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FROM THE EDITOR

Welcome to our August Weddings Special! With wedding season just around the corner we thought it was the perfect time to indulge all the special event needs for brides, grooms and even the guests. From venue inspiration to dress code expectations, SO has put together ultimate go-to wedding guide (21-31).



With August 21 marking the start of Hearing Awareness Week we thought it was an apt time to provide you with all the information you need to ensure you're taking care of your own ear health (36-39). Also, amongst our wellbeing pages is an in-depth look at dairy consumption and why recent times have seen a dramatic rise in soy and almond milk alternatives (34).

And, if our gorgeous cover star Delta Goodrem enticed you to pick up the magazine head to our profile to read up on what the talented songstress is up to now (12-15).

We hope you enjoy the issue!

Sabrina



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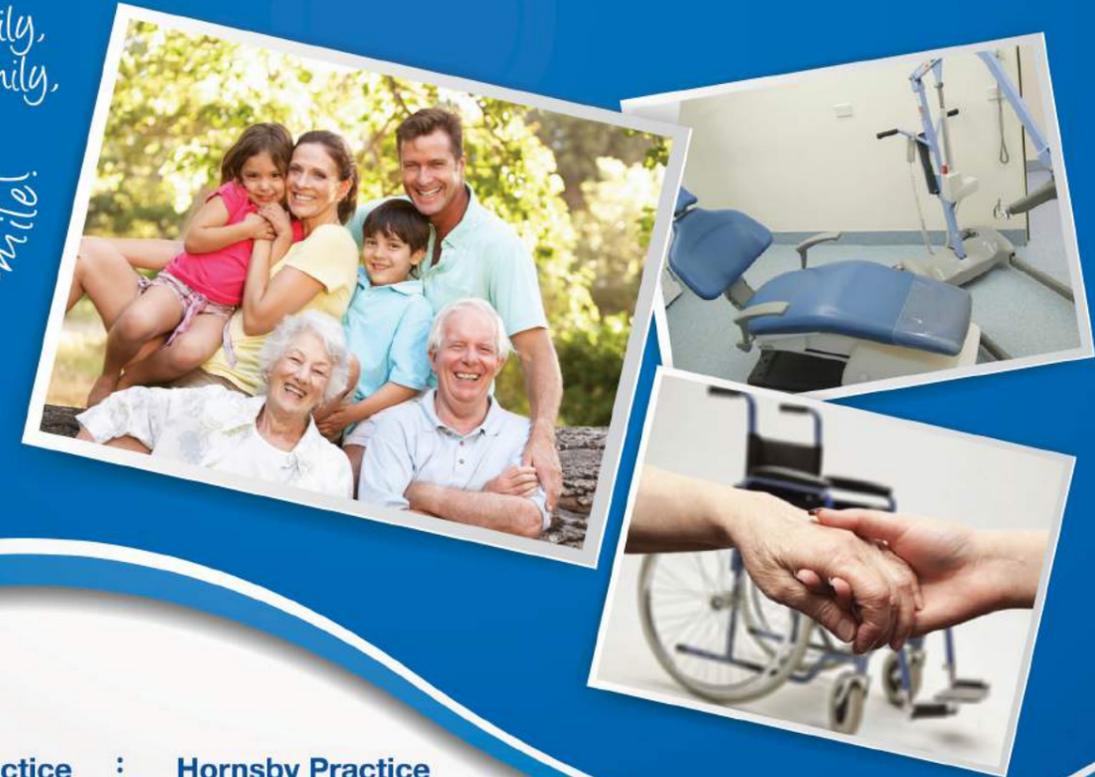
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HOW TO ENTER

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 in the next issue of the magazine.

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



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Snippets

danielle armour and Juliana Kichkin

annual Tutors art Show

KU-RING-GAI COUNCIL is holding the Annual Tutors' Art Show from 28 July to 8 September. The free art exhibition will be held at Ku-ring-gai Art Centre in Roseville and will showcase artworks by tutors teaching at The Centre.

The exhibition will showcase artworks that use a wide range of media taught at The Centre including traditional and contemporary paintings, watercolours, pottery, sculpture and prints.

The exhibition is curated by artist Michael Kempson, Senior Lecturer and Convenor of Printmaking Studies at The University of New South Wales School of Art and Design in Sydney. Gallery hours are Monday to Friday, 11am-4:30pm.



Wildflower Art And Garden Festival

This year's Wildflower Art and Garden Festival is looking for artists and sculptors to compete for a prize pool of \$5000.

Artists are being asked to provide works that use recycled materials to adhere to the theme of 'Environmental Sustainability'.

Artists will also be encouraged to paint 'en plein air' during the festival. The festival will also feature talks by horticultural experts, native plant sales, wildflower displays, music and dance, children's craft workshops, storytelling and an Australian wildlife display.

The festival will be held at Ku-ring-gai Wildflower Garden on Sunday 28 August.



Smoking Ban Takes Effect

Ku-Ring-Gai Council have proposed a smoking ban for all outdoor spaces to begin on November 1, 2016. The ban means smoking will be outlawed at Ku-ring-gai's outdoor spaces such as sports fields, ovals, bush land areas and local playgrounds.

Ku-Ring-Gai Mayor Cheryl Szatow commented on the growing body of scientific evidence showing passive smoke links to respiratory disease and higher rates of asthma in children.

Solar Panels Installed

New solar panels have been recently installed on the roof of Gordon Library and additional panels at Council's depot at Pymble will be up and running in a strategic energy savings plan for Council buildings.

New solar panels added to Council buildings will help Council meet its target of reducing corporate greenhouse gas emissions by 20 per cent by 2020, while delivering ongoing energy cost savings for the council.

Bruce Was More Than Bannockburn!

Calling all fans of Scots History! History professor John McDermott will discuss King Robert the Bruce at the Plantagenet History Society on Saturday 17 September at 2pm in Hornsby Library Meeting Room.

Working as a journalist for thirty years at the ABC, John has been Chair of the Plantagenet Operations for over ten years and will deliver an engaging speech that will entertain history buffs and novices alike. **For more information, contact:**

plantagenets@telstra.com



Book club For Foodies

Foodies are invited to join a new book club. Held monthly with a unique theme, you will be able to choose recipes from the library's large selection of cookbooks, magazines and DVDs to try for yourself at home.

For novices and expert chefs – just bring your love of cooking, sharing and eating! Taking place at St Ives Library, the club commences on Friday 5 August 10-11am and reoccurs on the first Friday of every month.



CREMORNE ORPHEUM'S HITCHCOCK FILM FESTIVAL

danielle armour

CREMORNE'S ORPHEUM CINEMA is well known for hosting successful film festivals, continuing this trend with the Alfred Hitchcock Retro Film Festival.

The festival, which runs until August 10, will showcase 15 of the popular director's best films from the first 20 years of his Hollywood career.

"There are two things that have long staggered me about Alfred Hitchcock. One is that he never received a Best Director Oscar, and the other is the fact that there has not been a public festival of his films ever in Australia," says, Paul Dravet, Orpheum Cinemas' General Manager and Programming Director, who curated the festival.

The list of classics that will be played include Psycho, Rear Window, North by Northwest and Dial M for Murder, encompassing all of the intrigue and thrill that Hitchcock is known for. The line-up of films also includes Hitchcock's personal favourite, Shadow of a Doubt.

The festival also complements the release of the documentary Hitchcock/Truffaut, which explores the series of interviews conducted between the two iconic directors.

"So many of these films haven't been seen on a cinema screen for more than 20 years. I wanted to assemble a selection of his films that covers the obvious classics, which never get tired," says Dravet.

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The Big Red Bike Ride

Emily-Jean McDonagh

CYCLING FROM BONDI Beach to Katoomba through the dense bush of Galston Gorge is no leisurely ride, but for Hornsby resident Wayne Grech it's a challenge he's willing to take. A charity bike ride raising much needed funds and awareness for children with muscular dystrophy, completing The Big Red Bike Ride is a feat in itself.

Donating 100 per cent of money raised to the cause, with \$400 000 already collected, the drive for Wayne to compete again is clear.

"We have nothing to complain about. When you see what these kids have to go through, it puts life into a different perspective," says Wayne.

Muscular Dystrophy is a condition that as it progresses weakens the muscles of the body, leaving them irreversibly damaged.

The condition affects children between three and five years old and the disorder has a rapid onset.

Most children are completely dependent on an electric wheelchair by the time they reach their teens, the life expectancy for sufferers is only their early twenties.

With no treatment and no cure, supporting a comfortable life and research is crucial.

Wayne notes "Our pain (on the ride) will go

away eventually so it's only short term, but for the kids with MD it is a lifelong condition".

This ride is no straight stretch, the riders depart at 6.30am from Bondi Beach and make their way along the Harbour Bridge and up the Pacific Highway towards Hornsby before diving into the lush bush of Galston Gorge.

A much needed stop is made for refreshments at the halfway point of Richmond, the riders enjoying a rest stop with sufferers of MD their ride is helping to assist.

The home stretch is all uphill with Mr Grech describing it as colourfully as "hell and pain" as 270 riders climb their way out towards Katoomba.

Looking to the finish line in Katoomba and seeing the glowing faces of the kids on sidelines inspired Wayne to ride again and help wherever he can.

Wayne implores you to join him "If you're a keen cyclist – and I know there are plenty in the Hornsby Shire – sign up for the ride of your life. You will love it and you will love the kids!"

If two wheels aren't for you, you can volunteer on the day for race preparations, provide refreshments, donate or support the riders along the way!

