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CONTENTS

- 6. Letters & Giveaways
- 8. Local News
- 12. Profile
- 15. Election Special
- 20. Education
- 24. Lifestyle
- 26. Finance
- 28. Food & Wine Special
- 36. Home & Garden
- 38. Wellbeing
- 43. Clairvoyant
- 44. Fashion & Beauty
- 46. Travel
- 48. What's on
- 50. Puzzles

PUBLISHED BY: Kamdha Pty. Ltd.
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FROM THE EDITOR

Winter is finally here... or is it? Coming off the hottest May on Sydney's record (cheers El Niño!) the SO team is unseasonably optimistic about the supposed chillier months ahead.



Whilst the weather remains so enticing we've put together the top North Shore eats in our Wine, Dine & Good Times Special (28-35). Whether you're wanting to engulf a savoury meal, treat yourself to some delicious pud or wash it all down with a glass of sticky, this is your go-to guide. When you're ready to redeem your indulgences head to our wellbeing pages for some healthy inspiration (38-43). And, with another Federal Election looming around the corner we've asked the important questions and got the answers from our 2016 Bradfield candidates (15-18).

Bon Appétit!

Sabrina



28

12



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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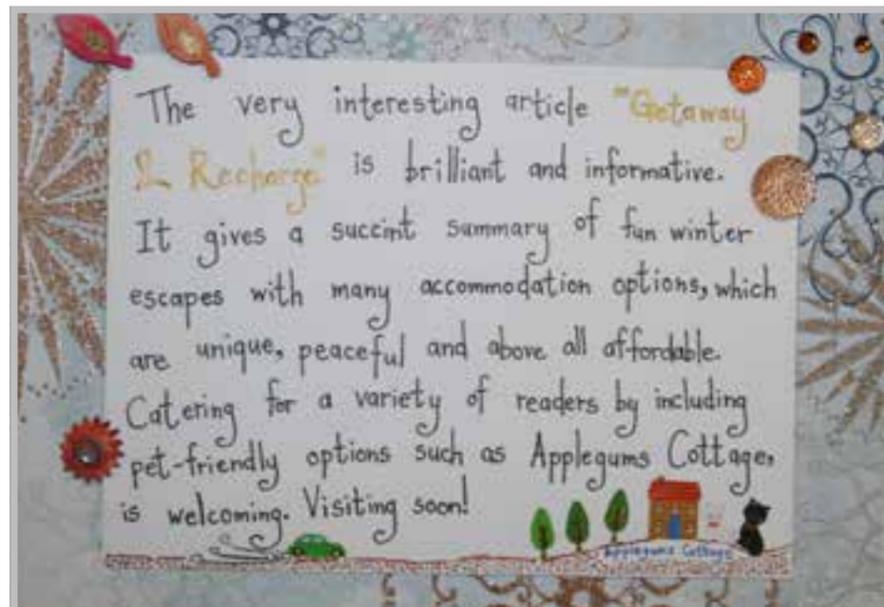


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LETTERS

I loved reading the style tips and the suggested getaways. Who knew there was a low fat chocolate cake – it was such a success – my family devoured it. The truth and myths about fat was so informative and I will share my knowledge with friends.
- Denise Gamaroff, St Ives.

My favourite article this month was the interview with the inspirational designers of the fashion blog, Sabo Skirt. Being a female blogger myself, it is so interesting to read success stories like these as they motivate me to try different things. Learning from others is an invaluable tool for success!
- Amy Farr-Jones, Lindfield.



GIVEAWAYS

André Rieu 2016 Maastricht Concert in Cinemas

André Rieu 2016 Maastricht Concert in Cinemas will screen via satellite at 2pm AEST across Australia on July 30 & 31. It is set to be a spectacular, unforgettable musical experience featuring 'The King of Waltz' with his 60-piece Johann Strauss Orchestra, sopranos, tenors and special guests.

Two double passes to André Rieu 2016 Maastricht Concert in Cinemas to be won.

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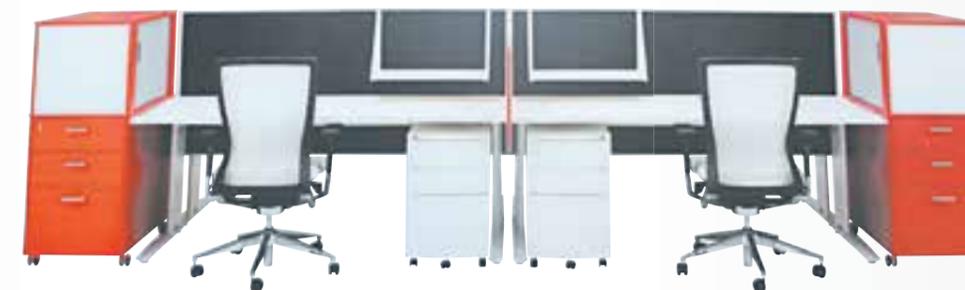
If you would like to enter any of the giveaway draws. Simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published and go in the running for our monthly giveaway.

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Local News SNIPPETS

Danielle Armour

Ku-ring-gai's Shyest Wildlife

Ku-ring-gai Council has begun a program to monitor the behaviour of vulnerable native animals. In partnership with volunteers from Wildthings NSW, the initiative aims to improve the management and conservation of the Eastern Pigmy Possum by using nest boxes and remote cameras to observe their movements.

The program has already proved successful, observing rarely seen behaviour of the Eastern Pigmy Possum interacting with their young as well as an unexpected sighting of a Rosenberg's Goaana.

Mayor Cheryl Szatow says, "The program is slowly but surely uncovering the variety of wildlife we have living with us here in Ku-ring-gai."

KMC Spending Plan

Ku-ring-gai Council has put its spending plan for the 2016-2017 financial year on public exhibition for comment until May 27. The plan details almost \$60 million worth of spending projects across the community. The proposal consists of renewal and maintenance to roads and footpaths as well as upgrades to parks, playgrounds and sporting facilities. This includes the completion of North Turramurra Recreation area which is set to have an 18 hole golf course, multi-use sports fields and bushland walking tracks.

"All these projects are being progressed in partnership with our residents, through a sound method of consultation and resource management," says Mayor Cheryl Szatow.



Festival on the Green Success

This year's Festival on the Green was a great success, drawing over 15 000 people to St Ives Village Green on Sunday May 1. As predicted, the outdoor ice rink was one of the most popular attractions at this year's event, boasting an interactive live show featuring Peter Pan, Tinkerbell and Captain Cook. Other popular attractions included an interactive 9D movie experience and Laser Tag.

There was also plenty of cultural activities at the festival, with an array of arts and craft, and gourmet food stalls busy all day. The event was topped off by a range of community performances, celebrating community talent of all ages.

A case mounted by Ku-ring-gai council has caused the Baird government to hand over a copy of Delegate Garry West's report on whether the merging of Hornsby and Ku-ring-gai Councils should go ahead.

The report's recommendation that "the proposal as submitted should proceed to implementation," goes against the feedback from the public inquiry session held at Pymble Golf Club in February.

"We will keep fighting for our residents rights in the courts till be have exhausted every avenue, but I fear that our Council is very close to the brink now," says Mayor Cheryl Szatow.



NEW POOL LAWS

Rima Martens

NEW DATA FROM Royal Life Saving New South Wales has revealed staggering figures about backyard pool fatalities. It has been discovered that 55 per cent of all 0 to 5 year old drowning deaths in a backyard spa or pool happen because of either a faulty gate or a gate being propped open.

Royal Life Saving NSW CEO David Macallister says, "it is disturbing to know that 83 young children have drowned in a backyard pool in NSW in the past 13 years and a further 80 children have suffered neurological (brain) damage as a result of being immersed in a pool."

In response to these concerning statistics, Royal Life Saving has just announced to residents of Sydney that if you are buying, selling or leasing a property with a spa or pool, the laws have changed. As of April 29, properties sold or leased with a spa or pool must have a relevant compliance certificate proving that the spa or pool are in accordance with Australian laws.

It appears that this is a much needed new implementation as up to 95 per cent of all pools fail their inspection first time.

Minister Toole commented that, "While there is no substitute for vigilant adult supervision of children, this change will ensure



that new pool owners understand what they need to do to make their pools safe."

Rugby league legend, proud father and Royal Life Saving NSW supporter, Nathan Cayless agreed.

"I was really shocked to see just how big this problem is. I urge everybody across New South Wales to take action. Drownings happen all year round. Backyard pools are great fun. However, they can also be extremely dangerous for young children. This campaign is raising much needed awareness."

swimmingpoolregister.nsw.gov.au

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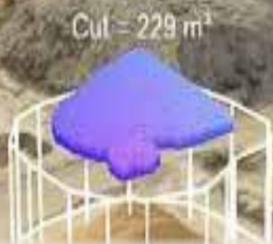
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DRONE LAW CHANGES SEE OPERATORS TAKE FLIGHT

Alex Dalland



THEY MIGHT LOOK like souped-up remote control helicopters, but anyone who has used a drone can tell you that they are far from just toys. In fact, they might just be one of the most revolutionary pieces of technology around today.

A report released earlier this year by consultancy firm PriceWaterhouseCoopers suggests that drones have the potential to replace up to 127 billion dollars worth of human labour; primarily in the transport, agriculture and infrastructure sectors. And with the recent introduction of new laws regarding commercial drone operation around Australia, the uptake of drone use is likely to explode.

"The industry has not utilised the full benefits of drones and are missing out on long term efficiencies to their business," Tom Watson, owner of Sydney-based drone aerial photography business Droner says.

"While drones have been embraced for capturing spectacular photographs and videos, I feel that their use will only

expand. This is an exciting space to be in right now."

Under the new laws introduced by the Civil Aviation Safety Authority, commercial operators of remotely-piloted aircrafts such as small drones will no longer need to obtain licensing to pilot their aircraft if it weighs less than two kilograms.

"This rule change is perfect for the likes of farmers who can now monitor their crops on a regular basis," Watson says, citing just one example of those set to benefit.

"In the longer term [unlicensed drone businesses] are restricted to smaller size drones, limiting the services they can offer. While smaller size drones are useful, they are limited in differing camera loads they can carry which will be targeted to the higher end of the market.

"Existing established businesses will gain the most by adding a drone to their current operation."

Many industries such as agriculture and building are likely to benefit from the new laws according to Watson as they already

hire drone operators to carry out aerial photography for the purposes of surveying crops or building projects. Views which were unable to be seen before have been made accessible and, whether picking up weeding or irrigation issues in agriculture or roofing and bridge construction issues in hard to reach places, potential problems which may have remained unnoticed have been curbed thanks to the new technologies.

"The use of drones in Australia is still very much in its infancy," Watson says. "They offer a significantly cheaper price for an aerial view than those of traditional aviation methods such as helicopters."

