

SEPTEMBER 2018 - FREE

SYDNEYOBSERVER.COM.AU

 Sydney Observer

Sydney Observer



New Kids section!

*A Guide to
Contemporary
Gardens*

***Ultimate
Spring
Roadtrip!***

Spring Fashion & Beauty

Creative and Quirky

Claudia Chan Shaw

LOCAL NEWS • EDUCATION • LIFESTYLE • FOOD & WINE • TRAVEL



Hear
like never before.

The NEW SoundLens iQ
is the latest in invisible
hearing solutions.

***Volunteer to trial the latest digital
technology and experience the
difference for yourself!***

They are designed to:

- > Help you better understand conversations and hear comfortably in any noisy environment.
- > Make speech more audible by keeping loud sounds comfortable and boosting soft sounds.
- > Stream TV, music and more to your hearing aids.

AUDIHEALTH are offering
volunteers the unique
opportunity to trial the new
SoundLens obligation free*

Limited Time Only
CALL 1800 301 231

* Conditions Apply

www.audiohealth.com.au
26/767 PACIFIC HWY, GORDON VILLAGE ARCADE
CASTLE HILL • ERINA • GORDON

AUDIHEALTH
hear well, live well

Len Wallis Audio takes you back to the moment of creation...

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

Len Wallis Audio
64 Burns Bay Rd, Lane Cove
Phone 02 9427 6755
www.lenwallisaudio.com



BLUESOUND

HEOS
BY DENON

Bowers & Wilkins



DEVIALET

FOCAL

JVC

KRELL
THE LEADER IN AUDIO ENGINEERING

TRIANGLE
MANUFACTURE ELECTROACOUSTIQUE

marantz

MUSICAL FIDELITY

NAD naim

oppo

Panasonic

rega

SONOS

Sunfire

YAMAHA



LEN
WALLIS
AUDIO

CONTENTS

- 8. Local News
- 14. Profile
- 16. Education
- 23. Travel
- 30. Fashion & Beauty
- 34. Home & Garden
- 38. Wellbeing
- 40. Food & Wine
- 42. Father's Day
- 44. What's On
- 46. Clairvoyant
- 48. Kids Corner
- 50. Astrologer

FROM THE TEAM

As the flowers blossom we welcome spring. Our September issue is full of inspiration that will encourage you to explore the outdoors and travel the open road.

We feature a Spring Road Trip that will make you pack your bags for an adventure, exploring the amazing North Coast of NSW. Taking you from Newcastle through to Tweed Heads, we have your accommodation, activities and sightseeing sorted (23-29).

If you feel like staying a little closer to home, check out the contemporary backyard section that will have you set for the warm nights coming up (34).

For Father's Day we have a special for dads, celebrating the men in our lives who mean so much to us. There are recipe and event ideas to make sure your dad is spoilt this month (42-43).

There is something for children in a new section Kids Corner, with activities, events and even a sneaky little competition to enter (48-49).

So grab a cool drink, smell the flowers and enjoy!

Sydney Observer

 Sydney Observer
 @Sydney_Observer
 sydneyobserver.com



PUBLISHED BY: Kamdha Pty. Ltd.
SENIOR JOURNALIST: Hannah Prasad
(editor@kamdha.com)
CONTRIBUTORS: Isabella Ross, John Ross, Kerrie Erwin, DR. Ian Sweeney, Aaron Christensen, Glenne Clifford, Sarah Wainwright, Ari Nagar, Marlene Even
DESIGNER: Harim Lee (Andie)
BOOKING DEADLINE: 15th of the month
PHONE: (02) 9415 2639
ADDRESS: PO Box 420, Killara NSW 2071

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



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

Home, Commercial and Bulk Delivery

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



ComfortHeat
 Superior Floor Heating Systems



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

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

www.comfortheat.com.au



SNIPPETS

More Drought Support For Farmers

The local community has come together once again, this time in support of helping NSW farmers in severely drought-stricken regions. Ryde Council has jumped on board, unanimously resolving to undertake a community fundraising appeal, utilising the charity Rural Aid and its 'Buy A Bale' initiative.

To kick-start the appeal, Council has pledged to donate \$20,000, in a bid to assure NSW Farmers that they are not alone during this environmental crisis. City of Ryde Mayor, Jerome Laxale, urged residents and businesses to rally together and show their support for drought-affected farmers in NSW.

"As has been seen with previous fundraising efforts, the Ryde community is extremely generous to people in need and I am sure everyone will get behind the 'Buy A Bale' fundraising effort and raise much needed funds for drought relief."

Emerge StreetFair: Food, Family and Fun

The North Shore's biggest street party, Emerge StreetFair will explode this September 1st, with the event kicking off at 10:30am in Chatswood. Willoughby City Council Mayor, Gail Giles-Gidney said this year's program has been refreshed to be more exciting and diverse.