For more information on the ride or to register go to:

bigredridesydney.gofundraise.com.au



2016 Census

danielle armour

THE AUSTRALIA BUREAU of Statistics (ABS) is calling on Sydney residents to participate in the 2016 Census on Tuesday 9 August.

The Census provides data to inform planning for infrastructure and local services, including schools, health services and transport.

"Census data will support the planning, decision-making and funding at all levels of government that will directly affect everyone here in Sydney. It will provide the information to deliver the services and facilities used in this area every day," says New South Wales Census Director, Liz Bolzan.

With a strong focus on inner Sydney in 2016, the Census will detail changes in Sydney's population, education, employment and housing over the last five years.

In the 2011 Census, 169 505 people were counted, with 52.8 per cent being male, while 47.2 per cent were female.

Of those aged 15 years and over, just under a quarter of people

were in a registered marriage, with 18.8 per cent in a de facto marriage. Additionally, 22.3 per cent of couple families had children, while 61.6 per cent were couple families without children, with 11.2 per cent of families being single parent families.

The most common occupations for Sydneysiders at the time of the Census included Professionals, Managers and Clerical and Administrative workers.

For those who were employed, more than 30 per cent chose to travel to work by public transport on the day of the Census, while close to a quarter of people counted travelled by car, either as a driver or passenger.

"The Census helps define what the community looks like now and into the future," says Ms Bolzan.

Sydney residents will receive a letter from 1 August outlining how to complete the census using your household's Census Login as well as directions on how to request a paper form.

Results from the 2016 census will be released in April next year.



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DELTA GOODREM

Soaring High

Sabrina Muysken

AUSTRALIA'S GOLDEN GIRL is officially a woman. The Delta Goodrem of 2016 appears strong, empowered and entirely comfortable in her own skin. Now hitting her thirties, the musical powerhouse acknowledges over time that she has developed a clear understanding of who she is as a person, what she believes in and, most importantly, to trust her instincts – an animalistic theme explored by her recently released album *Wings Of The Wild*.

“I think it is time to celebrate all the hard work I've done and all the challenges I've gone through... My latest album is all about empowerment and finding your wings amongst all the wildness of all the feelings you have. The artwork and songs have a lot of metaphors to reflect this tribal nature and having to use your instincts to find your way. Something I feel I've had to do a lot of in the past few years.”

When it comes to achieving career success, Delta's instincts rarely lead her astray. Over the past 15 years, the songstress has topped the Australian music charts amassing a staggering 17 top ten singles, 14 ARIA Awards, a Silver Logie Award, three World Music Awards and has made album sales in excess of 23 x platinum. Delta's latest album shooting straight to number one, therefore, comes as little surprise. Coincidentally, within the same week her team member Alfie Arcuri won *The Voice Australia*.

“My latest album is all about empowerment and finding your wings amongst all the wildness of all the feelings you have.”

“I've learnt so much from being a mentor on *The Voice*. It has allowed me to reflect on what I have got right in the past, what I know now and what I have to offer as an artist. For the past five years through the show I've essentially been studying other artists every day on set and you really are able to learn so much from them.”



Delta knew from the age of six that she was destined for a career in the music industry, and while the talented performer enthuses over her television roles, it is performing on stage where her ultimate passion lies.

"It gives me a real energy, it is kind of what motivates me. Us artists are born performers, aren't we?" she reflects.

Even though by now Delta is a seasoned performer, she still draws the same air of excitement from live performance that she did in her earlier years.

"It actually gets better. Each time I perform I go to a different place. I've found that I love performing even more the longer I do it."

Come October, Aussie fans will finally get their chance to see Delta in her natural habitat as she embarks upon her long awaited headline shows as part of the national Wings Of The Wild Tour. This will be the musician's first headline tour since her widely successful Believe Again Tour back in 2009. And, if there is one thing Delta is more passionate about than performing live it is performing in front of an Aussie audience.

"Performing in front of the Australian public is everything to me. I'm a proud Aussie girl and I'm so appreciative of the way Australians have taken me into their home. Every day when I'm in Australia I feel like I'm a part of someone's family. They really treat me that way and it is beautiful. I always say to people 'If you could see just one day I spend in Australia you would be blown away by the love that I feel'. It is very much real, the Aussie public and I

have been in a very long-term relationship!" laughs Delta.

"With touring, I'm just so excited to get out there and perform the songs people know and love, as well as some of the new ones."

Delta's music is notorious for baring her heart and soul, and acting as a window for listeners to peer into her life. Entering the spotlight at such a young age saw her receive an enormous amount of interest from the Australian public and has resulted in her now-tumultuous relationship with the media. Being splashed across tabloid covers is something Delta admits she has never fully grown accustomed to, especially when unsolicited images are paired with outlandishly false statements. Even though stardom is intense, Delta attributes her resilience and enormous personal strength to her battle with cancer when she was only 18 years old. She confesses that this inner strength is her greatest achievement.

"Yes I've achieved a lot professionally that I'm proud of, but I'm especially proud of fighting cancer. I have this strong spirit now and a certain realness when it comes to knowing the important things in life, like my family and my friends. I feel so lucky to be surrounded by such support and love.

"For artists our hearts are outside our bodies, but over time I have learnt how to still keep it there but protect myself at the same time." ○

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EDUCATION REFORM: IS A HUNG PARLIAMENT THE ANSWER?

Juliana Kichkin

A hung parliament might be exactly what the Australian public needs to achieve a multi-pronged approach to education reform that academics have been campaigning for.

VOTERS WERE RESOLUTELY divided as news of a hung parliament unfolded on whether a new election should be called or if the next government should be negotiated with the help of minor parties.

The poll of 2875 voters by The Australia Institute shows 47.0 per cent of all respondents support negotiations with independents and minor parties to form government while 46.3 per cent said to call another election.

In these negotiations, reforms of education were again a top priority. The AI poll, conducted by ReachTEL, showed that 64 per cent said the Senate should vote to keep the Gonski needs-based funding reforms proposed by the former Labor government.

The Gonski report recommended an extra 4.5 billion dollars to be spent on the nation's schools between 2018 and 2020, which the former Labor government promised to fulfil. At present, the Coalition has allocated 1.2 billion dollars for the 2016 education budget.

The focus on education comes as no surprise for Dr Rachel Wilson, a University of Sydney lecturer. Dr Wilson has been campaigning for a multi-pronged approach to reform the education system in Australia. With the results from PISA (Programme for International Student

Assessment) to be released later this year, she warns that the current state of education will be reflected in a drop in rankings between Australia and the rest of the world.

"I expect we'll be ranked in the 20s when that comes out. But the ranks are not so important as how much we decline in terms of real scores," she said.

Recent research suggests a growing disparity in Australian schools, which won't necessarily be addressed by extra funding alone. Equality of education is also an indication of overall high performance, according to OECD studies of international education systems.

"The top performing countries in education have schools, which are pretty much homogeneous from one school to another...they have high standards and they have high levels of equality."

Dr Wilson also believes that segregating students based on educational ability is an alarming trend that helps to contribute to this inequality.

"That message and that labelling at that young age is mindfully destructive. We have so much enthusiasm now for opportunity classes, selective schools, accelerated programs and really a lot of that stands in opposition to the research evidence," she says.

Dr Wilson suggests that the first area of action in addressing the equality of education would be the standard of intake to teaching education programs.

"Since 2011 the proportion of students with very low ATARs, some of them less than 30...who haven't done Maths in high school, going into teacher education has escalated."

In wake of the election, the Coalition has promised new teaching quality reforms that will conduct a national literacy and numeracy test to ensure all new teachers are in the top 30 per cent for literacy and numeracy in Australia.

With Labor proposing more funding and the Coalition set on investing in improvement schemes, this sharp division in policy appears to have given voters a unique glimpse into an educational reform that is multi-dimensional.

As the research suggests, homogeneity of reforms to education standards have been clearly lacking until the recent hung parliament. It still remains to be seen whether a hung parliament will offer a platform for a varied, multidimensional examination of the education system.

"We need a bi-partisan approach."

LOCAL OLYMPIANS INSPIRE STUDENTS

LOCAL OLYMPIANS ARE sharing their experiences and giving advice to Roseville College Junior School students.

Olympic sailing teammates Jason Waterhouse and Lisa Darmanin spoke about how they have worked towards their dreams and shared what they have learned on the road to the Rio Olympic Games, held from 5-21 August.

"Working hard towards your goals is my best advice to the Roseville students, but the most important part is to enjoy the journey and have fun along the way," says Jason.

The pair, who happen to be cousins, will compete together in the Nacra 17 mixed multi-hull event. Students were quick to encourage them to go for gold in the event.

"I am impressed by how much training, perseverance and experience goes into qualifying for the Olympics," says year 5 student and amateur sailor, Matilda Gauci.

The students were particularly inspired by Lisa's achievements and her commitment to learning and excellence. The 24 year old is not only one of the best in her sport, about to compete on the world's most celebrated sporting stage, but has also completed a university degree. She spoke to students about commitment, time management, and the ability for women to achieve greatness in any field.

Not surprisingly, Lisa's advice to the girls was "to always try your hardest, no matter what you do in life."

Jason and Lisa are making their Olympic debut in Rio after finishing second in their event at the 2015 World Championships.



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COLLEGE NEWS

ROSEVILLE FIVE NASA BOUND

During the holidays, five Roseville College students from Years 7 - 9 travelled to NASA in Houston, USA, for the HASSE Junior Space School to experience the thrill of space exploration.



PASSION PROJECTS THAT INSPIRE

Roseville College Year 6 students recently showcased their innovative Passion Projects to inspire others and, for some, to raise money for local charitable causes.