CASA licensed drone operators such as Watson will still have advantages over unlicensed operators as they are exempt from some laws governing drone use. The new laws currently prohibit unlicensed operators to fly drones at night, outside of a visual line of sight, within 30 metres of other people and away from "emergency situations".

droner.com.au



COUNCIL AMALGAMATION UPDATE

Emily McDonagh

THE BAIRD STATE government's council amalgamation has caused much furore among local councillors and communities. Mosman, Woollahra, Lane Cove and Ku-ring-gai Councils have all stood firm in opposing the forced amalgamation with neighbouring councils. The proposed joining of Ku-ring-gai and Hornsby Shire council is undecided pending the outcome of legal action. The conflicting views of councils in response to the merger itself presents many issues for the potential single cohesive council in the future.

Hornsby Shire Council has supported the amalgamation with Mayor Steve Russell noting, "There is a great chance that I'll be unemployed and fishing in a few weeks, but that's a small price to pay as I'm convinced the merger will bring excellent results and I'll be proud to have played my part."

Hornsby Shire has campaigned in support of the amalgamation citing improved services, an increased infrastructure budget and more weight in negotiations with the government and contractors in the future. These mergers across the state of 19 councils, has seen suburbs divvied up and divided haphazardly to larger

councils without insight into the needs of the community and its residents.

Ku-ring-gai Council has strongly opposed the forced merging of councils, with 83 per cent of Ku-ring-gai residents in agreeance.

Ku-ring-gai mayor Cheryl Szatow says, "Premier Baird has never been interested in the community's views on mergers."

Ku-ring-gai Council is still currently embroiled in legal action to spare itself from the amalgamation.

"Our residents have nothing to gain from a merger with another council whose Mayor shows little but thinly disguised contempt for Ku-ring-gai and all it stands for," Mayor Szatow said in stark contrast to the words of Hornsby Mayor Russell.

The reasoning for the amalgamation being financial savings, but how two councils with such diverse views can work together efficiently is yet to be seen.

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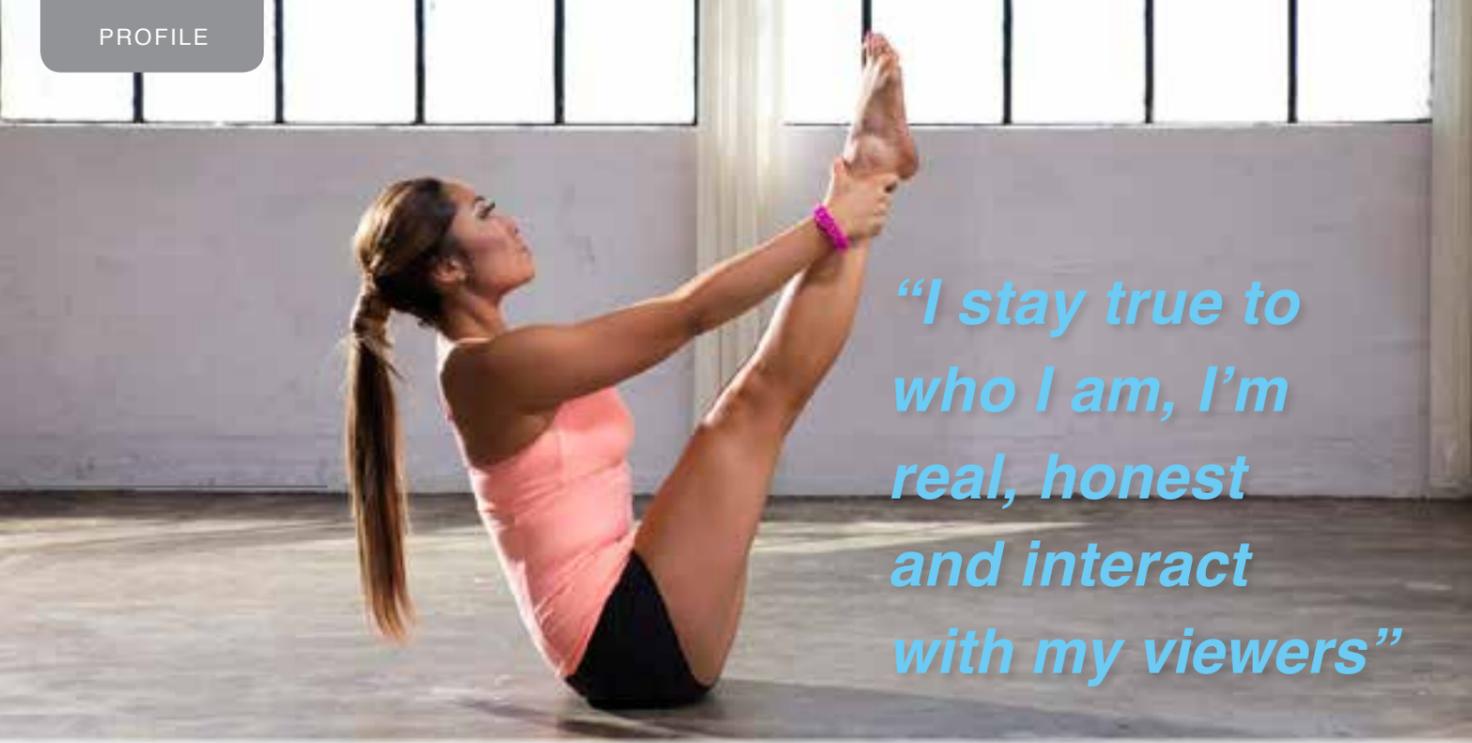


CASSEY HO

HEALTH & FITNESS INFLUENCER

Sabrina Muysken

A **NEW BREED** of personal trainer has emerged within the health industry. They are known as 'social-media fitness entrepreneurs'. Through the use of digital platforms these individuals skillfully craft their very own Internet personality, develop a brand around their skill set and build an online audience that is exponentially larger than the traditional profession could ever permit. With 1.2 million Instagram followers and YouTube channel 'Blogilates' that sees videos readily clocking up close to ten million views, American-born Cassey Ho is the digital world's current reigning female fitness guru.



“I stay true to who I am, I’m real, honest and interact with my viewers”

Fresh on Aussie soil, the health star is here to promote Zespri SunGolf Kiwifruits and lead her famous fitness classes live in Sydney this month.

“I will be leading two free POP Pilates classes at The Zespri Sun-Up events in Sydney! These huge outdoor festivals are all about health, food and fitness and I couldn’t be more excited to bring live POP Pilates classes to more people all over the world!” enthuses qualified Pilates instructor Cassey.

A mere seven years ago however, Cassey had just posted her very first workout video to Youtube with the original intended audience to be her former students.

“I was moving across the country to pursue my dream of becoming part of the fashion world, so I thought posting workout videos on YouTube would be a fun way for us to all still work-out together. Back then, I never imagined that posting that one workout video would lead to my Blogilates career!”

It wasn’t long before Cassey’s YouTube channel gained incredible worldwide traction and propelled her health career onto a new and exciting path.

“I noticed my YouTube videos getting more engagement from people all over the world – not just my students. So, I started putting time and effort into the quality of my videos and began listening to my subscribers requests. If they asked for a certain workout video, then I would give them one! That is when I really started to see my channel grow.”

Today, POP Pilates videos dominate the world’s online fitness stage and followers have even garnered their very own nickname – ‘POPsters’. Cassey attributes the success of her Blogilates brand to her social media prowess as she actively displays a sense of authenticity and transparency. One of her most watched videos ‘The Perfect Body’ refreshingly endeavours to dispel unrealistic expectations of the female image.

“I’ve always tried to just be myself on social media. My brand of Blogilates really is me and I try not to overthink it other than to be

who I am, which is a girl who loves fitness and pretty things! I just try to make fitness as accessible and fun for POPsters worldwide across all social media including YouTube, Instagram, Facebook, Snapchat and Twitter.

“I stay true to who I am, I’m real, honest and interact with my viewers. We are all like workout fitness friends! I want them to have a safe, judgement-free place to go to workout.”

As with any new business, especially those utilising the digital space, there often comes a track of hurdles to jump over and external parties wanting to cash in on overnight success. Cassey is no novice in this area and openly offers other budding entrepreneurs some sound advice.

“Be careful who you trust. I get a lot of requests to collaborate with other people and companies. Unfortunately people don’t always have the right intentions. I’ve learned to see through that most of the time as it has happened many times. Since then, I’m more careful and particular with who I work with and who I let into my Blogilates team, choosing only to affiliate myself with top quality brands.

“You don’t need a lot of money or even a whole team of people working for you. As long as you have the passion and an idea, you can make anything happen. Allow yourself to never stop learning and exploring.”

As for what’s next for Cassey?

“I want to keep connecting more POPsters together. I want people to form real friendships in the real world, not just through social media. That’s why having live events like The Zespri Sun-Up as well live POP Pilates classes taught at gyms worldwide is extremely important.”

The Zespri Sun-Up event occurs June 4 at Dockside Pavilion, Darling Harbour.

blogilates.com
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FEDERAL ELECTION 2016: MEET THE BRADFIELD CANDIDATES

Alex Dalland and Sabrina Muysken



**LIBERAL PARTY
PAUL FLETCHER**



**LABOR PARTY
KATIE GOMPERTZ**



**INDEPENDENT
CHRISTINE BERMAN**



**CHRISTIAN DEMOCRATIC
PARTY, CHRIS VALE**



**GREENS
ADRIAN JONES**

In the lead up to the Federal Election the candidates for the Bradfield electorate discuss what they think are the most important issues for local residents



LABOR PARTY, Katie Gompertz

What influences your decision to run for politics and what do you think makes you the best candidate for Labor in Bradfield?

After spending many years as a DV advocate I was frustrated with the federal policies on this issue and thought “why doesn’t someone do something about it” and realised that I was that someone. Politics has always been something I’ve been interested in following, particularly since becoming a Mum for the first time six years ago, so I started to have a vested interest in issues like education and health as well as financial security.

What do you think are the main issues affecting Bradfield in the 2016 Federal election?

The issues closest to my heart are transcendent of postcode, they are issues that affect us all: Education, Health, Climate Change and Domestic Violence. There are many excellent public, private and independent schools in Bradfield who would benefit greatly from the Gonski funding, these children are our future leaders and deserve to be invested in. It is true, Bradfield is a very affluent area but that doesn’t mean they want to, or even can afford to, pay more for their basic health needs like blood tests, pap smears and other diagnostic tests.

The families of Bradfield’s power bills will be reduced with Labors cleaner and more efficient energy plan.

We need better funding for the front line services that help people escape Domestic Violence, DV isn’t just a black eye, it’s emotional abuse, financial abuse and this has been seen to be prevalent on Sydneys’ North Shore.



CHRISTIAN DEMOCRATIC PARTY, Chris Vale

What issues being debated in the current election have the biggest impact on Bradfield?

Bradfield electors are concerned with many issues in this election.

- Financial concerns: Both the Government and Labor in this election are pork barrelling. There is little strategy to bring the budget back in to balance. This is paramount if we do not want to deliver a debt mountain to future generations.
- Moral issues: Moral issues are prominent with Bradfield voters who seek a return to Christian ethics and morality as the basis for supporting Australian families and communities.
- Border Protection: Offshore processing of refugees and asylum seekers should remain. Offshore processing stopped the boats. Refugees now do not risk their lives on dangerous sea journeys.
- Climate Change: No to an introduction of an ETS. The business impact on Australia is considerable even though its contribution to CO2 emissions is very small.
- Democracy: While the forced mergers of councils is a state issue, voters see this as another impact of governments breaking promises. We do not support the forced merger of councils.

