your angel

This is easy to do and, if practiced with patience and love on a regular basis, will help you connect to your loving angel that is always ready to assist you. Find a quiet place where you will not be disturbed. Sit in a comfortable position and breathe deeply until you feel your whole body relaxing, releasing as you exhale any tension from the day and any negative thoughts, emotions or mindsets you created in your mind.

Now repeat three times the following: "Great Spirit, I am the Christ consciousness within, and a clear and perfect channel of love and light. Let love and light be my guide. I ask the guardians of light and energy to wash away any negative energy, contracts, karma, or curses into the light. I ask this energy to be released from my cells, mind, body and soul now. In its place, I now imagine a white pyramid filled with the golden holy light of protection and love."

Now ask your angel to come into your space. When you have finished your healing, or any questions, thank the angel with love and gratitude and imagine your mind creating a clean space, full of fresh ideas, hopes and inspirations.

Love and Blessings,

Kerrie Erwin

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CHATTING WITH PETER KNOX

Sabrina Muysken chats with Peter Knox, of Knox Family Real Estate, about the current North Shore real estate climate, the Jenman System, and how this approach will likely get the very best price for your home.

What is the Jenman System?

PK: The Jenman System itself is client and customer based. There are three main pillars of the Jenman System; ethics, values and client care. We promise not to put any person or property into the public auction pressure cooker. We promise not to cheapen their property or put it at risk by holding an open for inspection, as we believe that every inspection should be personally escorted by us. Concerning advertising and promotion, we believe that an agent "should put their money where their mouth is" and not the sellers money. For advertising, sign boards, brochures, photography and so on, we cover the lot! We also promise that every single buyer we bring through your property will be in a financial position to purchase that very day if they like it. Finally, we guarantee the price – if we can't get you the price we quoted or more, you don't have to pay us.

Why is it so effective compared to other selling styles?

PK: When it comes to buyers we like to treat them like VIP's. Without a buyer you obviously can't help either party. That's really the primary difference in focus of the Jenman System and all the other systems that are out there at the moment. The Jenman System is focused on helping the buyer find their home and the seller achieve the best price.

What's happening in the current North Shore property market?

PK: The market is strong; there is no question about it particularly so for new units in convenient locations. As people age they want to stay with their support structure and familiar surroundings. Up until relatively recently there hasn't been enough of such properties for them; that is

a good thing about the influx of apartment building on the North Shore.

What advice do you have to home owners getting ready to put their house on the market?

PK: Present your house as best you can, however, don't go overboard. The old rule of 80/20 applies where if you spend 100 per cent on putting a new swimming pool, you will probably only get 80% of it back. Gardens are also important and it is worth investing in your gardens and lawns looking beautiful. Also make your home as decluttered, airy and light as possible to instil a sense of space, comfort, ease and happiness.

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