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VALUE OF THE ARTS

Emily-Jean McDonagh

SYDNEY UNIVERSITY'S CONTROVERSIAL decision to merge its arts school, Sydney College of Arts (SCA), with University of New South Wales' College of Fine Arts has officially been scrapped. The decision had sparked outrage amongst students and professors for closing down an avenue of artistic pursuit for young Australians because of claims of 'financial unsustainability'.

Former associate professor at the SCA, Marilyn Fairskye questioned this noting the students fees are not distributed to care for the college but redistributed to the wider university. The former professor added astutely, "How could SCA be anything other than financially unsustainable under terms like these?"

In a recent statement Sydney University's vice-chancellor, Dr Michael Spence, said that despite best efforts the two institutions ultimately had different visions of the joint centre and the university was concerned about the adequacy of facilities to preserve SCA's traditions. Dr Spence went on to confirm the plan to incorporate the SCA into the Faculty of Arts and Social Sciences at the university would continue. The prospective merge begs the question if there is a place for university art study anymore?

Arts at university encompasses music, visual arts, design, literature, theatre and dance. Department of Education data notes a rise in creative arts degrees with almost eight per cent of students undertaking university study in this area, up two per cent from the previous cohort. Further, creative arts degrees have a

high retention rate with 75 per cent of enrolled students completing their degree.

Artists and those working in cultural production make up two per cent of the Australian workforce according to the 2015 census.

Graduate Careers Australia reveals, "Longitudinal studies show the graduates most likely to be in full-time work by the age of 27 are those who have done an arts degree."

With bachelor's degrees the new norm, altering a provider so revered as the SCA will reduce creative opportunities, push wealthy students into international universities and reduce overall artistic contribution to Australian society.

Governmental funding to the university sector focuses on Science, Technology, Engineering and Mathematics (STEM) degrees, additionally offering government rebates and extra funding for students. With talk of university deregulation on the rise a lot of major institutions are moving away from arts degrees and focusing on maximising their funding intake – at the expense of passionate creative students.

"The most devastating impact on the rise of tertiary fees is that those children of the working class who make it to university will be under pressure from both family and society to only undertake utilitarian degrees, and not waste time and money on growing their intellect or pure research," says Joanna Mendelssohn an Associate Professor at COFA.



Educating The Heart And Mind

Ian Stephens, Headmaster of Sydney Grammar School St Ives Preparatory

SYDNEY GRAMMAR SCHOOL St Ives Prep is a unique place which caters especially for lively boys who are intellectually curious, creative and display an enthusiasm for learning. Our aim is to provide a learning environment that is both rich and challenging and encourages independence and deep thinking. We seek to build a culture where learning is held in high regard and doing your best is rewarded.

Even though the facilities at St Ives are outstanding with spacious grounds and large open classrooms, our focus is on building connections between people. Our teachers know their boys well and seek to give them the opportunity to blossom intellectually, socially and emotionally. This community thrives on a culture of mutual respect as we seek to educate the heart and mind. We want our boys to grow up into creative, intuitive and sensitive young men.

St Ives boys lead very busy and productive school lives. They participate in a variety of programmes including Music, Science, Drama, Debating, Visual Arts, Languages, Chess and of course, Sport. The swimming pool, tennis and basketball courts are in constant use as are the two main ovals for Cricket, Rugby and Football.

Schools can make extravagant claims and promises. Grammar was founded with the one aim in mind – the preparation of talented boys for advanced study, ultimately university. If you think your son could benefit from what we have to offer, please get in touch with us. You should join one of our regular tours – the next one is Monday 5 September. We'd love to hear from you!

sydgram.nsw.edu.au/stives



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SYDNEY GRAMMAR SCHOOL

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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



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

HSC Trial Preparation

Juliana Kichkin

AS WE'RE APPROACHING HSC exams for those graduating this year, let's review the top tips recommended by the educational experts.

Make the syllabus your main point of reference.

Textbooks are great, but they do not always present the information in the same way as the syllabus. For the best guide in preparation for exams make detailed notes on every dot point in the content section, to give you a complete and detailed overview.

Some ideas for keeping track of each topic covered in class could be to file these notes in a subject folder over the course of the semester, and to regularly review these before the trial HSC and HSC exams.

Depending on how you best retain information, make recordings of each dot point to listen to on a walk or jog. If you are more visual, construct mind or concept maps so you have a visual view of a topic – the free mindmeister app for iPhones is great for the technologically inclined.

Practice exam, practice exam, practice exam!

Doing past papers in exam conditions will give you the most practical preparation you will need. Knowing content is one thing, but practice in set and timed conditions will give you the best opportunity to translate what you have learnt over the course of the year into one exam.

Check answers and sample answers at the Board of Studies' website: www.boardofstudies.nsw.edu.au

Health

Keep up any form of physical activity. Whether you are into competitive sports or a gentle stroll with earphones on, physical exertion is one of the key ways to handle stress and keep hydrated!

Ask for help

Remember that parents, teachers and friends want you to do your best. If you are feeling overwhelmed talk to someone that you trust and get the support you deserve.

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CHATTING WITH JOHN

Sabrina Muysken chats with local jeweller John Thearle about life as a craftsman and the art of creating bespoke engagement and wedding bands.



How did you come to work as a Jeweller?

"Ever since I was a child I have worked with my hands, as my father was an electrician there was lots of wire to twist into jewellery for my sister. At school I did jewellery for one of my HSC major works then studied further Jewellery Design, completing my Jewellery Trade Qualifications after working in Sydney and London. I've been at Turramurra Jewellers for twenty years now."

Have you always been an artistic person? Do you do any other creative work?

"Yes, I have always been an artistic person and am interested in all types of design. My first love is sculpture and consider my jewellery to be small wearable sculpture. I also enjoy drawing and photography."

What does a typical day at Turramurra Jewellers look like?

"I get in early to set up the window display, opening at 9am and then work on the jewellery bench doing manufacturing and repairs. After a quick bite for lunch at 2pm I concentrate on customer consultations and custom design work using both hand drawing and CAD design. 5pm is pack up time, if I'm lucky!"

What is the process of creating bespoke jewellery, in particular engagement and wedding bands?

"I like to start by clients giving me the seed vision for the piece, the gem colours and shapes. In the case of romantic surprise proposals, the potential groom needs to do his detective work to get things right before the big question. After getting the seed ingredients, I do design sketches, pricing and source the gems appraisal. When this is finalised, the metal sculpting begins and gems are set to create the finished piece. With care and love they become family heirlooms."

The North Shore's best kept secret?

"I love walking and kayaking in the National Parks around Bobbin Head."

Turramurra Jewellers is located at Studio 2, The Walkway 1269 Pacific Highway Turramurra.

(02) 9488 8005

turramurrajewellers.com.au



The Springs

THE SPRINGS IS located on a stunning and unique landscape at Peats Ridge, conveniently located only 40 minutes from Wahroonga and the Upper North Shore of Sydney. Brides can have their ceremony, photographs and reception all in one, making it the perfect venue for a perfect day.

The Springs is able to cater to a bride's every need, from intimate small weddings of 40 people, to a larger celebration of 200 people sit down or 300 cocktail. The décor is simply breathtaking, creating a romantic, rustic and chic touch to any wedding day. The Springs also has its own in house stylist who works closely with the couple to bring their wedding day vision to life. The Springs can take care of everything.

What better place to say 'I do' than a ceremony outside with a view of the spectacular sunset, or indoors on the deck overlooking the rural view. Couples at The Springs are welcome to bring their beloved pets so that they are part of the big day.

Many cherished memories can be captured with an endless variety of photo opportunities. From beautiful bushland outdoor shots, to indoor photos with our breathtaking locker rooms and bathrooms, rustic timber doors and industrial furnishings, your photographer will be delighted and inspired throughout the day.

With menus crafted by an executive chef, couples have the freedom to design their own unique wedding feast. A night of

decadence is guaranteed, with sit down, canape, grazing station and food stall options all available. A boutique wine and beverage list is also on offer, catering to all palates. An already special day can be made even more magical with fireworks, sparkler send offs, or a horse and carriage. The possibilities at The Springs are truly endless.

Why not come and see the venue for yourself at the most unique and exciting bridal expo of the year, 'After Yes Then Comes I Do'. With over 60 suppliers invited personally by The Springs, fashion parades, entertainment, fireworks, showbags, champagne and the chance to win a Romantic Getaway, the day is the perfect chance for the bride to plan her special day. September 11 from 10am – 3pm – be sure to save the date!



THE SPRINGS WEDDING VENUE

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Located 1 hour from Newcastle and 40 minutes from Wahroonga, on a stunning rural landscape at Peats Ridge. The Springs is the perfect venue for your ceremony, photographs, and reception. Intimate rustic weddings, marquee weddings and large formal weddings, combined with menus to suit all budgets tailored by our executive chef, The Springs is the ultimate wedding venue. Let us create magic on your special day.

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THE PERFECT WEDDING VENUE: Things To Consider Before Choosing

NO LONGER CONFINED by ballroom venues, wedding venues have taken over anywhere and everywhere. Rustic barnyard or laidback beach, the options are endless. Here is a crucial list of how to choose your ultimate wedding space.

Decide On Your Style

If you want a lengthy train cascading behind you, a beach wedding is logistically not going to cut it. Have a look at your dress ideas and decide on a setting that emotes a mood significant to you and your partner. Traditional or vintage, Pinterest or The Lane are wonderful places to get inspired!