What is your vision for Bradfield?

Our vision for Bradfield communities is one where families can raise their children in a secured safe ethical and moral environment and that governments at State and Federal levels will govern democratically. Our borders will continue to be protected and the economy is managed in a better fashion so that future Australian generations are not saddled with crippling debt.



GREENS, Adrian Jones

What do you think are the most important issues affecting Bradfield in the 2016 Federal election?

Bradfield is a diverse electorate and many different issues stand out for different people. Many in the electorate are very angry at what they perceive as mistreatment by the Liberal party on issues of council amalgamations, as well as planning and development issues in the electorate. While these are state issues local MP’s have a responsibility to speak out in the interests of their local residents, especially Paul Fletcher in his role as minister for local government. In addition, fair taxation of multi-national corporations, maintaining Medicare and public healthcare, and addressing climate change are the primary issues raised by people I have spoken to.

What are the biggest challenges of campaigning in a safe Liberal seat like Bradfield?

The biggest challenge campaigning in a safe seat such as Bradfield is to make the campaign feel meaningful and relevant to the electorate. Safe seats can result in voters feeling disenfranchised and disconnected from the political process. I believe an important part of my role in this election is to communicate that there are different visions of Australia’s future and that their votes and opinions matter.

What is your vision for the electorate?

I’d like to see an electorate with better environmental protections, more renewable energy and better public transport. I’d like to see schools with ongoing Gonski funding and free access to GPs and pathology services via Medicare. I hope to see same-sex Bradfield couples marry and sufficient emergency accommodation for domestic violence to ensure no at-risk women and children are turned away.

Katie Gompertz

Labor for Bradfield

Katie is standing up for us and will:

- **DEFEND OUR HEALTH SERVICES** from Mr Turnbull’s plans to privatise Medicare
- **MAKE SURE EVERY STUDENT** in every school gets funding based on their individual needs.
- **FIGHT FOR A QUALITY BROADBAND NETWORK** to assist our local businesses
- **SUPPORT RENEWABLE ENERGY INVESTMENT** for lower power bills and a sustainable future



Labor



A social conscience for Bradfield

ADRIAN JONES FOR BRADFIELD

OUR COUNCIL OUR SAY

MARRIAGE EQUALITY

SAFE PATHWAYS FOR REFUGEES

PUBLIC TRANSPORT NOT TOLL ROADS

VOTE 1

THE GREENS

nsw.greens.org.au/bradfield



LIBERAL PARTY, Paul Fletcher

What do you think will be the key issues for Bradfield voters in the upcoming election?

We are asking Australians to back the Turnbull Coalition Team's Plan for a Strong New Economy.

Our Plan is carefully structured to provide jobs and growth and a secure future for Australian families. It has 6 components:

- An innovation and science programme bringing more great Australian ideas to market, providing tax incentives to invest in start-up businesses and helping prepare our children for the jobs of the future by boosting participation in science, technology, engineering and maths (STEM).
 - A defence industry plan that will secure an advanced defence manufacturing industry in Australia and create thousands of new hi-tech jobs.
 - Export trade deals to generate 19 000 new export opportunities, give our farmers a competitive edge and open doors into expanding markets for our service industries.
 - Tax cuts and incentives for small businesses and hard working families.
 - A sustainable budget with crackdowns on tax avoidance and loopholes.
 - Guaranteed funding for health, education and roads.
- Our plan delivers the benefits of a growing economy and a better community to all Australians.

What are some of the major challenges facing the Liberal government in this upcoming election and how will these be overcome?

Our key challenge is the challenge that Australia faces: transitioning from a mining investment boom to a more diversified economy. Our plan will strengthen and grow Australia, whereas Labor's approach would mean economic mismanagement, weakness on border protection and a reduction in the value of Australians' homes.



INDEPENDENT, Christine Berman

What changes would you like to see for residents in the Bradfield electorate in particular?

We need to bring democracy back to Bradfield. The forced council amalgamations are yet another example of North Shore residents being taken for granted. Even where projects have been delivered that promise so much, such as Northconnex, there is a feeling that the community has not been adequately consulted, leading to a result that residents find less than satisfactory.

How do you feel about standing in an electorate that is considered one of the safest Coalition seats?

As Bradfield is such a safe seat, there is a sense of disappointment from many residents, that they are not being listened to. Nothing will change unless we make that change. The state government has already backed off on forced council amalgamations in marginal federal electorates or where the local members have taken a strong stand. Sadly this has not occurred in Bradfield. It is now the community's turn to have their say.

Christine Berman
Your Voice in Bradfield

Supporting heritage, neighbourhood character and the environment in Bradfield

Opposing the forced amalgamation of Ku-ring-gai with Hornsby

Opposing the proposed changes to negative gearing & retrospective changes to superannuation

A genuine community representative



christineberman.com.au



Authorised by Christine Berman, 78A Somerville Rd, Hornsby Heights, NSW, 2077

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



Visit: www.northsidedental.com.au



Western Sydney Careers Expo 2016

Alex Dalland

MANY STUDENTS FACE the unknown when nearing the end of high school, but there are ways they can get closer to finding their answer about life after the HSC.

"I see the Western Sydney Careers Expo giving the students the opportunity to explore, gather, research and discriminate information that becomes increasingly important to them as their time at high school nears its natural conclusion," Andrew Harrison, Careers Adviser at Turrumurra High School says.

For Harrison, the Western Sydney Careers Expo is a great opportunity for his students to explore the study and work options open to them in the future as well as focus on seminars to help develop their current school results.

"In these days where new careers are rapidly evolving, where new jobs are being born daily, where the number of careers that a person will have before they retire has grown exponentially, I see it as important that students use the soft skills they have refined in their high school years to prepare themselves for the unexpected nature of their future working lives," he says.

The Western Sydney Careers Expo will be running from Thursday 16 June until Sunday 19 June at Sydney Olympic Park. Now in its sixth year, the 2015 event attracted over 22 000 visitors from all over Sydney – in both school groups or individuals looking for their ideal career path and how to get there.

Sophie Allen, Killara High School's Careers Adviser, does not take students on an excursion to the Expo but suggests they visit one of the two Careers Expo's running in Moore Park or in Homebush.

"Careers expos provide an excellent snapshot of the vast array of pathways that are available to students today. They cater best for students in years 10, 11 and 12 who are not far from establishing their post schooling options.

"Students may not know what they want to do 'when they grow up' but they might have some questions prepared for a certain university or institution or collect information from exhibitors that are of interest to them. These are the ones who benefit most," she says.

westernsydneycareerexpo.com.au

STUDENTS DOORKNOCK FOR RED SHIELD APPEAL

Emily McDonagh

ROSEVILLE COLLEGE STUDENTS recently took to the streets in a doorknock effort for the Red Shield Appeal. Sunday May 29 was the Salvation Army's appeal for donations and the Roseville students hope to raise more than last year's drive. With almost \$5 million as the goal to beat, the Roseville community is came together to make a difference to the lives of others.

"Sadly, many young people in Sydney and beyond are much less fortunate," says Member for Ku-ring-gai, Alistair Henskens SC MP.

"Sydney's North Shore is a wonderful place to grow up, and our kids are really lucky to have a wealth of opportunities and quality education. Initiatives like these give the local community an opportunity to really make a difference in the lives of those less fortunate."

The Roseville College students heard first hand of the work the Salvation Army do and where the donations will go from Major Bryce Davies, team leader at the Salvation Army. The concerns of youth homelessness, substance issues and violence struck home in particular. The appeal aims to assist every battler, whether by disaster, family breakdown or unfortunate circumstance.



The donations collected will provide hope where it's most needed for those less fortunate.

"Roseville girls are very good at recognising their own fortune and abilities, and at directing them in a way that lifts the spirits of others and benefits those less fortunate or able. While encouraged and promoted by the school, it is the students who take hold of each initiative, like the Red Shield Doorknock Appeal, and help make it a success," notes Roseville College Principal Mrs Megan Krimmer.

salvos.org.au

EDUCATION GOOD CAREERS GUIDE

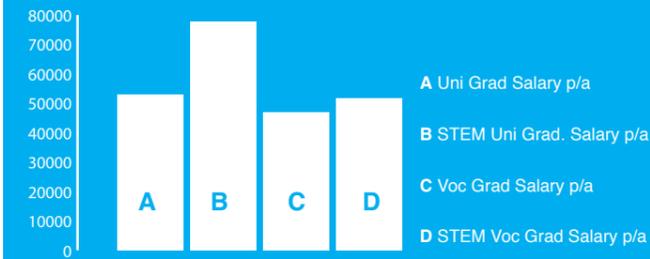
Danielle Armour

The Good Education Group has recently released their inaugural Good Careers Guide, with university and vocational graduates in the STEM fields of science, technology, engineering or maths having the most promising futures. Those with STEM qualifications are more likely to get a job and earn more money.

While the average starting salary for university graduates is \$52 840, significantly higher salaries are gained by those with STEM-related qualifications. The best results were for dentistry graduates, with an average salary of \$77 633 for a full time graduate position. Medicine, engineering, surveying and rehabilitation are amongst the other top paying jobs for university graduates, with salaries over \$7 000 above the national average.

For vocational graduates, the fields of information technology, engineering, education, architecture and building, and health were among the fields that paid the most, with starting salaries up to \$4 800 more than the average of \$46 900.

AVERAGE STARTING SALARY COMPARISON



CEO of the Good Education Group says, "With the government's renewed focus on the importance of studying STEM subjects, it seems students would do well to consider these fields – both for positive employment and salary outcomes."

As well as having above average starting salaries, university and vocational graduates in many of these fields have the highest employment rates. Good Education Group data manager Ross White believes this is because STEM graduates typically have more specialised and transferrable skills that can be applied across multiple industries.

The Good Careers Guide has been developed alongside Australian career advisers to provide current and comprehensive information to students about available education opportunities and career pathways.

David Carney, Executive Director of Career Industry Council of Australia says, "As the Australian economy transitions, it is vitally important that young people have access to high-quality, accurate and up-to-date career information resources to assist them to make well-informed career decisions."

goodeducation.com.au

Roseville College | An Anglican School For Girls



AT ROSEVILLE COLLEGE, girls from Kindergarten to Year 12 engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in all areas of life.

Our graduates are typically vibrant, confident, articulate, independent young women who embrace life's array of opportunities with energy and enthusiasm.

COLLEGE NEWS

STUDENTS IN SCHOOL SPIRIT

Roseville student leaders launched the 2016 Spirit Week with a surprise concert by X-Factor winner Cyrus Villanueva, who also conducted a Song-writing and Vocals/ Stage Performance Masterclass for senior music students.



COUNT DOWN TO STARTING KINDERGARTEN AT ROSEVILLE

Roseville College is partnering with Let's Count, a learning initiative designed by The Smith Family, to give all Australian 3-4 year olds a stronger start in mathematics as they prepare to begin Kindergarten.