"The cooking demonstration stage, the musical performances, DJs, video gaming and fashion mean there's something for all interests and age groups."

The parade through Chatswood's CBD in the morning will signal the start of one massive day of activities, food and enjoyment. Fun for the whole family, this is an event not to be missed!

For more information visit: emergefestival.com.au/streetfair/

New raised crossings ensuring school safety

A \$10 million program to boost school zone safety has benefited the Davidson electorate, with Lindfield Public School and Roseville College receiving new raised crossings to further ensure the safety of children as they walk to and from school.

Member for Davidson, Mr Jonathan O'Dea has praised the program, and has said that, while there have been no school aged pedestrian deaths in active school zones since 2013, drivers should not become complacent or lazy.

The number of pedestrian deaths in NSW currently stands at 41, twelve more than the same time last year.

City of Ryde proactive on non-fossil fuel commitment

The City of Ryde Council is committed to reducing fossil fuel investments, with a 27% increase in investments with non-fossil fuel aligned companies. Between January and June increased from \$50.5 million to \$64.2 million, with total portfolio investments in non-fossil fuel aligned financial institutions currently standing at 30.6%.

The City of Ryde recently joined the Cities Power Partnership, a network of local councils that aim to introduce clean energy technology, energy efficiency and sustainable transport means to their local government areas. City of Ryde Mayor Jerome Laxale, stated that these measures will have a beneficial impact in "limiting global warming and help prevent the damaging impacts of climate change."

Disability involvement high on the agenda for Ku-ring-gai Council

Ku-ring-gai Council has announced a partnership with Northside Riding Club and the NSW Government to assist horse riders with disabilities. The new \$185,000 facilities are located at the Princess Anne Arena at St Ives Showground, and were jointly funded by the Council, Northside Riding Club and NSW Office of Sport grant.

Northside Riding Club has a long history, as one of the oldest equestrian clubs in the Sydney metropolitan area, as well as a history of working with individuals who are disabled, as the club is partnered with Riding for the Disabled to assist people with disabilities to join the sport.

The new facilities include a raised platform to assist riders in mounting and dismounting the horse from a wheelchair or seated position, an accessible pathway to the stands and accessible toilets. These additions will assist athletes in training for the 2020 Paralympic Games.

Ku-ring-gai Council have sponsored numerous inclusivity programs so far this year, with Mayor Jennifer Anderson stating, "We are committed to ensuring all members of our community can participate in whatever recreation and leisure activities they enjoy."

Eco-friendly initiative from Hornsby Shire Council

An initiative launched by Hornsby Shire Council is encouraging local residents to begin creating their own compost piles and worm farming. Titled 'I Dig Compost,' the program is an online tutorial showing residents how to create their own eco-friendly compost pile. This idea is aimed at reducing the amount of kitchen and garden waste going to landfill, while simultaneously renewing and enhancing soil quality.

Hornsby Shire Council is also offering free face-to-face workshops to teach residents how to start a compost bin or worm farm. Another incentive, besides having the basis for a brilliant vegetable garden and healthy soil, is that any resident who completes the online tutorial or attends a workshop is entitled to a half-price discount to council provided compost bins, compost turners and worm farms.

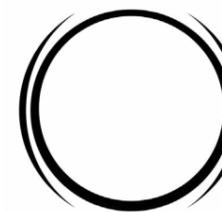
GIVEAWAY

Madiba The Musical is set to be a magical performance showcasing the life of Nelson Mandela through song and dance. To Win 5 passes let us know your favourite article in this month's *Sydney Observer*.

HiSmile is the at home Teeth Whitening Kit that has taken over social media. With quick and easy results, you will be set for your next event! Win a kit by telling us what you would like to see in the October issue.

HOW TO ENTER

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



LIGHT & SHADOW FINE ART GALLERY

Light & Shadow Fine Art Gallery in Leura permanently exhibits the iconic photography of Max Dupain (1911-1992), Australia's most influential photographer. Dupain's fine art, Limited Edition hand prints and Vintage works are displayed. Other exhibitions include photographic, ceramic and engraving artwork. Open Wed-Sun 10-4pm



Light & Shadow Fine Art Gallery
19 Grose Street Leura (adjacent to Woolworths carpark)
P: 0425 300 568
E: info@lightandshadowgallery.com.au
www.lightandshadowgallery.com.au

Gordon Private Hospital focuses on mental health

In a day and age when life doesn't feel as though it's slowing down, the impact of stress and a lack of wellbeing are factors that can have detrimental effects on the lives of young adults. With 75% of mental illness conditions occurring before the age of 24, it is vital there are systems and avenues in place which encourage individuals to seek help.

Gordon Private Hospital is a new private mental health care facility that aims to support young adults above 16 years of age. This is a space where individuals have access to facilities and services that target the needs of young adults.