Pick A Locale

Destination or local? Before you hone in on the setting itself, work with a locale or two that would logistically work for your guests. Traipsing off to Italy is a dream but is there enough accommodation for the whole family? Including the in-laws? Settle on an area accessible to all your guests before you get your heart set on somewhere hard to reach.

Select a date Or Season

You've found the perfect venue, amazing! Wedding dates fill up months in advance and unless you're eager to play the waiting game for an unfortunate cancellation it pays to be prepared. The Hunter Valley is divine but is your dress all weather appropriate? Consider this before letting a venue sway your decision into another season. As long as the two of you are together, it will be all you ever imagined.

visit your venue

Visiting your wedding venue on a leisurely Sunday is a dream with your partner to be, but make sure to take it all in at the same time of day as your wedding. Lighting, temperature, wind all play a major factor in logistically planning a wedding, if you visit and see it in all its glory early on, you can plan for any outcome and sidestep any Bridezilla moments.

Make Sure You Agree

This is the beginning of your life together and although he may not care for invitation selection or table settings he deserves to be a part of the decisions. Beyond cake tasting ensure your partner to be as elated as you are about the venue choice.



Photo Credit: Sue Taylor

MULLA VILLA IS an 1840's historic convict built homestead, approximately 1.5 hours' drive from Sydney, located in Wollombi, Hunter Valley.

Set on 75 picturesque rural acres offering amazing views, our newly renovated "Cow Shed" is the perfect setting for a Barn Style Elegant Country wedding. The homestead restaurant also makes a great reception option. On-site Ceremonies are available, or choose from three local churches.

Mulla Villa has accommodation on-site for up to 15 people, consisting of four rooms in the original homestead and a two-bedroom self-contained cottage. There is also plenty of accommodation in the local area for guests to stay nearby.

Food and drink packages start from \$75 per person (plus venue hire) and all packages can be tailored to suit your requirements. Mulla Villa is open 7 days for breakfast/lunch and dinner Friday and Saturday nights.

To book a no obligation tour of this beautiful venue while enjoying a complimentary coffee, please call **(02) 4998 3338**, email Events Manager Jenny at jenny@mullavilla.com or visit:

mullavilla.com

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WHEN IT COMES to spectacular weddings, Orso Bayside Reception at The Spit in Mosman, is your ideal location. Offering breathtaking water views overlooking Middle Harbour, first class food & beverage options as well as a designated events team, your wedding day will be simply beautiful. Orso's floor to ceiling windows makes it the absolute waterfront location. Boasting a large deck and private jetty, the venue allows you the unique opportunity to arrive or depart your wedding via boat with all your guests overlooking. Orso has a numbers of tailored and flexible packages to suit weddings from 50 to 250 guests. Orso's experienced team will ensure your wedding day is something only dreams are made of.

orso.com.au

DECODE THE DRESS CODE

DECIPHERING A WEDDING dress code can present quite the challenge! It is important to remember that your hosts have often put much thought into how they want their special day to look. While what you are wearing may seem insignificant in the grand scheme of things, the overall dress of guests does contribute to setting the tone of the big day.

WHITE TIE

White Tie is the most formal of all the dress codes. For women this means a formal floor-length evening gown. Men are required to wear a tuxedo, a long black jacket with tails, formal white shirt, white vest, bow tie and black formal shoes. White or grey gloves may also be required.

BLACK TIE

Similarly to White Tie, Black Tie is for formal evening events. Women can wear a floor length gown or a knee length, dressy cocktail dress. For men, a dark coloured dinner suit or tuxedo should be worn with a black bow tie and black formal shoes.

COCKTAIL

Cocktail dress codes signal a semi-formal event. While a pantsuit or top and shirt are appropriate, women are usually expected to wear a dress that is knee length or shorter. However, as the event is still semi-formal, dresses should not be too short. Men are generally expected to wear a suit and tie. A daytime cocktail theme is a chance to add a bit more colour to an outfit.

EVENING COCKTAIL

Evening cocktail is slightly more formal than a daytime cocktail dress code. While a dress for women and suit for men are still required, colours should be a less bright and playful. In particular, men should wear a dark suit with a muted colour shirt and a tie.

SMART CASUAL

The requirements of Smart Casual often depend on the location of the wedding. Dresses that are not overly formal and fit the possible beach or garden setting of a wedding are required for women. Men may be expected to wear a suit jacket with dress pants, however may not need a tie.

CREATIVE TIE

Creative Tie is a variation of Black Tie that allows guests to be less traditional. Both men and women are encouraged to meet the black tie requirements of a tuxedo and evening gown, however can be experimental in their colour, pattern and accessory choices.



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SAVING BIG ON YOUR BIG DAY

YOUR **BIG** day doesn't necessarily need to come with a big price tag. It is possible to have your dream wedding and stick to a reasonable budget at the same time. So ignore the social media hoopla and employ these nifty tips to avoid the hefty post-wedding bills.

THE POP-UP WEDDING

The latest for those veering towards the less conventional. This style will take the element of surprise to a whole new level, rejecting a stiffly, traditional and costly ceremony in favour of the class and authenticity an impromptu reception can offer.

Plan the wedding around a significant event like a birthday, anniversary or holiday to ensure your inner circle will attend. Arrange the surprise as early in the day as possible to maximise celebration time and don't forget an outfit change! It adds to the sense of the unexpected.

SWITCH UP THE CAKE FOR ELEGANT LITTLE TREATS

As long as there is something sweet, no one will miss the cake! Fun and cheaper alternatives with an edgier, modern vibe could include: a stack of lamingtons, a donut bar, cupcakes, churros and a hot chocolate table. Be creative!

DESIGN YOUR OWN BESPOKE INVITES

Save unwanted spending by designing your own lavish invitation, with Canva, a free online design tool that allows the most creatively challenged to come up with professional looking designs. Don't forget to shop around for the best printing price!



CHOOSE THE VENUE CAREFULLY AND ENLIST LOCAL WEDDING VENDORS

When deciding on the venue, pick one that is already beautiful and well-done up that doesn't need much extra decorating. Consider a garden wedding; just add a few flowers, some fairy lights and you've got an elegant and memorable space. Hire wedding vendors that are local to your wedding venue, thereby saving the cost of travel.

DITCH THE COURSE MENU IN FAVOUR OF BANQUET STYLE

Big, banquet platters of food to share create a communal mood for a memorable wedding that also saves money and makes a caterer's job easier. Cocktail-style weddings with canapés and charcuterie are also a classy way to cut costs. Consider gourmet BBQs, animals on a spit, picnic hampers or gourmet food carts.

FINDING THE PERFECT DRESS WITHOUT THE PRICE TAG

Check out non-bridal boutiques to find gorgeous dresses that you could wear. When considering bridal stores, look for the option to hire a dress you don't want to buy to wear only once and keep abreast of sales – sign up to all the e-newsletters from all the boutiques you love. For an old-glamour look buy a second-hand dress, there are plenty of online outlets that allow brides to buy and re-sell used wedding dresses.



FLAWLESS SKIN for YOUR WEDDING

Sia Hendry, Clinical aesthetician and owner of You By Sia

Pre-wedding skincare tips:

Acne or Pigmentation

Major skin situations like acne or uneven pigmentation can undermine your confidence at the best of times, but when there is a wedding involved, make sure you manage well ahead of time.

Remove Facial Hair

Target the upper lip, chin, cheeks, eyebrows and sides of the face with pain-free laser hair removal treatment.

Minimise Environmental Stress

Stress and alcohol increase the puffiness in your face, which is exactly what you do not want in the last few days before your wedding. One last facial is the perfect way to calm your face and highlight cheekbones and jawbones.

Skincare Basics

The basics to having great skin and that special glow are enhanced by drinking lots of water, sleeping in routine and regularly, exercising and maintaining a health diet.

Don't Party, Party, Party!

Don't give in to pre-party excesses.

Gentle Exfoliation

To boost your bridal beauty, try a gentle exfoliation.