PERSONALISED TOURS

Tours with our Registrar, tailored to your daughter's specific needs and interests, are held weekdays during term time. To book an appointment, call **9884 1109** or email registrar@roseville.nsw.edu.au.

Ranked among NSW's top schools, Roseville College has been transforming the lives of girls for more than 108 years.

27 Bancroft Avenue, Roseville
P 02 9884 1100 | E registrar@roseville.nsw.edu.au

www.rosevillecollege.com

A school within the Anglican Schools Corporation



Tree Ripened Fruit



Barbara Yee
Principal, Corpus Christi

SOME MONTHS AGO, whilst driving across country NSW, we travelled through apple growing territory. I was intrigued to see a prominent sign displayed outside an orchard bearing the words: Tree Ripened Fruit. This was clearly their advertising grab. It made me wonder what sort of a world we have created where tree ripened fruit is something remarkable!

In 2016, consumers expect and dictate the standard practice for farmers and suppliers. Premature harvesting of crops is considered routine to ensure a reliable supply. Consumers also insist on a great range of produce being available on demand, regardless of the seasonality of the produce. But, what has been sacrificed to satisfy the demand of insatiable consumer convenience?

Could similar observations be made about the milestones that are the markers of childhood development? It can be said that opportunities and experiences we provide children as they make their way through their childhood are being

accelerated. Some of these experiences might sound like fun to an adult but we can fail to account for childish minds and their capacity to make sense of it all.

Parents have the pressure of balancing the tension between wanting the best for the child but at the same time managing the FOMO (Fear of Missing Out) factor. It can be a tough call for parents to be brave enough to go against the grain or popular thinking. We all want to provide whatever we can for our children. Parents find it hard not to succumb to the pressure mounted by friends and family.

Sociologists identify that the acceleration of children to mature prematurely can be attributed to a number of factors:

- Concern that children may 'miss out' on aspects of their attainment.
- Clever marketing of children's activities; telling us that this is best for our child
- The trend to achieve 'early mastery' of a range of activities to ensure success later in life
- Preparation to enable that 'competitive edge' for secondary school, university places and even the workforce
- Mastery of 'processes' at the expense of creative and critical thinking
- The need to generate 'high ability' in specific areas to the exclusion of a broader range of achievement

It is true that 'hothousing' may indeed produce prodigies in sport, academics

and the performing arts. This may prove successful whilst the children are quite young. Often though, the gap narrows and other children catch up as developmental milestones are achieved. Extraordinary achievement at this elite level does occur. Even that requires sophisticated dedication to sustain into adolescence and beyond.

Maybe it is time to draw the line in the sand and let our children be children. Childhood is fleeting. Little people grow into big people very quickly. We don't need to gallop them through life, rather we need to teach them about pace and taking in things they see around them. Childhood should be a time of unstructured creativity and exploration of the world around them. Time to watch clouds, dance like there is no-one watching, unbridled imagination and all with minimal schedule or need to impress.

It is no coincidence that the recent trend has emerged for young adults to take a 'Gap Year', which has stemmed from too much pressure, scheduling and too many demands. If we don't provide time for kids and young adults to be just that, we are sending them into adult life having to continue taking on these stresses and burdens.

Let's allow our children time to 'ripen on the tree' so to speak, at a natural pace, taking in everything the world has to offer them in their own good time. Give them time to process their learnings about their world. They will ripen and will grow into well rounded individuals just as nature intended them to be!

SCHOOL HOLIDAY ACTIVITIES

Emily McDonagh

School winter holidays are around the corner. From July 2-18, these are the top ways to keep the whole family entertained!

AFTRS Holiday Program

When: Monday 4 July – Friday 15 July
Where: AFTRS Campus, Entertainment Quarter, Moore Park
Cost: \$295 - \$875 depending on program length

Have a budding Spielberg on your hands? Perhaps your little rascal is more of an on screen talent, no matter there's an AFTRS workshop for each and every little creative. Catering for kids and teens, aged 9-17, this winter holidays boasts a packed schedule of programs in all avenues of Film, Television and Radio. Kids can learn digital animation, film making, radio, screen acting, gorey on screen makeup and even how to make it as a Youtube star.

aftrs.edu.au



ECO Gardens Kids Activities

When: Wednesday 6 July, 11am- 2pm
Where: Fagan Park, Arcadia Rd, Galston
Cost: Free, bookings essential.

In the lush surrounds of the Eco Garden Gazebo, Fagan Park, kids are invited to learn as they play and roam wild in the garden this July holidays! Exploring the gardens reveals a scarecrow, a fairy garden, a fruit and vegetable garden and an array of plants on display. Whether DIY Craft, a story or a treasure hunt piques your interest, playing in the garden just got a lot more fun!

hornsby.nsw.gov.au



Kids Snow Holiday Festival

When: Saturday 2 July – Sunday 16 July
Where: Thredbo
Cost: Free events and courtesy bus if staying in the village

For the ultimate winter experience a trip down to the snow is the answer. Spend all day skiing or boarding then soak up the smorgasbord of events the festival has to offer. Night skiing, a special flare run, movie nights, pizza nights and more will have the kids entertained and exhausted! The festival hasn't forgotten about the grown ups with a wealth of apres activities on offer. Or even book the kids into ski school and take the day exploring the slopes for yourself, complete that black run!

thredbo.com.au



Winter Festival

When: Thursday 30 June – Sunday 17 July
Where: St Mary's Cathedral, Hyde Park
Cost: Free to enter, ice skating requires booking

Celebrate the cool change and bask in all that winter has to offer at Winter Festival throughout the school holidays. If you can't make it to the snow this is the next best thing, ice skating, tobogganing and snow fights come together in this wintery celebration. Put on your skates and enjoy the city surrounds as you enjoy the open air rink. Take solstice in one of the inflatable igloos and warm up with a treat! Plenty of activities to entertain the kids this winter holidays!

winterfestival.com.au



DANTANIO

The HIStory Show

Rima Martens

DESPITE HIS PASSING in 2009, the demand for Michael Jackson's legendary music is still very much alive. Renowned for possessing singing and dancing abilities like no other, The King of Pop's performance magic lives on through the concerts of his ultimate fan and world's best impersonator, Dantanio.

Born to a Gospel family, Dantanio began singing and dancing at the age of nine. In the entertainment industry, the performer forged his talents working in the theatrical sphere and song writing for contemporary Pop stars. He even released his own solo albums. Even so, Michael Jackson's music has always had immense pull over the budding star who greatly admired the honesty in his music.

"Both in production and performance. The consistency as an artist and his ability to appreciate his fans the way he did. He lived for their love. Only a master knows such principles," says Dantanio.

In 2014 the coveted part of Michael Jackson opened up in one of the world's biggest tribute shows – Showtime Management's 'The Michael Jackson HIStory Show' – and Dantanio was scouted by the show's Director to fill the challenging role.

The tour has found incredible success and wide recognition.

"I remember meeting our late former president Nelson Mandela and receiving these words from him: 'Never stop singing, your success is imminent'. So I kept singing," he says



Following a 2015 Singapore show one audience member cried and told Dantanio: "she had been to 7 of Michael Jackson's concerts and I had brought him back to life. She said the show was a superb production and she could watch it for forever."

With the shows being so well-received the touring days are far from over. And, when revealing his plans for what's next Dantanio says, "I honestly and truly would love to do some shows in Las Vegas. Just for a brief contract and then tour Japan" where there are many excited fans awaiting him. For now though, his national Australian tour will begin in June and includes a Sydney show where he will perform at the State Theatre on the 24th.

mjhistoryshow.com/shows.html

Chatting With the CWA

SABRINA MUYSKEN CHATS with the Country Women's Association of NSW's Hornsby & District branch member Lyn Braico about the groups' incredible work beyond the kitchen!

Tell us about the CWA

"Wow, how do you sum up this iconic Australian Women's Organisation? Born in 1922 out of a need to connect women and children, to curb isolation and bring better services to rural and regional women, this Association is as relevant today as it was nearly 95 years ago.

Today's Country Women's Association of NSW is full of vibrant and wonderful women, from all areas of NSW. City, coastal, regional, rural and remote – we are not only for Country Women, but for ALL women in our Country. We are the largest lobbying group in NSW and have the ear of Government at all levels ensuring that communities are not disadvantaged because of their location."

And, the Hornsby & District Branch?

"The Hornsby & District Branch was formed in 1954 and has reinvented itself in recent years since the loss of the Women's Rest Centre in Hornsby. These days we meet at St Peters Anglican Church in Hornsby, next to the TAFE, 2nd and 4th Fridays of the month. We specialise in catering and raise valuable funds from our legendary "Tea and Scones". Each year we donate to local, state and international causes and in recent months have specialised in assisting drought stricken farmers in northern NSW and help support the Women's Refuge at Hornsby.

"The Hornsby & District Branch recently operated the Kiosk at the St Ives Show, where money raised will be donated to medical research and disaster relief. We will be catering at various community functions over the next few months including the North Shore Craft Group Weekend at Thornleigh second weekend of July."



What issues are the CWA passionate about?

"We support medical research – for the past two years we have highlighted Lyme Disease in Australia and donated many thousands of dollars into the research of this medical condition. Education Scholarships, sponsoring Domestic Violence Workshops and teaming up with the Salvation Army in the fight against ICE in our state – these are just some of the programs that prove that the Country Women's Association is at the forefront of the important issues facing society today."

What is the most rewarding part about being a member?

"Being a member of the Country Women's Association of NSW is an honour and a privilege. Personally, I am third generation, following in my grandmother's and mum's footsteps, I have been involved most of my life. Born in the city, but country at heart, CWA has offered me friendship and knowledge and a wonderful network of women throughout our state, across Australia and around the world. Whatever your interest, CWA has something for you – be it handicraft, cookery, agricultural, environmental, international studies or cultural, there are lots of activities available. CWA has empowered me to believe that anything is possible if you work together."

North Shore's best kept secret?

"Bobbin Head. I recently rediscovered this childhood treasure and always love Brooklyn – the Hawkesbury River is magnificent on a sunny day, full tide, no clouds. How lucky are we to live here in Australia."

The CWA has nearly 60 branches in the Sydney basin, meeting daytime or in the evenings/weekends.

cwaofnsw.org.au
facebook.com/cwaofnsw/



Peter Vickers

Chartered Accountant, Lindfield

SUPERANNUATION, THE BUDGET And What It Means To You!

THE TREASURER ANNOUNCED changes to superannuation as part of his 2016 budget that he handed down on May 2. This budget was handed down in the run up to the Federal election that has been announced for 2 July. It is thus difficult to discuss the announcements without entering into a political discourse but this is what will be attempted in this article.

Most of the changes announced in the budget commence from July 1, 2017. It is important to remember that the changes have not been introduced into parliament let alone passed into legislation and depend on the outcome of the election and also the next budget in May 2017. So all of this could change.

The first point to make is that the encouragement to use the superannuation system to save, investment and drawn down is the tax savings involved. If there was no tax benefits then the advice would be to do this saving, investment and drawn down in one's own name.