your Smile

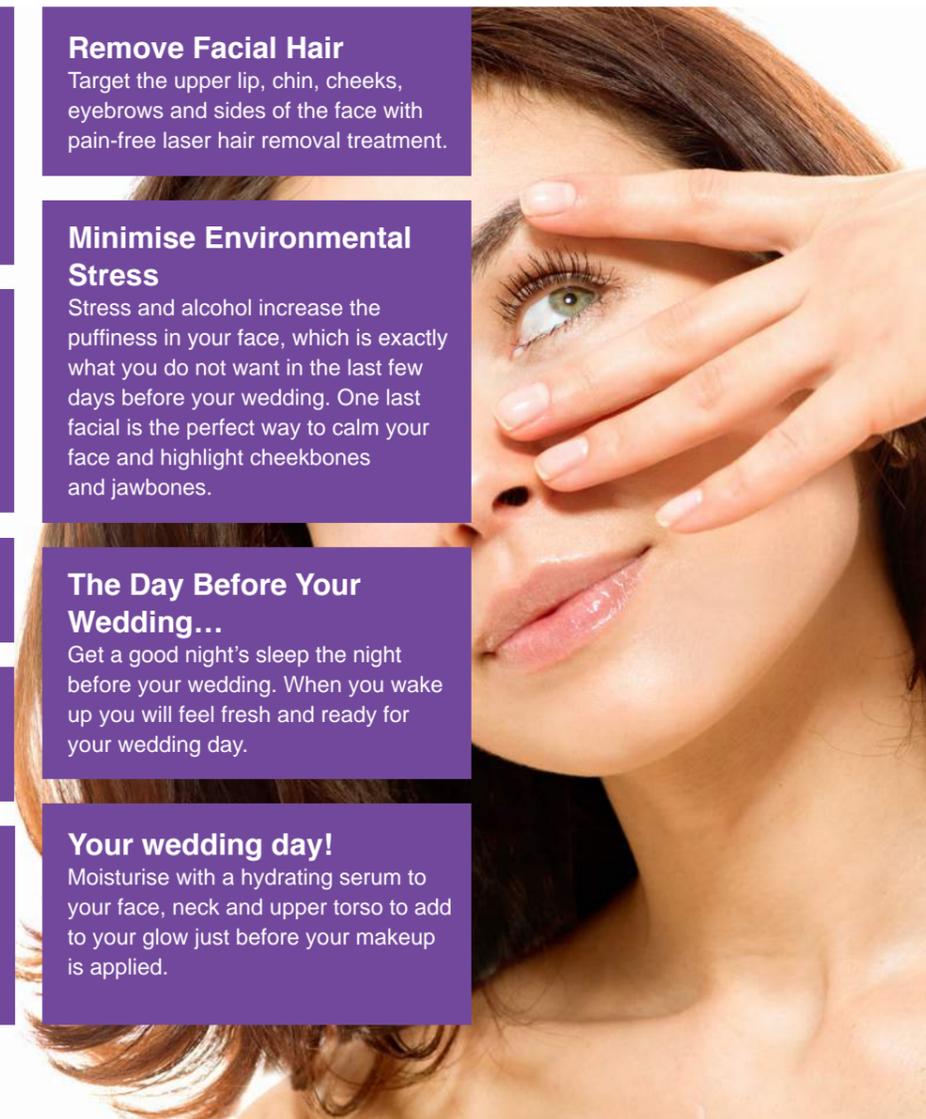
Your pearly whites are going to be captured for posterity on your wedding day, so treat them to some cosmetic teeth whitening.

The Day Before Your Wedding...

Get a good night's sleep the night before your wedding. When you wake up you will feel fresh and ready for your wedding day.

Your wedding day!

Moisturise with a hydrating serum to your face, neck and upper torso to add to your glow just before your makeup is applied.



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A natural looking spray tan is the perfect way to achieve that wedding day glow. But if you're worried about looking more oompa loompa and less bridal goddess, then fear not because this is the product for you! Honey Bronze offers an easy to use spray application, meaning you can decide exactly how much product you want to use.



The Body Shop Honey Bronze Tinted Leg Mist

\$34.95, thebodyshop.com.au



INIKA Vegan lipstick (Naked Kiss)

\$39, inika.com.au

INIKA Lip Liner (Nude Delight)

\$29, inika.com.au



Sweep it on and the smooth, oil-free powder gives face, shoulders and décolletage a seductive bronze look. Its unique oil-control complex keeps skin shine-free and comfortable.

Estée Lauder Bronze Goddess Powder Bronzer

\$58, Myer



Get fuller, thicker, high-voltage lashes with one slick of this mascara. It reaches even the smallest of lashes!

ModelCo Cosmetics FAT LASH Volumising Mascara

\$22, modelcocosmetics.com

Straight from contouring heaven, LB's Skin Illuminator comes in two shades, Matte Bronze and Shimmer. Designed as sibling products to give your face dimension and shape.



The Base by Lara Bingle Skin Illuminator

\$24, thebase.me



It's all about face. With photos being taken from every angle imaginable, your big day calls for perfect skin – or at least the illusion of perfect skin! Elizabeth Arden's Flawless Finish foundation delivers what it promises.

Elizabeth Arden Flawless Finish Perfectly Satin 24HR SPF 15 Foundation

\$50, David Jones

BLUSHING BRIDAL BEAUTY

Sabrina Muysken

With a bevy of soft, neutral tone and two different eye-liners, this is the ultimate beauty product. All compiled in a neat compact you can even take it with you for touch-ups during the day or night.

Clinique Pretty Easy Eye Palette

\$90, clinique.com.au





HEALTH CORNER

Juliana Kichkin

Magic Mushrooms

COULD MAGIC MUSHROOMS help break the cycle of addiction and treat its underlying problems? An addiction study was recently conducted by researchers at Johns Hopkins University, who wanted to determine whether the endless cycle of nicotine abuse could be weakened by another drug: psilocybin – the active compound in magic mushrooms. With a total of 15 in the study, 12 participants quit smoking, which according to The Atlantic is a much higher success rate than the 35 per cent who quit through other methods. According to Matthew Johnson, an associate professor of psychiatry at Johns Hopkins, hallucinogenic drugs could cure underlying causes of anxiety and depression that feed addiction.

Coffee & Cancer Prevention

New guidelines from the World Health Organisation say drinking coffee may prevent cancer, and is the latest in the ever trending debate about the risks and benefits of the beloved beverage. The newest findings are an amendment to the organisation's stance 25 years ago, when it cautioned coffee was possibly carcinogenic. However, extremely hot coffee or any other hot beverage is still believed to cause cancer according to the WHO.



Introverted Personalities

Introversion, it seems, is not as binary as we think. A new study suggests that socialising is always tiring, regardless of personality type. The research, published in the Journal of Personality in June, recorded findings from 48 students at Finnish universities. Extroverted behaviour, the researches concluded, made people feel happier and less tired in the moment, but they were consistently more fatigued three hours later, regardless of whether they scored as an introvert or extrovert in an earlier study. "For those who do feel depleted after social interaction...it may be pleasant to learn that such a reaction is quite normal (and does not imply that one is an introvert or that one is lazy)," the study reports.



Redefining Success: How wellbeing contributes to success

Vera Randell, Founder of Knitwit & Owner of Just Better Care Northern Suburbs

AS I SHARED in the last month's issue, Arianna Huffington avows in her book Thrive that money and power no longer define success. While having sufficient money enables you to make life decisions, she offers three other equally important elements to living a successful life: giving, wellbeing and wonder.

The community support workers in our team know that supporting a person to remain living independently in their own home provides them with the opportunity to give of themselves – along with light housework, transport, assisting with showering and dressing, shopping and meal preparation, they deliver encouragement, smiles and understanding. At the end of the day they

come home with a genuine feeling of wellbeing.

We meet with our team members regularly to look for ways to improve our service and discuss their personal wellbeing. There are three areas of wellbeing that we chat about: the resources we need for personal vitality, how to manage new or challenging situations and professional connectedness to each other and our clients. Inner resources, managing our mindset and connectedness to others are things we all need in the success journey.

Wellbeing needs to be topped-up regularly. It's vital to regularly slow down and restore your life balance. If you create a 'wellbeing wish list' it could look something like this:

Visit the local library, take time out to read, see a movie, enjoy a massage or go for a bush walk. To do these things regularly, you should identify the things that others could do for you, for a few hours a week – such as providing carer respite or help around the house. A trusted professional from Just Better Care can help with that.

Family carers that have no time for themselves feel their sense of wellbeing is diminished. And those being cared for often feel guilty about being dependent. We often hear "Oh I don't like being a nuisance to my family". In this situation, wellbeing is being stolen away from both parties.

If you are a family carer or a family



Ian Sweeney

Dental Health Week: August 1st -7th

FOR 2016 THE focus of the Australian Dental Associations Dental Health Week is on women and their oral health.

Hormonal changes during puberty, pregnancy, menopause and menstruation can all impact adversely upon a women's dental health. Hormonal changes during life affect all women differently.

The increased hormonal levels of oestrogen and progesterone during puberty change the way gums react to plaque, often causing more swelling, bleeding and sensitivity.

menstruation may cause bleeding gums or even mouth ulcers in some women.

Pregnancy may result in an increased tendency for bleeding gums, a condition often described as "pregnancy gingivitis".

This is due to the gums becoming more sensitive to the bacteria found in plaque.

Occasionally the gum tissue between the teeth may swell into red lumpy lesions, sometimes swelling to the point of almost covering the crown of the tooth. These lumps are quite harmless and usually resolve following child birth.

Morning sickness leading to repeated vomiting may strip enamel from the inside surfaces of the teeth. Some women will experience food cravings during pregnancy.

Obviously it is dentally important to regulate sugary snacks to limit decay, as well as monitoring unnecessary weight gain. If sweet cravings cannot be avoided, some healthier options such as fresh fruit or Greek yoghurt may help.

menopause may also result in inflamed gums, increased bleeding, burning sensations, loss of or altered taste sensations as well as dry mouth.

medications for osteoporosis including Bisphosphonates have the ability to alter the healing process of bone which may result in healing difficulties following tooth extraction.

Prevention is key. Twice daily brushing and flossing together with regular dental check-ups and professional cleans is recommended. Healthy gums do not bleed. It is important that if you have any concerns regarding your oral health that you consult a dentist for advice.

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

member who would like to feel less dependent and do some things for your wellbeing wish list consider booking one of our support team to take over for a few hours each week.

Recently a client with a disability booked one of our team to teach her to embroider,

while her family carer took a break. Each week her sense of wellbeing goes up a notch. She feels proud to learn a new skill and fulfil a life-long ambition, which she will soon frame for all to admire. And her carer always returns home looking refreshed and happy. Everyone feels renewed and empowered, their resources replenished.

We now know wellbeing is an important element of success. Start today and make your wish list. All of us – family carers, older folk, people living with disability – deserve greater wellbeing and the feeling of living a successful life.

justbettercare.com



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

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Truth About Dairy

Emily-Jean McDonagh

AS AUSTRALIANS BAND together to save the struggling dairy farmers, the market of milk drinkers is shrinking. 1 in 6 Australians are avoiding milk and dairy foods altogether without medical reason, in an effort to beat bloating, stomach cramps, acne and wind.

An alarming number of women in particular are forgoing their morning cereal, latte or yoghurt and turning to low fat or dairy free alternatives. The CSIRO study found that most avoiding dairy were influenced by the internet, media, friends or alternative practitioners.



Local nutritionist Emma Bedwany of Goodness Gracious Nutrition notes, "The issue lies in whether the individual can metabolise dairy or not."

Emma explains, "Lactase (the enzyme that breaks down lactose, the sugar in dairy) lies in the villi of your gut. Inflammatory foods such as gluten or refined sugars can cause the villi to 'flatten', causing a sub-optimal digestion and/or intolerances."

If you are sensitive to dairy the body may not absorb the nutrients efficiently. Dairy boasts a nutrient dense profile, with more than just calcium on offer.

"Dairy is an extremely nutrient rich food group providing significant amounts of vitamin A, cobalamin (B12), riboflavin (B2), phosphorus, magnesium, zinc and the all too familiar calcium," adds Emma.

These work together to improve and maintain bone strength, immune system health, circulation, dental health, digestion and muscle health. Australian Dietary Guidelines suggest for most people two to three serves of dairy a day to reach your daily intake. A cup of milk is just one serve.

"Per gram, undoubtedly, dairy provides the most concentration of calcium, however it is still possible to receive your recommended daily intake from non-dairy food groups," says Emma.

So whether you enjoy a soy cappuccino, you've been pestering the local barista to get almond milk or you enjoy full cream, everybody responds differently to dairy. Be wary of avoiding a whole food group especially one so full to the brim with nutrients, it can leave you at risk of not reaching your daily intake targets.



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We offer a complete range of podiatry services such as ingrown nail surgery, sports podiatry, diabetes assessments and children's foot conditions.

Our clinic has extended hours available by appointment.

- * Biomechanical Assessments
- * Foot/knee/back pain
- * Paediatric Assessments
- * Sports Podiatry
- * Diabetic Assessments
- * Orthotics
- * Acupuncture
- * Nail Surgery / Ingrown Toenails

PHONE: 9144 6227

JEANS FOR GENES DAY

danielle armour

JEANS FOR GENES Day might be a good opportunity to break out your favourite denim item at work, but it also helps raise money for research into childhood diseases.

To be held on Friday August 5, the annual event raises money for the Children's Medical Research Institute which researches causes, treatments and cures for childhood genetic diseases. With one in 20 children born with a genetic disease or birth defect, Jeans for Genes day is not only important for raising awareness about the work of the Institute, but is an opportunity to raise much needed funds to continue developing treatments.

"Every dollar raised on the day helps scientists at CMRI discover treatments and cures, to give every child the opportunity to live a long and healthy life," says spokesperson Kerry Lim.

Each donation goes a long way, with a gold coin donation allowing for the purchase and use of a crucial enzyme used to test blood for aggressive cancer. Donations can be made through the purchase of merchandise such as pens, keyrings, badges and wristbands, which can be found at various shops, restaurants and cafes.

This year, for the first time, people can make donations using their

mobile phone via text-to-donate. By texting the word 'jeans' to 1997 6484, \$5 will automatically be added to your phone bill and the donation will go straight to Jeans for Genes!

Channel 7's The Daily Show host, Sally Obermeder is this year's Jeans for Genes ambassador.

"And most importantly don as much denim as you can on Friday 5 August," says Lim.



ELIMINATE BACK PAIN

NO GAP

Book your initial physiotherapy session prior to August 31st and we will cover the gap on your private health rebate*

There's no short-term solution to back pain. Medications and massages can provide temporary relief, but your symptoms will likely return if you don't address the source of the problem. In order to address the source – you must rehabilitate the muscle groups that have been weakened by injury.

The Kieser physiotherapy method identifies and assesses the source of your problem and strengthens your body to decrease pain and prevent recurrence. We'll not only relieve your pain, but make you stronger for life.

For a long term solution to back pain call **02 8459 9999** and book an appointment today.

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www.kieser.com.au *Conditions Apply

Hearing Matters

YOUR HEARING SHOULD never be taken for granted. If you aren't already suffering from some hearing loss related to age, employment, recreational activities or genes, then there is a one in six chance that you will one day. Hearing loss can not only be frustrating for the individual struggling, but also for family and friends.

The good news is that you don't need to be isolated by your hearing loss. Nor should you allow it to affect your relationship with those closest to you. There is a great deal of assistive technology available to support you to maintain a health, social lifestyle.

An audiologist can assess your hearing loss and advise you on an appropriate hearing aid and Printacall can supply you with other assistive listening technologies to support your diverse listening needs. Television listening, telephone communication, vibrating and flashing alarms and alerts for the doors, smoke or telephone are readily available to help make life easy and safe.

Printacalla is also a leading Australian specialist in designing hearing augmentation systems i.e. Hearing loops or FM systems in areas with public access such as theatres, churches and community areas.

Be active about your hearing loss, you won't be the only one you will be helping!

For further information about available technologies contact Printacall.

(02) 9809 2392

printacall.com.au



MANAGING HEARING IMPAIRMENT

HEARING LOSS VARIES in degree from mild to moderate to profound. Similarly, it impacts differently on each individual. So, in consultation with your profession advisers, individually appropriate management decisions need to be made.

At any age, communication strategies, coping skills and technology will help.

Technologies may include:

- Hearing Aids
- Cochlear Implants
- Assistive Listening Devices

SHHH Australia (Self Help for Hard of Hearing people) is a voluntary, non-profit organisation, dedicated to helping Australians with a hearing loss whose primary method of communication is through speech.

Give SHHH a call or pop in. We are more than happy to discuss options and strategies with you and your family.

(02) 9144 7586

shhhaust.org



we support
**HEARING
awareness
WEEK**

SHHH
Self-Help for Hard of Hearing People

HEARING AWARENESS WEEK

Sunday August 21, 2016 marks Hearing Awareness Week. The health initiative raises much needed awareness for the hearing impaired and the importance of maintaining good ear health. After all, one in six Australians is hearing impaired, deaf or has an ear disorder.

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

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

Some of the early warning signs are:

- You can hear but not understand.
- You find it hard to hear in noisy situations or groups of people.
- You think people mumble.
- You need to turn the TV up louder than others.
- You don't always hear the doorbell or the phone.

If you think that you or a family member may be experiencing

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

hearingawarenessweek.org.au



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www.shhhaust.org

Self Help for Hard of Hearing People

Can you understand people on the phone?
Does your family complain you have the T.V too loud?
Can you hear when someone is at the front door?
Do you have hearing aids but still have difficulty hearing?
Life does not have to be that difficult!
SHHH can help!

Ring or visit our head office at Turrumurra
10am to 3pm.

9144 7586

Tuesday, Thursday or Friday

Tell us your problem and we'll help you find the solution!!!!

Find out if your hearing is weak during **Hearing Awareness Week.**

Hearing loss is often a gradual and natural process of aging. Most people think their hearing is fine, but find it increasing difficult to comprehend what is being said, particularly in noisy environments.

The reality is, one in six Australians have difficulty hearing clearly at social events and even watching television. Over two thirds of these do nothing about their hearing loss, usually because they are self conscious about the thought of wearing a hearing aid. Technology has advanced so much in recent years, there are now so many great new options, like the virtually invisible Virto V.

Through 3D technology, the inside of your ear will be scanned, and the hearing aid 3D printed to provide a perfect fit and deliver a totally natural hearing experience. The micro chip technology can isolate who you are talking to in a noisy environment, amplify their voice and reduce the surrounding noise.

HEARING awareness WEEK

Hearing Awareness Week is a Federal Government initiative that aims to raise awareness of hearing loss. At Connect Hearing we know the incredible difference improved hearing can make but understand it's something most people would rather not think about.

Start Connect Hearing Today

For a FREE hearing test, or to test trial the new Virto V, call **1300 547 138** or visit your nearest Connect Hearing clinic.

Connect Hearing 



Lauren McNee, Head of Audiology, Connect Hearing.

Come in for a FREE Hearing Test.

Lejeune Family Medical Practice
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Swiss manufacturer Phonak has developed a worldwide innovation, the Virto V that's so small it's virtually invisible.

Integrated in its shell is an advanced new micro chip that delivers a totally natural hearing experience and is enabling thousands of people to hear and understand speech clearly, even when things get loud. They can even connect to their TV or phone via bluetooth technology.

Start Connect Hearing Today

For a FREE hearing test, or to test trial the new Virto V, call **1300 547 138** or visit your nearest Connect Hearing clinic.

Connect Hearing 

Do you struggle to hear even with hearing aids?

A cochlear implant could help you restore your hearing.

 Unlike hearing aids, cochlear implants don't just make sounds louder. They are a complex device that can replicate the hearing function of the inner ear.

 It is never too late to explore your options to improve the quality of your hearing - even if you are currently using hearing aids, you may experience a better result with a cochlear implant.

 Contact SCIC Cochlear Implant Program on **1300 658 981** to find out more today.

- ✓ Public & private clients
- ✓ Adults & children of all ages

- ✓ Our cochlear implant services typically require no out of pocket costs



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THOMSONS OUTDOOR PINE

SPRING IS ONLY a few weeks away and our lifestyle moves to the great outdoors. Now is the perfect time to plan and construct your new deck and pergola to ensure that any building work is completed prior to summer. If you already have an outdoor entertaining area you may wish to update it with new roofing and privacy screens, or extend it to fit your new outdoor table and chairs.