THE BREAKDOWN:

- Currently the tax deductible contributions (whether personal or employer) are taxed in the super fund at 15 per cent except for income owners with a threshold of over \$300 000. This threshold is to be lowered to \$250 000. The threshold has a complex formula for its calculation.

- The restrictions on tax deductible (concessional) contributions are to be removed for those aged up to 75.

- If you have a balance of less than \$500 000 in your super then you will be able to make catch up extra concessional (deductible) contributions.

- The restrictions on personal concessional contributions is to be removed for those under 75.

- The maximum limit for concessional contributions has been lowered to \$25 000.

- The income earned on funds in pension phase is currently exempt from tax. This is to be limited to a cap of \$1.6m with the remainder having to be transferred to the accumulation account whose income is taxed at 15 per cent.



- The tax exemption of earnings of assets supporting a "transition to retirement" pension will be removed from July 1, 2017. This only applies to pensions being paid for 56-65 year olds who have not retired. The problem here is that these pensions are not commutable to a lump sum. That is you cannot change the pension. If you started such a pension on July 1, 2015 at age 60 (the usual starting point as the receipt of the pension is exempt from tax in your return) then you will lose the tax exemption from age 62-65 when the normal condition of release applies.

- The change that starts at 7.30pm on budget night is that there is now a limit of \$500 000 of non-concessional contributions to a super fund. The contributions are added up from July 1, 2007. This is the date from which the Tax Office computer has records and thus the honesty of taxpayers is not needed for this calculation. If you had a balance above \$500 000 at 7.30pm then you are not penalised but further contributions are not possible. Some years back you could put in \$1m a year. Care needs to be taken as taxpayers may have been planning to put in \$540 000 before June 30 but this is now forbidden.

- The raising of one of the thresholds from \$80 000 to \$87 000 saves a cup of coffee a week so let's forget that.

- The most interesting benefit is that those businesses with aggregated turnover of under \$10m will be able to deduct the full cost of assets that are under \$20 000 that are purchased in the 2016/17 income tax year.

vickersgroup.com.au

This is a summary only of a budget speech whose back up legislation has not even been introduced, about tax legislation that has complex rules and definitions e.g. aggregated income. We advise that you do not rely solely on this article when making financial decisions.

TAX RETURNS

As the deadline for filing tax returns fast approaches, new data would suggest many Australians are yet to complete the task.

According to data from the Australian Tax Office, approximately 20 per cent of Australians fail to lodge their tax return before the October 31 deadline.

While filing a tax return can seem like a daunting and time consuming chore, it is important for Australians to meet their tax deadline lest they face a hefty fine.

"Those who don't complete their tax return on time can incur a penalty of \$850 plus interest," says local Mortgage Choice broker Hugh Smith.

"Meanwhile, those who do complete their tax return on time not only avoid being fined, but are often rewarded with a nice tax refund."

For those who do receive a tax refund, Mr. Smith said it is important to invest the money wisely.

"Your tax refund could be a good opportunity to plan for the future – whether that involves growing your savings or paying off your debts," he said.



TAX REFUND TIPS:

- Add to your home loan deposit.
- Target high interest debt.
- Start or increase your emergency fund.
- Top up your mortgage.
- Inject it into super.

mortgagechoice.com.au

PROPERTY AND THE CLOUD: WHAT YOU NEED TO KNOW

LEVERAGING HYBRID - CLOUD FOR YOUR BUSINESS

Learn what the hybrid cloud is and why it is critical for the future. SMEs can confidently and securely take advantage of business efficiencies through the Cloud.

Presenter: Gavin Vermaas, RightServ Pty Ltd
Wednesday 29th June, 12.30-2.00pm



VENUE

Suite 2, 345 Pacific Highway, Lindfield

For more info or to reserve a place, please call Kathryn on 02 9496 2300 or email kathryn@pva.com.au

PROPERTY OUTLOOK 2016-17

Opportunities for the next 12 months; factors affecting the market and key influences for the future. If you're considering investing in property as part of your investment portfolio, attend this briefing.

Presenter: Josh Masters, BuySide Agency
Thursday 28th July 6pm-7.30pm



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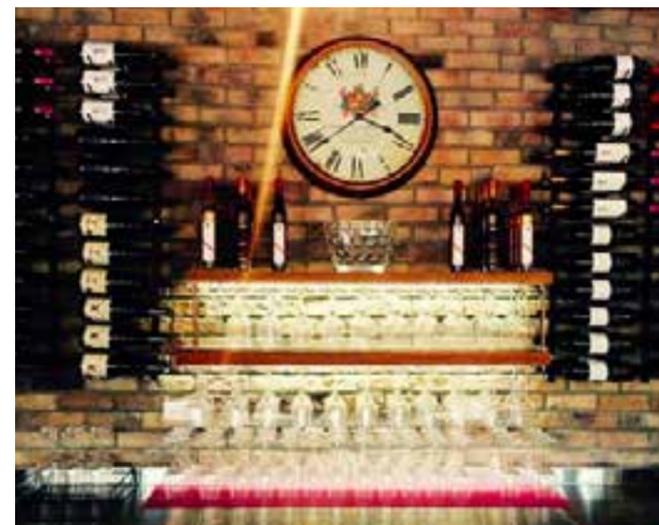
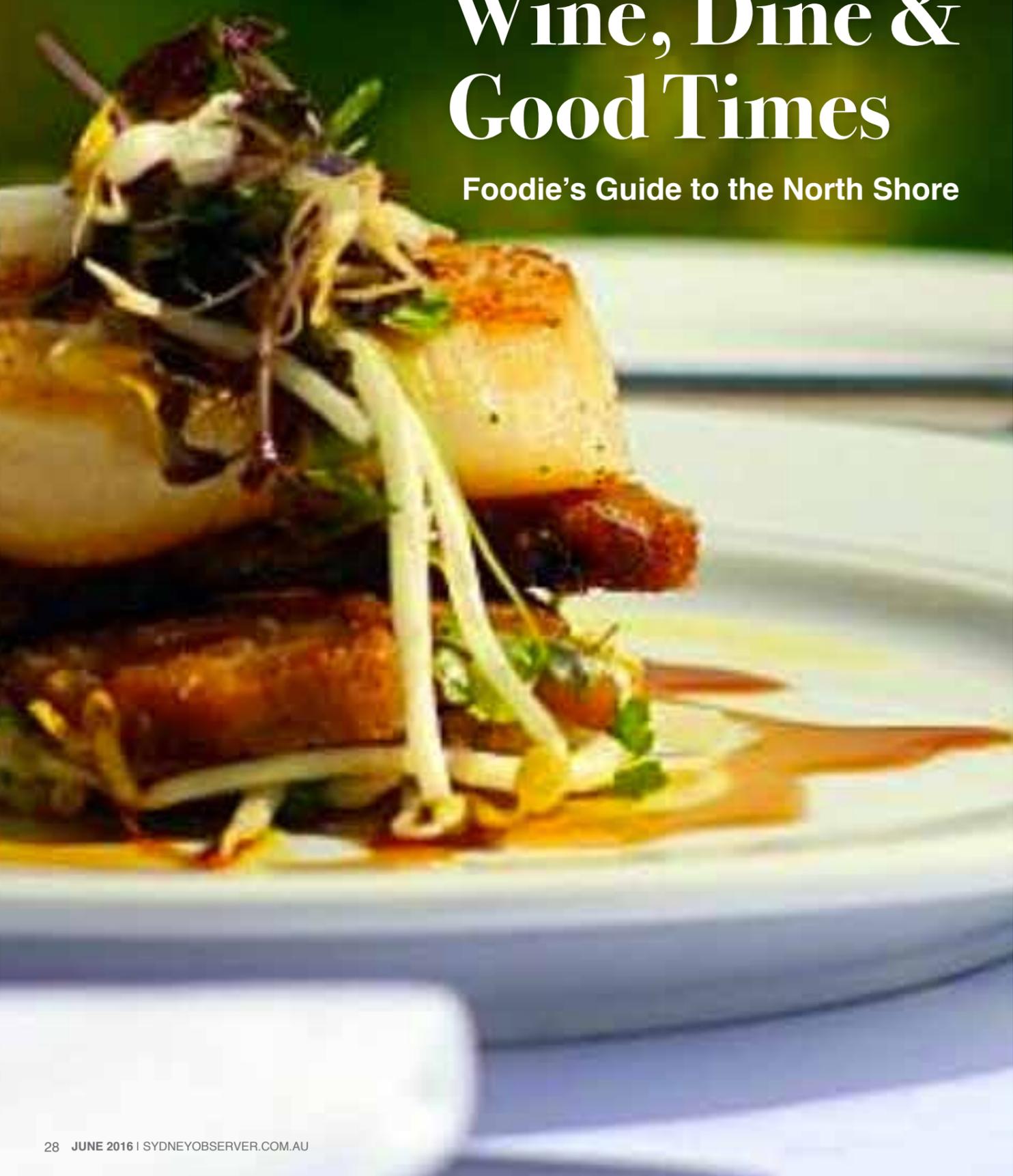
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Wine, Dine & Good Times

Foodie's Guide to the North Shore



Cellar 8 Wine Bar

Cellar8 Wine Bar proves that you don't need to take a trip to the inner city to experience the burgeoning Sydney small bar scene. The dining experience is all about marrying seasonal flavours with expertly matched wines sourced from boutique vineyards across Australia and New Zealand. Cellar8 is the perfect North Shore locale to enjoy fine tapas & quality vino from Tuesday to Saturday evenings.

cellar8winebar.com.au



cellar8winebar.com.au E: cellar8winebar@gmail.com T: 9440 3044

Mexed Up

For a little taste of Mexico tucked away in North Turrumurra, Mexed Up is the answer. With an authentic range of Mexican share plates from tostadas, empanadas to poppers. Or don't share and tuck into the heartier tacos or burritos all to yourself. Sangrias and margaritas are a must in the spirit of authenticity. This is the ideal venue for parties, book clubs, hen's nights or just about any occasion that wants a casual, relaxed atmosphere at very reasonable prices.

mexedup.com.au



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THERE'S A NEW MEXICAN IN TOWN!

MEXED UP

DINE IN OR TAKE AWAY



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North Turrumurra
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MEXEDUP.COM.AU

FROM 5.30
TUES-SAT



2 Stews and a Cockatoo

2 Stews and a Cockatoo is one of the North Shore's finest wine bar and restaurant's on offer. Owners Tony and Nada Stewart believe every food and wine experience should be a memorable and unique one. As such, they have created an eclectic and fun environment with a whimsical menu of small shared plates, complimented by an international wine list available by the glass.

2stewsandacockatoo.com



Terrazza Italian Restaurant

Overlooking The Concourse, Chatswood Terrazza Italian Restaurant & Pizzeria offers a contemporary mix of both modern and traditional Italian food. Soak up the warm and welcoming atmosphere with a wood fire pizza or for the pasta-lovers their famous gorgonzola gnocchi that is made fresh daily. And, to finish off the delicious meal we suggest you share a Nutella pizza topped with fresh strawberries and crushed nuts!

terrazzachatswood.com.au

The Cook's Garden

The Cook's Garden is a North Shore landmark when it comes to eating out. Over seven years the restaurant has gained a reputation for great food, excellent service and a welcoming ambiance. Its offshoot, The Garden Tap, is now nearly 3 years on and has well and truly become the 'local' for residents far and wide. A gastro pub style menu, open fire and beer on tap all combine to make it the perfect winter destination. We wait with baited breath to see what owners Rick and Elizabeth Nelmes have up their sleeves in the coming year.

thecooksgarden.com.au



Flower Child Cafe

Flower Child is Westfield Chatswood's hottest new cafe. This is the ideal place to take a breather and refuel during a shopping spree or simply just to try their tasty dishes. Imagine an area filled with wicker chairs, tiled floors and hanging flower baskets, this gem gives the trendy inner-west cafes a run for their money. The menu ranges from Acai bowls to wholesome burgers and everything in between. Flower Child is definitely a must-try.

flowerchildcafe.com.au



The Sawmill

The Sawmill Café, Restaurant & Pizzeria has taken design inspiration from the North Shore's role as a major supplier of timber throughout Sydney's history. Located in West Pymble, The Sawmill uses natural and recycled timber to take patrons back to the time of early Sydney colonies. This historical setting combines with the wood fired pizzas and Italian inspired menu that The Sawmill prides themselves on.



Their use of seasonal fresh produce for breakfast, lunch and dinner create a warm and rustic atmosphere that celebrates the history of the North Shore. Open 6 days (closed Tuesdays) a week the menu is comprised of a selection of family favourites.



thesawmill.com.au

EXPERIENCE OUR NEW

Winter Menu

AT THE SAWMILL FROM JUNE

OPEN FOR BREAKFAST, LUNCH & DINNER 6 DAYS. CLOSED TUESDAY.



ENJOY THE

colder months with BYO ON MONDAY & WEDNESDAY NIGHTS

(WINE ONLY). DURING WINTER MONTHS. CORKAGE FEE APPLIES.

WOODFIRED PIZZA. TAKEAWAY AVAILABLE. HOUSE MADE DESSERTS. CATERING & CAKES FOR SPECIAL OCCASIONS

THE SAWMILL CAFÉ RESTAURANT & PIZZERIA

7 DUNEBA AVE WEST PYMBLE 9498 6565 ~ WWW.THESAWMILL.COM.AU

Lasagna

Ingredients

Bolognese:

1 tbsp olive oil
700g beef mince
1 onion chopped
2 garlic clove crushed
800g canned diced tomato
100g tomato paste
2 tbsp dried oregano
1 tbsp dried basil leaves
½ tsp dried rosemary
1 pinch sea salt

Cheese Sauce:

60g butter
1/3 cup plain flour
2 cups full cream milk
1 cup cheese shredded
¼ cup parmesan shredded

Lasagne layers:

250g lasagne sheets
½ cup tasty cheese
¼ cup parmesan shredded

Method:

1. (Bolognese) Heat oil in a large saucepan.
2. Add mince, onion and garlic. Cook until meat is browned.
3. Add remaining bolognese ingredients.
4. Simmer gently for 15 minutes.
5. (Cheese sauce) Melt butter in a medium saucepan over low heat.
6. Stir in flour until smooths, and cook gently, stirring for 1 minute.
7. Add milk, stir and bring to a simmer.
8. Stir constantly until smooth and thickened.
9. Add remaining cheese sauce ingredients.
10. Stir over heat until cheese melts.
11. (Lasagne layers) Spray a rectangular baking dish with oil.
12. Arrange 3 lasagne sheets over the base.
13. Spoon one third of the bolognese sauce over the past sheets and spread evenly.
14. Spoon one third of the cheese sauce evenly over the bolognese layer.
15. Repeat these layers twice more.
16. Top with remaining pasta sheets and cheese sauce.
17. Top with shredded and Parmesan cheese.
18. Bake at 180°C in a fan-forced oven for 50-60 minutes, covering with foil when the top turns a light golden brown colour.
19. Leave to cool before serving.



Preparation time: 25-30 minutes.

Cooking time: 1 hr

Serves: 6

Jamala Wildlife Lodge

Jamala Wildlife Lodge in Canberra offers you an oasis of the natural world this winter break while never roaming far out of the comfort of individually designed five-star accommodations. Enjoy an African themed gourmet dinner party in the Rainforest Cave or alongside the sharks.

A special package available exclusively to Sydney Observer readers includes the chance to win an extra nights stay by using the code 'Observ'.

nationalzoo.com.au



Use the code "Observ" when making a booking for a chance to win a free night!



A ROOM WITH A ZOO!

Cosy up this winter and escape to the amazing African atmosphere of Jamala Wildlife Lodge in Canberra.

Packages include meals and dinner beverages, entry & tours at the National Zoo & Aquarium, plus amazing luxury accommodation.



Winter degustation & truffles

Exclusive package available for a short time only on designated nights through winter. Includes a truffle inspired degustation dinner coupled with world class wines and a truffle hunt at the Canberra Truffle Farm with specially trained dogs!

P: 02 6287 8400 E: info@jamalawildlifelodge.com.au

W: jamalawildlifelodge.com.au

Lady Denman Drive, Canberra ACT 2611



The Butcher's Block

Belts, cleavers and knife sharpeners fittingly line the walls of Wahroonga's meat-themed eatery The Butcher's Block. The heritage decor pays tribute to the venue's origins as a humble 1882 butcher shop. Offering a delectable mix of modern cafe food including burgers, sumptuous salads and much more, the food is homemade and utterly delicious. For night dining head next door to their sister restaurant The Butcher's Apprentice to indulge in fine wine and locally sourced produce with everything made in-house.

the-butchersblock.com



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the-butchersblock.com
Open Monday to Saturday 6am - 5pm

Contact details: (02) 9487 8136
inquiries@the-butchersblock.com
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WAHROONGA, NSW 2076

June Hot Spots

Emily McDonagh

Cake Bake and Sweets Show

Tickets: \$28 for adults, children for \$22 and children under 12 FREE
When: 3 – 5 June, 10am – 5pm
Where: Sydney Olympic Park
Contact: cakebakeandsweets.com

A three-day foodie extravaganza dedicated to the art of baking and cake decorating! Watch the masterpieces lovingly prepared and learn each and every step of how to achieve the same result. Adriano Zumbo leads the stable of celebrity baking enthusiasts, including a Freakshake inventor and a few MasterChef contestants. The Make and Take classes will be particularly tasty, inviting you to create your own delectable take home delight! Once you've learnt the tricks you'll need the tools and the shopping arena will equip you to be the best baker you can be! Take the kids as children under 12 enter free and learn how to cook up a sweet treat or two!



Dinner De-Lights

Tickets: \$112.50 (including return water taxi transport)
When: 1-18 June, Friday-Sunday evenings
Where: Fort Denison
Contact: reservations@fortdenison.com.au

Enjoy the spectacular lights of Vivid from the best vantage spot and indulge in a two course meal. Fort Denison is playing host to Dinner De- Lights, a celebration of Vivid illuminating the city. The ticket includes a decadent dinner in a heated marquee to protect you from those harbour breezes, a tour of the historic Martello Tour and water taxi transport to the venue. The transport leaves from Man O War Steps, so a stroll around the foreshore before and you will get to see the lights from every angle. Escape the foot traffic that Vivid demands and savour the view in style!

The Night Market

Tickets: Free
When: 4 – 18 June
Where: Carriageworks, Redfern

Carriageworks will play host to a night market across two nights in June, showcasing the very best chefs and producers from across NSW. A truly immersive event, the event will host a number of stalls, a series of expertly curated dinners and talks from creative wonders of the dining industry. Expertly matched food and wine will be on offer, from across Regional NSW and the foodie hub of Sydney. For an unforgettable taste sensation, why not attend both nights!



Bistro de Philippe

Bistro de Philippe is a charming french Bistro that has been delighting the fussy North Shore dinners for over two years now. Tucked away in the Gordon's GPO arcade, this cute Bistro serves typical french food with a modern twist at a very affordable price.

The Bistro's quaint charm makes this an ideal venue for a HAPPY HOUR drink with your friends whilst munching on a selection of share plates also known as Tapas. The twice baked pork belly in Calvados sauce and the massive charcuterie platter are but some of the delectable choices.

The French and Australian wine list is extensive but not expensive and most of them are available by the glass! And who would have thought that a french bistro caters for vegetarians and has gluten free options? Sacrébleu!

The bistro is available for group functions or dinner and has a 'special 3 course dinner' for \$49 every day, and changes their daily special... daily!

So head to Bistro de Philippe to experience this little part of France on the North Shore where even the waiters are French, you could even brush up on your school French!

bistrodephilippe.com.au

Phone: (02) 9499 9099
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TRENDS THIS WINTER

Rima Martens and Alex Dalland

WITH THE DAYS growing (albeit slowly) colder and more time being spent indoors, now is the perfect time to be thinking about how to keep snug, without losing style this winter. Little changes about the house can make a big difference to how you embrace the season. With admittedly, a lot more time being spent lazing about, it is important to introduce layers of soft and warm fabrics to keep yourself from the chill as you snuggle up to read a book or enjoy a movie. Jennifer French, Interior Decorator and Colour Consultant at Inside Out Colour and Design says that the winter is all about coziness and shares plenty of helpful hints to help incorporate a sense of coziness and comfort into your home for the season.

TOUCHES OF GREY

In terms of colour, French says that "Grey still remains as the most sought after neutral for the home. It's so easy to add splashes of Grey in the form of throws, blankets and rugs with all it's different shades. A colour that will ensure the home is co-ordinated, Grey marries well with most other colours and as it is popular, it is fairly easy to find grey products in stores."

A helpful tip to remember as you begin to add little touches about the house to keep warm. It's great to steer towards Grey shades as this colour will tie in with lighter tones that may be pre-existing from the summer. It's a helpful mechanism to ensure that a whole house redecoration isn't required!



DARK COLOURS

Allowing for an enjoyable 'hibernation' French says that "adding dark colours in paint or soft furnishings can also make a home "winter ready". Inky dark walls, plum soft furnishings or deep green fabrics will all make the home feel and look warm and cosy. Winter often makes us reach for something soft and comforting like faux fur or thick knits. Cushion covers and throws in these textures are ideal as they make the couch more cosy. And let's face it, winter is all about lazing on the couch!"

Darker coloured candles with a muskier and more spiced scent are also a great way to stay in touch with the dark colour winter trend.



RUGS AND ACCESSORIES

To keep those feet warm, French says that "rugs are a must for winter, especially if your home has timber flooring. There are so many colours and textures available including rugs made from recycled denim, plain or patterned wool rugs, and those made from natural materials. Think about where you will place the rug and will you be stepping on it in bare feet. If so, you want something soft underfoot. When buying accessories for your home consider the price point first. Trends come and so sticking to colours and textures you love, rather than because they are on trend, will ensure longevity from your purchases."