Old decks and verandahs may have aged and no longer suit your needs. A deck designed specifically for your site and needs can update and increase the value of your property. By renovating and extending your indoor living outside you will gain significantly more undercover living and entertaining spaces around the home. Old decks with solid pergola roofing can block out natural light, particularly to the interior of the house. Materials such as heat reflecting polycarbonate reduce heat gain and provide a comfortable entertaining environment with soft natural light. The use of 'extenda brackets' to raise and lift the pergola roof back onto the house roof, allowing more light to flow into the house i.e. a raised roof doesn't inhibit light to adjoining rooms.

Now is also good time to do a 'health check' on your old deck, pergola. Here's a helpful checklist:

- **deck handrails:** are they safe and stable? Consider an update to 'stainless steel wire'.
- **decks:** safety check for rot and any wear.
- Re-oil the deck for good looks and longevity.
- **Steps:** Check for wear on the surface of steps and state of the timbers.
- **Pergola roofing:** Is your pergola too hot to use in the middle of summer? We have a solution. Replace your old pergola roof with polycarbonate to allow natural light into your outdoor area and into indoor rooms nearby. **You will be amazed at the difference this can make.**

Timber is a natural, durable and attractive product for outdoor structures and Thomson's offer a wide range. From beautiful hardwoods such as Merbau, Spotted Gum and Tallowwood to Treated Pine, which is very durable, cost effective and attractive when oiled or painted. Thomson's Outdoor Pine have been building outdoor structures in your area for over 20 years.

Call Thomson's for a free measure and quote, including design advice today and start the process before the peak summer time. Visit our Showroom and Timber Yard at 5 Chilvers Road, Thornleigh.

(02) 9980 7611

thomsonsoutdoorpine.com.au



IS YOUR KITCHEN LOOKING TIRED AND DATED?

HERE ARE THREE ways to achieve a quick and easy kitchen renovation without breaking the bank.

1. If the layout of your kitchen is fine and your cupboards are in good condition, you can simply replace the doors, drawer fronts and panels with new ones made in the colour and finish of your choice.
2. Add new door knobs to complete the look. Fresh and functional new handles will add the finishing touch.
3. Paint the walls to match or complement the new doors. Painting is the most cost effective way to change the mood of a room and with custom made kitchen doors you have the option to choose exactly the same colour or a lighter or darker tint to match or you can go for a bold, contrasting colour to add even more personality.

Voilà! A kitchen facelift that won't disrupt your home and won't cost the earth. All in the space of about three weeks! Sydney Doors specialises in making custom kitchen and wardrobe

doors from Australian made material and by going straight to the manufacturer you'll get the best value for your renovation dollar.

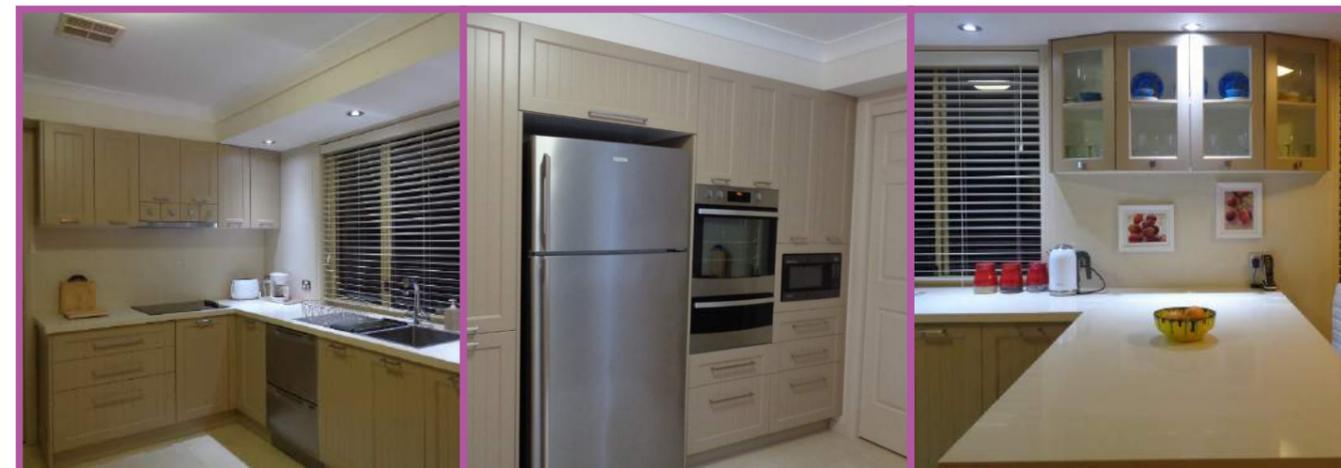
There are two ways to go:

- **DIY** – This will save you the most money, meaning you measure and install the doors and panels yourself.
- **Installation** – You can contact one of our referred installers who will measure and install for you.

Sydney Doors has 18 years of industry experience and with their innovative kitchen door designs that suit all tastes and budgets, they can help make your old kitchen feel like new again. They know how to deliver a scrumptiously updated kitchen with new doors that won't eat into your budget.

For more details or to get a quote call (02) 9725 4444 or visit:

sydneydoors.com.au



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- Get a Quote



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August Hotspots

Emily-Jean McDonagh

GOOD FOOD WINE SHOW

Sydney Showground

When: Friday 5th - Sunday 7th August, 10am-6pm

Tickets: Children \$16.80- \$21.90 and Adults \$24- \$30

contact: goodfoodshow.com.au/sydney

Back this August at the Sydney Showground, the Good Food and Wine Show has a smorgasbord of delights and excellently matched drops to wash it down. Head to the grazing garden for a taste or watch the celebrity chefs serve up the culinary delights in the theatre. There's a dedicated Cheese Alley and Brewers Lane for you to explore, and a host of foodie goodies available to purchase for the home chefs. Gary Meighan, Matt Moran and Miguel Maestre are just some of the big names offering their tips and tricks at the show.



FERRAGOSTO ITALIAN FOOD AND WINE FESTIVAL

Great North Rd, Five Dock

When: Sunday 21st August 10am-4pm

Entry is free

contact: canadabay.nsw.gov.au/ferragosto.html

Italy's love of food and wine spills onto the streets of Five Dock for a celebration of Italian culture. On Sunday August 21, over 160 market stalls will set up shop offering a selection of Italian delights. With pride in their food like no other nation, whether the pizza, pasta, pastries or prosciutto take your fancy they're sure to be top notch. For the kids to enjoy there's live musical performances, rides, competitions and activities. Or for the big kids, take a moment to inspect the Alfa Romeos, Ducatis and Mini Fiats on display for the day. Bring your amicus and your famiglia to enjoy the Italian festivities!

FRENCH WINES UNDER THE LANTERN

Red Lantern on Riley, 60 Riley St, Darlinghurst

When: Wednesday 17th August,

6.30pm-9.30pm

Tickets: \$178

contact: tapavino.com.au

Celebrating a marriage of cultures, French Wines Under the Lantern is offering Vietnamese delicacies matched expertly with French wines for a wine tasting masterclass. A night of fine wine from the regions of Champagne, Alsace, Loire Valley, Burgundy and Rhone; learning their characteristics and tasting the difference. By sampling six selections, the event will teach you confidence in differentiating style and profiles of France's finest. The event takes place at Red Lantern on Riley, an award winning Vietnamese restaurant, so expect a delicious meal to accompany.



Healthy Protein Balls

INGREdIENTS:

- ½ cup almonds
- 1 cup finely shredded coconut
- 1 cup sour cherries
- 2 tbsp cacao powder
- 1/3 cup pitted Medjool dates
- 1 tbsp coconut oil

method:

1. Blend almonds and ½ cup of coconut in a food processor or using an electric mixer.
2. Add cherries and dates and blend until the mixture is fine and sticking together.
3. Mix in coconut oil and cacao powder.
4. With your hands, roll the protein balls in the remaining coconut.
5. Refrigerate for 20 minutes and enjoy!



Winter Warmer Special

Enjoy Escudella as Catalan as it gets!
A traditional soup of poached meats.
A perfect meal for a chilly winter's night,
including a glass of Spanish Tempranillo
for just \$25 per person

SPECIAL



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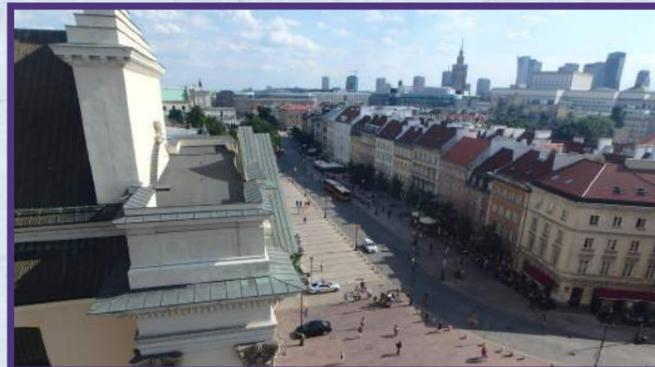
VISIT POLAND

ALEX DALLAND looks at the best ways to make the most of your visit to this Eastern European gem.

WARSAW

MOST INTERNATIONAL FLIGHTS will arrive in Warsaw, Poland's capital city and the largest in the country. The city's historic Old Town is just a short walk from the city centre or Warsaw Central station. Stop on the way at Ogród Saski park and visit the Tomb of the Unknown Soldier while admiring the statues scattered throughout the park. Eat traditional Polish food like pierogi – dumplings filled with meat, sauerkraut or potato – or Bigos (Hunter's Stew) at one of the many local restaurants nearby and then visit the Royal Castle for a lesson in Poland's diverse political history.