GARDEN'S FOR FAMILIES

Lyndall Keating and Nick Crowe, Garden Society

Gardens are not just a visual feast of colour and form, designed to please the eye. Good garden designers understand that gardens are lived in, even more than they are looked at.

Gardens improve children's health

They can run and play, discover nature, share a secret moment with friends or just be alone and private. A child-friendly garden tempts children to go outside and encourages physical activity whilst boosting their mental development.

Future proof your garden

Any constructed outdoor features should be flexible. Children grow up fast, so consider how play areas could be used in the future. With a little planning, features can be configured at the construction stage for easier conversion later on.

For example, a playhouse for younger children can be removed, and a swimming pool, which will appeal more to teenagers, can be built in the same area.

Even if you have limited space, a plunge pool will be a popular spot in the heat of summer. Parents of teens are often anxious to know where they are, and having the pool at your house will ensure their friends come to you, not the other way round!

Lawns and hedging

If your garden is big enough, an obvious child-friendly feature is a grassed area for ball games and running around. Plant a low hedge to define the area; it limits the movement of smaller children and works as a ball-catcher too.

Veggie patch

Children love to get involved in real gardening activities too, so give them their own flower and vegetable patch.

Choose quick-growing salad vegetables like radish, carrots, mesclun mixture or put in tomato plants so the kids can watch them ripen. It is so much easier to get children to eat vegetables if they have grown them themselves.

Even if you don't have a garden, kids can still grow small flowering plants, like marigolds, in pots.

Studies show that children who learn how to be patient are more successful in life. Waiting for plants to grow and ripen is a great way to develop that ability from an early age.

gardensociety.com.au



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PAYING SLEEP DEBTS

The National Sleep Foundation has revealed how much sleep we really need. For an adult aged 18-64, the recommended sleep duration is 7-9 hours. Anything less than 6 hours sleep is not advised. For over 65s, 7-8 hours is the ideal sleep duration. For optimal sleep quality, the report recommends, sticking to a sleep schedule, evaluating your bedroom to ensure ideal temperature, sound and light, and turning off electronics before bed. Their number one recommendation is to make sleep a priority every day.

MEDIATION

Neuroscientists and psychologists agree that meditation can reduce stress, improve attention and memory and increase creativity. Although meditation seems difficult, the process is quite simple. Start by finding a peaceful environment and sitting on a cushion or the ground in a comfortable position that allows you to be tall and straight. To meditate, clear your mind, close your eyes and focus only on your breathing. It is recommended that you meditate early in the morning before your mind becomes crowded with stresses and worries from the day.

MEET SHAE

Described as "Siri for your health" and "the health app that makes Fitbit look like a basic calendar", Shae uses a multiple choice questionnaire to determine your genes, environment, activities, what you eat and when you sleep in order to personalise health recommendations. Launched on Kickstarter in April, the app can access other apps such as calendars to give reminders about when and how to exercise, when to take a break or when to order a meal. Shae is your very own virtual health assistant to help you achieve a healthier lifestyle.

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DENTISTRY: IF YOU CAN'T SEE IT, YOU CAN'T CLEAN IT!

Ian Sweeney

EFFECTIVE CLEANING OF teeth not only requires a high degree of manual dexterity, it also requires the good vision to see exactly what it is you are cleaning.

If you cannot see your teeth while cleaning, you are probably not cleaning them well enough.

If somebody needs to wear glasses to read, then they really should be wearing their glasses to brush and floss their teeth.

Teeth are really very small irregular shaped objects with lots of grooves and bulges. Each groove or bulge on a tooth has the ability to trap decay causing bacteria. Once bacteria has attached to a tooth surface, it is just a matter of time until it results in either dental decay or periodontal (gum) disease.

Periodontal disease is a serious bacterial disease that destroys the attachment ligaments and supporting bone that holds teeth in place. As bacteria builds up around teeth, the gums become red and inflamed and tend to bleed when brushed or flossed. Once infection occurs, the gums begin to separate from the teeth forming pockets which will eventually deepen as more of the supporting

ligaments and bone are lost until the teeth are eventually lost.

Approximately 20 per cent of adults between 20 and 50 years of age, and 40 per cent of adults over 50 years have periodontal disease.

Teeth, like everything must be maintained. Often, people will spend many hours through the week maintaining their hair and facial aspects of beauty, while relatively speaking neglecting their teeth and gums.

TIPS FOR EFFECTIVE CLEANING:

- Wear glasses if required.
- Stand less the 1 foot (300mm) to a mirror.
- Magnifying mirrors are ideal.

If you experience bleeding gums when flossing or bad breath, do not hesitate to mention it to your dentist.

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



MACQUARIE University

DO YOU STUTTER?

The Macquarie University Department of Cognitive Science is looking for volunteers for non-invasive brain stimulation studies of stuttering.

Participants are asked to perform simple tasks while a safe and painless brain stimulation technique is applied. Qualified subjects will be paid \$50 per visit for participation. The study will be conducted at the Macquarie University and at the Macquarie University Hospital in Macquarie Park.

If you are interested in participating or you would like to learn more about this study, contact Dr. Paul Sowman at **02 9850 6732** or email: paul.sowman@mq.edu.au



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RELAXATION

Liz Kraefft

IN OUR BUSY world filled with distractions it is easy to get caught up in the hype. The continual bombardment of information overload drives us 'over the edge', leaving us feeling agitated and in need of a break. Sadly, even when we are actually having a holiday we feel compelled to fill the days on the tourist trap and end up stressfully running for that plane.

If only we could get back the connection that we all intrinsically have to ourselves!

Relaxation exercises:

Exhale: Learn to lengthen the exhalation of the breath and encourage the nervous system to become calm and quiet, which in turn relaxes the physical body.

Focus your mind: When we are physically still our minds want to wander, so focusing the mind on the breath, a yoga posture, a point of light in which to gaze or the very popular colouring in activities can provide a concentrated distraction.

Turn down the volume: Unplug the TV, turn down the phone, dim the lights, minimise the social media. Create an environment of outer calm that will then be mirrored in calming your inner being.

Foster Positive Thoughts: Invite peaceful thoughts to your mind. Uplifting positive affirmations in the face of a challenge may be hard to imagine, but give it a go. Manifest the positive outcomes you want to achieve in your life.

Laugh out loud: How good do you feel after a big stress busting belly laugh! Call a friend who is good fun, watch a funny movie, do something silly and just laugh at yourself. There are even Laughter clubs you could seek out.

Liz Kraefft is a Yoga Teacher and Owner of Kuring-gai Yoga Pymble.

kuringgaiyoga.com.au



Subliminal Therapy

Emily McDonagh

HAVE YOU EVER thought listening to the dulcet tones of ocean waves has engineered positive changes in your life, behaviour or mood? If you are engaging in subliminal therapy that's exactly what you will hear, the masking sound of waves or white noise while the therapy takes effect. Using the mind to heal, subliminal therapy reprograms the subconscious and makes changes, targeting a particular area with each therapy CD. Underneath this sound positive affirmations at a variety of frequencies and tones are heard by your subconscious, enacting change in the way you think.



"You can't change the subconscious mind logically, subliminal therapy unlocks access to the subconscious mind," notes David Murphy of SCWL Subliminal Therapy.

With over 180 titles targeting every niche, utilising the power of the mind through subliminal therapy can provide dramatic change in every aspect of your life. After listening to your chosen CD three times a day for twenty-one days, you will notice a change. Instead of struggling with the symptoms subliminal therapy can solve the underlying issue and allow long lasting change.

Break a habit, enhance your ability, improve your relationship, develop your attitude, truly relax; subliminal therapy can offer relief from these issues and improve your overall performance. By playing the tracks while active and occupied throughout the day, the message underneath the sound acts to dislodge and reset the subconscious.

What's the key to success? "Repetition, repetition!" says David. SCWL offers a 90 day money back guarantee, to ensure you're happy with the results.

scwl.org

Bowel Cancer Awareness Month

Emily McDonagh



ON AVERAGE 48 people die of bowel cancer each year in our local area alone. If caught early bowel cancer is treatable 90 per cent of the time, unfortunately only 40 per cent is detected early. It is recommended that you undergo a health screening every two years and keep a watchful eye on any symptoms that may arise.

Symptoms may include:

- Change in bowel habits.
- Change in the appearance of movements.
- Blood in the stool or rectal bleeding.
- Gas pain or cramps.
- A feeling that the bowel is not entirely empty.

Experts warn that bowel cancer often has no symptoms in the early stages and these identifiers only present later into the cancer. If any of these symptoms persist for more than two weeks, you should consult your doctor to determine the cause.

Dr James Baker of the Northern Sydney Medicare Local says, "Bowel cancer is the second most common cancer in Australia and screening tests are vital, because if caught early most bowel cancers are treatable."

With June marking Bowel Cancer Awareness Month it is time to bring the unpleasant topic into conversation as the stigma surrounding bowel diseases can have tragic consequences.

Bowel Cancer Australia head Julien Wiggins remarks, **"It's just a part of the anatomy that nobody likes to talk about."**

Facing the common misconception of being an 'old man's disease', bowel cancer can affect people of all ages and genders. 1 in 12 people will develop the disease in their lifetime, with this risk increasing dramatically if a family member has been diagnosed.

Lifestyle factors increasing susceptibility include excessive red meat intake, high body fat, excessive alcohol intake and smoking. No cancer is entirely preventable but physical activity, fibre in the diet, increased milk, garlic, calcium intake and regular aspirin intake reduce the risk of bowel cancer; in conjunction with the minimisation of risk factors.



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FALLS...

Could Your Feet be the Problem?

Renee Henry, Turramurra Podiatry Centre

IN AUSTRALIA ONE in three people over the age of 65 fall every year. Falls are the leading cause of unintentional injury. They are caused by a number of intrinsic and extrinsic factors with recurrence being likely. Podiatry plays an essential role in identifying postural/gait concerns in improving balance, strength and functionality to decrease the risk of falling.

As we age, the increased risk of chronic health conditions, muscle weakness, poor vision or hearing, decrease in cognitive ability and loss of balance are just a few intrinsic factors. Extrinsic factors include medications, pets, poor light, rugs, glasses, poor footpath, clothing and of course footwear. Any combination of these can increase your risk of falling. That is why keeping mobile and exercising is so important to general health.

Studies have shown tai chi, some home modifications and balance programs all decrease fall risks. Rethinking some of our daily activities and reducing our risk-taking behaviour all helps. It is important to discuss any falls you have with your health professional.

Sore and painful feet increase risk of falls. With age our skin quality decreases as does muscle strength, range of motion, foot shape and general foot function. These can all impair our balance and increase our risk of falling. Seeing your local podiatrist to treat and manage your foot pain and find out your 'risk rating' is a step in the right direction. Specific strengthening exercises for your feet can be provided in addition to proprioception (balance exercise).

Discussion of footwear is extremely important and you can bring what you regularly wear for assessment. Impartial footwear advice will be given with appropriate examples or alternatives. It is important to have at least one pair of shoes that provide comfort and stability even if this shoe is for home use or busy times only. Think of shoes like tyres on your car, poor design, materials and tread can be hazardous. Just remember we want you to be active and enjoying life, not sore and bruised or worse still in a hospital bed.

It is important if you have foot problems to seek help from your local podiatrist to reduce that risk.



MANIFESTATION MADE EASY

Kerrie Erwin

HAVE YOU EVER wondered why things never go right for you, or why you cannot seem to get ahead? Do you often feel stuck in your life and feel as if you attract bad luck? Usually you do not have to go too far to find the answer, you just need to stop, take a breath and have a look within. Even though you may find it hard to believe, you are usually your own worst enemy simply by the way you think.

What you believe about yourself, you will become.

Do not EVER again let another negative thought enter your head again! Most of them stem from fear and old thought patterns that have been carried since childhood. They have been buried deep within our subconscious minds for so long that they have become a part of our reality in the way we perceive or think about ourselves and the world around us. By simply changing the way you think and letting more joy, happiness and love into your life, you can change your mindset and create miracles.

AFFIRMATIONS

One of the most important keys for eliminating insecurities and establishing a habit of self-love is the use of affirmations. Through affirmations we can think ourselves healthier, wealthier, stronger, beautiful, and confident – whatever our heart desires.

TITHING OR ENERGY EXCHANGE

Giving back to the universe brings many spiritual rewards and is good karma. What we give will always come back to us tenfold.

VISUALIZE WHAT YOU WANT

Sit quietly in a comfortable position. Breathe in and out three times and visualize yourself actively letting go of any negativity you may be holding onto. Think of something you want very much, as long as it is good for your higher self. Imagine being overjoyed and visualize what you want as if it is happening now. Hold this for three minutes. Now let it go surrendering it to the universe.

Blessings,
Kerrie

pureview.com.au



READER QUESTION

Manu, 1963 -
What is happening to me?

I feel you are at the crossroads of your life and need to make some big decisions in the direction of your life and what you need. Now is not the time to procrastinate and it is about taking charge of your life and making the most of who you are and what you want to be. I can sense your energy is low at the moment but I do see changes coming up in all areas of your life, with changes in your work within the year. Relationships also improve within six months and will be more harmonious. You need to DE clutter your life for the changes to come in and stay positive.

-Thank you for your advice Kerrie



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TRAIN TO MELBOURNE

Emily McDonagh

PAINTED LANEWAYS, AMAZING coffee and cultural hubs scattered around the city like a global mosaic of flavour; Melbourne is a destination for exploring. The Sydney to Melbourne flight path is the fourth busiest in the world, but when you factor in airport transfers, luggage fees and the inconvenient timing of flights, other options become more financially viable.

The Country Link Sydney to Melbourne service leaves Sydney twice daily, with the evening service arriving in the southern city bright and early for a day of adventures. The journey takes eleven hours, but the overnight journey saves a night of accommodation and the trip is pleasant.

Starting at \$45 each way, there is a luggage allowance of up to four large items and two small hand luggage. Hopping aboard the 8.30pm service you can choose from a selection of hot evening meals, a supper snack or perhaps a night cap from the on board café, the train is licensed until 11pm.

Watching the sun rise as the train weaves through the country side is a particular highlight, grab a tea and take in the sublime outback scenery before arriving. The final destination, Southern Cross Station, leaves you in the very heart of Melbourne city.

SATURDAY AM

Do: Street art mecca Hosier Lane then explore the city's laneways on foot

Eat: Hashtag Coffee, Melbourne CBD the food will blow your mind!

Shop: Queen Victoria Markets + Emporium Shopping Centre

SATURDAY PM

Do: Stroll around the waterfront St Kilda

Shop: The Esplanade Markets, beachside stalls with a range on offer.

Play: Luna Park if the kids are in tow.

Eat: The Railway Hotel, Windsor – pub fare at its finest

FRIDAY PM

See: National Gallery of Victoria, a marvellous collection of paintings, modern art and fashion collections.

Eat: Dine at Ichi Ni Nana, Fitzroy for exquisite décor and Japanese food then head to Naked for Satan, Brunswick and soak up magic city views and a variety of cocktails.

Stay: The Olsen Hotel, South Yarra Melbourne



FRIDAY AM

Eat: Journeyman on Chapel St, fuel yourself for a morning of shopping.

Shop: A stroll along Chapel St combines your favourite chain stores, high end boutiques, fashion markets and a range of eclectic brands; be sure to set aside a wealth of time for this one!

SUNDAY PM

See: Catch an AFL game at the MCG or Etihad Stadium, it is the sports capital of the world!

Eat: Dinner at Lygon St, Carlton or Little Italy as its known in Melbourne before a restful train journey home!



SUNDAY AM

Eat: Wake up late and enjoy brunch at Arcadia or Archie's All Day, Fitzroy

See: Enjoy the wealth of street art murals as you wander throughout Fitzroy

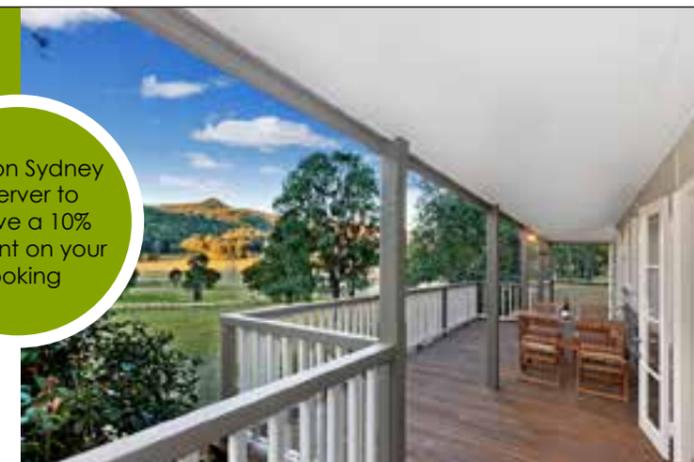


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WHATS ON – JUNE

26 May - 12 July

Guringai Festival 2016, Film Screening: 'Spear'

Where: Chatswood Library

Cost: Free

Contact: (02) 9777 7595

4 June

Stars of The North - Dance for Cancer

Where: The Concourse, Chatswood

Cost: Adult: \$55.00, Child: \$45.00

Contact: theconcourse.com.au

5 June

2016 World Environment Day (Tour)

Where: Meeting at Lindfield Station

Cost: Free. Bookings essential

Contact: (02) 9424 0893

5 June

The Great NOSH Footrace

Where: Lindfield Oval- Seaforth Oval

Cost: \$40

Contact: bennelongnorthside.com.au

11 - 13 June

Snowy McAlister Winter Longboard Festival

Where: Manly Beach

Cost: Free

Contact: snowymcalisterfestival.com

29 June

Meet the Author - Hugh Mackay

Where: Hornsby Library

Cost: \$5 with light refreshments

Contact: library@hornsby.nsw.gov.au

COMMUNITY NOTICEBOARD

June 1-3

THE PETER PAN OP SHOP SWAP

Where: Club Rose Bay

Cost: Free

Contact: barnados.org.au

June 4

PINE STREET MAKERS MARKET

Where: Pine Street Creative Arts Centre

Cost: Free

Contact: (02) 9245 1503

May 27 - June 13

VIVID AT CHATSWOOD

Where: Chatswood CBD

Cost: Free

Contact: visitchatswood.com.au

June 21

WORLD YOGA DAY

Where: Sydney Opera House

Cost: Free

Contact: sydneyoperahouse.com

June 15 - July 3

MISS-REPRESENT

Where: Incinerator Art Space

2 Small Street Willoughby

Cost: Free

Contact: 0401 368 501

May 28 - 29

ART SAFARI: PLAYFUL PATTERNS KIDS WORKSHOP

Where: The Museum of Contemporary Art

Cost: \$20 per child

Contact: mca.com.au

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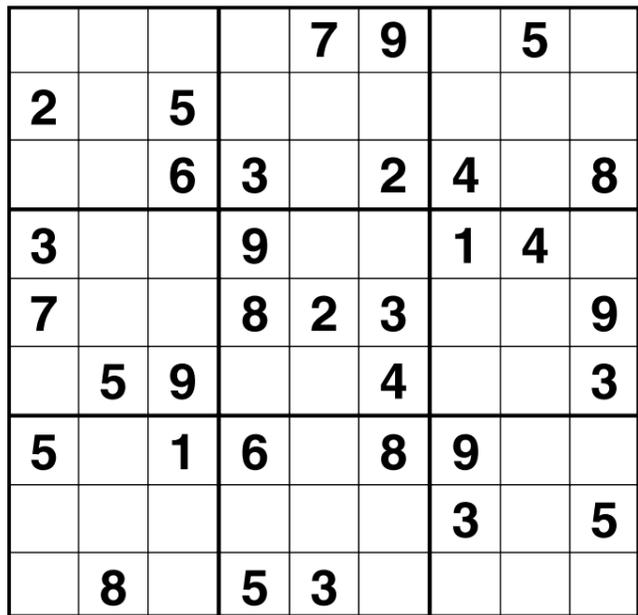
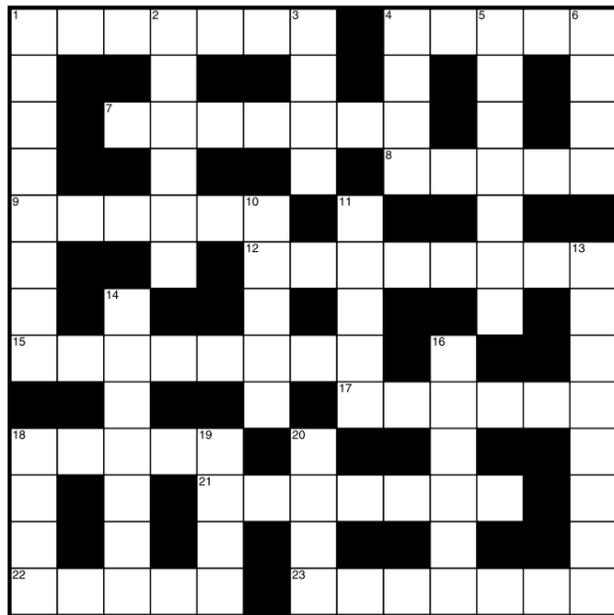
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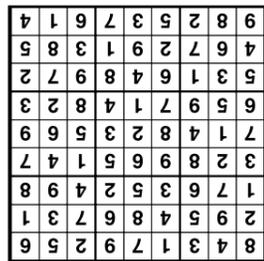
ACROSS

- 1. Forceful
- 4. Shirtsleeve edges
- 7. Cats
- 8. Stockpile
- 9. Accommodated
- 12. Occasion
- 15. Release
- 17. Laundry stiffener
- 18. Assisted
- 21. Citrus crop
- 22. Cherub
- 23. Tied (laces)

DOWN

- 1. Away from summit
- 2. Opposed
- 3. Sugar source
- 4. Money
- 5. Scavenges
- 6. Beach material
- 10. Female opera singers
- 11. Dull pains
- 13. Hitched
- 14. Tolerating
- 16. Lying dormant
- 18. Spiritual glow
- 19. Girl's plaything
- 20. Songbird

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