Warsaw is well-known for the Warsaw uprising in World War II, in which the Jewish people living in the Warsaw ghetto refused to obey Nazi deportation orders and fought back – the largest act of Jewish resistance to ever occur during the war. For visitors interested in this dark side of the city's history, the Jewish Ghetto Memorial in Muranow district as well as the Polin Museum of the History of Polish Jews has more information about the uprising, as well as a walkthrough of 1000 years of Jewish history in Poland.



Warsaw's famous Old Town is a great place to soak up the local cuisine and culture.



Warsaw's Royal Castle has hosted Polish rulers from Kings to Presidents since it was first completed in 1619.

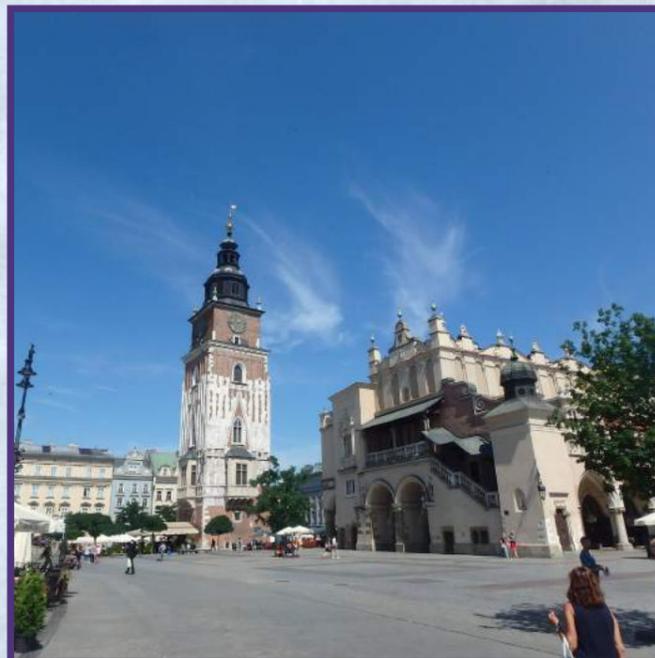
KRAKOW

A city more frequented by tourists, Krakow is just a couple of hours from Warsaw by train and can also be reached even quicker by air. The heart of Krakow, like Warsaw, lies in the Old Town and its main square (Rynek Glowny), filled with outdoor restaurants and places to eat and drink. Rynek Glowny is also home to the Krakow Cloth Hall, a renaissance market which now houses a museum, and St Mary's Basilica – one of the city's most well-known Gothic churches.

As the closest major city, Krakow is a common starting place for a day trip out to the Auschwitz-Birkenau death camp or the Wieliczka salt mine. It is cheapest and most convenient to book a tour out to either of these sites with a local tour operator. These can easily be found on any main street near the centre of Krakow.

The most direct way to fly to Warsaw from Australia is with Emirates, or with LOT Polish Airlines if flying inside Europe. The peak tourist season for visiting Poland is in the summer when temperatures are hot, but the country can be easily visited all year round. For more information on Poland visit:

poland.travel/en



Krakow's main square is a vibrant place to experience city life both day and night.



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AUGUST

Now - Until Sunday 30 October 2016

Ships, Clocks & Stars: the Quest for Longitude
Where: Australian National Maritime Museum, 2 Murray Street, Sydney 2000
cost: Adult \$30, Child/concession \$18
When: Various
contact: anmm.gov.au/longitude

Now - until 23 September 2016

The way of the reformer: Gough Whitlam in his century
Where: Western Sydney University, Parramatta
cost: Free
When: Opening times - Thursday and Friday 10am to 4pm, and Saturday 9 July 2016 11am - 4pm.
contact: westernsydney.edu.au

Now - Until Sunday 28 August 2016

Collette Dinnigan: Unlaced
Where: Powerhouse Museum, 500 Harris Street, Ultimo 2007
cost: Adult \$15, Concession \$8, Child free
When: Various
contact: maas.museum/event/collette-dinnigan-unlaced

Now - Until 28 August 2016

Isabella Blow: A fashionable life
Where: 500 Harris St, Ultimo
cost: \$20, group packages available
When: Various times
contact: maas.museum/event/isabella-blow

Now - Until Sunday 14 May 2017

A Hambledon Cottage Museum
Where: Gregory Place Corner Hassall Street, Parramatta 2150
cost: Adults \$6, Children \$2, Concession \$5
When: Thur - Sun 11am - 4pm
contact: parramattahistorical.org.au

Now - Until 14 August 2016

War – A playground perspective
Where: Sydney Olympic Park
cost: Free
When: Weekends only
contact: sydneyolympicpark.com.au

Sunday 28 August 2016

An evening with Steve Wozniak
Where: Australian Technology Park, Locomotive Street, Eveleigh 2015
cost: Ranging from \$79-169
When: Sunday 28 August 2016
contact: thinkinc.org.au/events/woz

Now - Until 26 May 2017

El circo
Where: 41 Oxford Street, Surry Hills
cost: \$109
When: Every Saturday night, plus selected Fridays and Sundays
contact: slide.com.au/shows/elcirco

17 August 2016

Balnaves wine tasting with Peter Bissell
Where: Unit 2, 7 - 9 Orion Road, Lane Cove West 2066
cost: \$70
When: 17 August 6.30pm - 8.30pm
contact: tastingvenue.com

Now - until 17 december 2016

Carriageworks Farmers Market
Where: 245 Wilson Street, Eveleigh NSW 2015
cost: Free
When: Every Saturday 8am - 1pm
contact: carriageworks.com.au

Now - Until Sunday 18 September 2016

Tying the knot: Wedding stories and beyond
Where: 14 MacMahon Street, Hurstville NSW 2220
cost: Free
When: Various times available for appointment
contact: hurstville.nsw.gov.au

Now - until 25 march 2017

Bondi Beach Laughter Club
Where: Queen Elizabeth Drive Ocean Room, Bondi Beach, 2026
cost: Free
When: Saturday 10 - 11am
contact: laughandlivewell.com

Salsa Dance Classes
Where: 1/60 Atchison St, St Leonards
Cost: Single course 8 weeks \$140
When: Various times available in August
Contact: sydneyalsasabor.com.au

Delta Jazz
Where: 1 Birdwood Av Lane Cove, Lane Cove
Cost: Free
When: Various
Contact: deltajazz.net

Dave Hughes
Where: The Concourse, 409 Victoria Avenue, Chatswood
Cost: \$45
When: Saturday 6 August 2016 7pm
Contact: premier.ticketek.com.au

Pierce The Veil, Australian tour
Where: 1 Olympic Drive, Milsons Point, Sydney
Cost: 17 August 2016 7pm
When: 10am-1pm
Contact: piercetheveil.net

Northside Produce Market
Where: North Sydney Community Centre, 220 Miller St, North Sydney
Cost: Free
When: Saturdays 8am – 12pm until December 2016
Contact: northsydneycentre.com.au

SCCE Public Information Session
Where: Lane Cover Library, Lane Cove
Cost: Free
When: Dates available from 9 August 7pm – 9pm
Contact: scce.com.au

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511 PACIFIC HIGHWAY, MT. COLAH, HORNSBY

DORA THE WIDOW

Kerrie Erwin

PART OF WORK as a psychic medium is clearing houses and properties. The majority of earth bound spirits, I work with, are generally very confused, in some cases fearful and do not understand on many levels that they are actually dead. Once my guides and I have found the lost soul, which in many cases is often hiding somewhere in the property, I talk to it gently, then send it off to the spirit world.

One day I visited a widow called Dora who had lived with her son, until his death twelve months earlier. After the death of her son, Dora was convinced her son's spirit was unhappily trapped due to the unexplained, loud noises she was hearing. Opening myself psychically, I slowly began to hear the rumblings of a very angry male spirit talking gibberish in my ear. When I asked the spirit what he wanted he told me to shut up and get out of his house. I told the spirit man in no uncertain terms that this was no longer his world and it was time to leave. All he had to do was open his eyes and look for the light, which was a vortex or porthole I had made to help him cross to the other side.

Once the main house was cleared, I proceeded to Dora's son's old room, where my gut told me there was another younger spirit present. When I asked who the spirit was I heard a tiny voice say that he was scared and was Peter, Dora's son. Calling the poor woman into her son's room I told her she was correct and asked her very gently to let Peter know his time on earth was over and she wanted him to cross. Once she had done this the spirit disappeared; the coldness and darkness dissipated and in its place was a glowing warm energy with thousands of tiny, little lights, glowing in the room. Looking at Dora's face, I could now see a large burden had been lifted and she was now finally in peace.

Love and blessings,

Kerrie

pureview.com.au



READER QUESTION

Bertram, 1948 – What is happening to me and my wife? Please let us know about our moving. Will it help us at this old age?

This is a year of changes for you and your wife, so as a person of habit; this is not a good feeling at all on an emotional level. I can assure you things will be fine once you have moved so now it is time to downgrade and get rid of things, people and old habits that no longer serve you. When one door closes another opens, so keep the faith all will be well.

- I am so relieved and thankful to you for making me strong. I appreciate your guidance!

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, d.O.B and question for our resident Clairvoyant Kerrie Erwin.

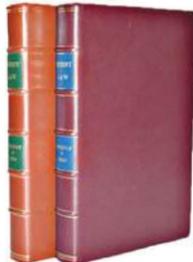


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