The 57 bed hospital is a University of New South Wales (UNSW) teaching hospital which means this location will free up spaces at Hornsby and Royal North Shore Hospital.



The effects of mental illness have a significant impact on young lives especially while studying and trying to maintain social participation. It is important the appropriate help is sought as this may halt the progression of a diagnosable disorder.

Dr Dinah Bennett, Consultant Psychiatrist and Director of Medical Services states, "Early intervention can have life changing consequences for a young person who develops a mental health problem as it may alter the trajectory of the illness often preventing or significantly reducing further episodes over their life-span."

EXPERIENCE THE ULTIMATE IN AGED CARE LIVING

COUPLES SUITES AVAILABLE



Bella Vista Gardens overlooking the Castle Hill Country Club golf course in Kellyville redefines aged care in the Hills

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

A BOUTIQUE AGED CARE RESIDENCE

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

bellavistagardens.com.au



Medieval Faire Returns

The St Ives Medieval Faire returns for all ye' faithful. The St Ives Showground will be transformed into a medieval village, attracting loyal subjects to its 5th annual faire. The unique event hosted by Ku-ring-gai Council will be held on Saturday 22nd and Sunday 23rd of September.

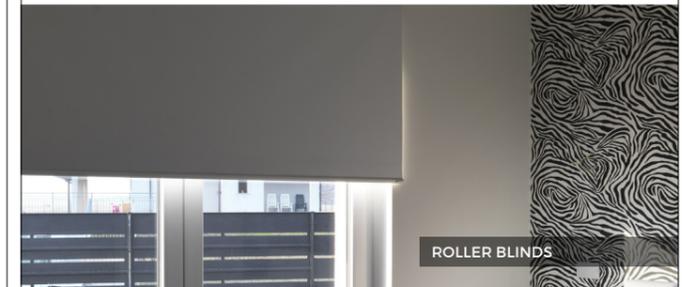
The inaugural World Jousting Championship is a highlight at the faire. The international solid wood jousting tournament is the only one in the Southern Hemisphere. Joustors from across the globe compete for the honourable St Ives medallion.

Patrons can also enjoy watching glorious battles with swords and muskets or explore history in the Living History Lab. For children, activities include puppetry, dress-ups, face painting, play battles, juggling, craft, stories and much more.

This year the King and Queen have extended an invitation for patrons to be apart of the Royal Court as an extra VIP experience. The VIPs will have access to the marquee tent and lounge where they can meet the joustors. You can even experience the royalty of being transferred to the jousting tournament on a horse-drawn carriage!

This unique event is not to be missed!

stivesmedievalfaire.com.au



BLIND PROFESSIONALS

IN HOUSE DESIGN CONSULTATION / QUOTE



Shutters • Blinds • Awnings • Curtains • Automation

BLIND INSPIRATION

1300 925 463

4/6 Chaplin Dr Lane Cove West SHOWROOM BY APPOINTMENT

www.blindinspiration.com.au



'Football4All' For Children With Disabilities

Isabella Ross

Each Saturday morning, players under 12 take to the field to hone their football skills and socialise in a team environment. This is thanks to a grant from Ku-ring-gai Council that has allowed Lindfield Football Club to continue promoting its new program that encourages team sport inclusivity for young children with a disability. Kicking off earlier this year, Lindfield F.C. partnered with local charity Active Opportunities Inc. to provide a children's football program, 'Football4All', to those with a disability. Designed for those aged 5-12 years, the program incorporates fun game-based activities in order to introduce the sport of football in a simplistic and welcoming manner.

Vice President of the Linfield F.C.

Sarah Higgins, spoke to *Sydney Observer* in regards to the positive impact 'Football4All' will have in promoting inclusivity and fostering a social network.

"When we first heard of the opportunity to reach out to the wider football community and welcome more players into the club, it was a no brainer. Each week we are seeing new faces arrive, and leave with a smile on their face. It has not only been a great program for the children, but the parents can relax knowing their child is in good hands and good company."

The success of the program has come as local council expressed its support for 'Football4All', by announcing a \$2500 grant from its 2018 string of community grant funding. Ku-ring-gai Mayor Jennifer

Anderson, commented on the importance of the initiative in introducing young children with a disability into a team sport and having the opportunity to socialise with others their own age.

"Our Council is committed to inclusiveness in our community. We are grateful to Lindfield Football Club for also showing their commitment to encouraging every child to enjoy team sport."

The program will be running through the month, until the 22nd September, on Saturday mornings from 9am to 9:45am. To get involved or show your support for this great community initiative visit the Lindfield Football Club's Facebook page: <https://facebook.com/LindfieldFootballClub/>

Beach safety concern for Surf Life Saving

Aaron Christensen

Following numerous State Government cuts to mandatory swimming and water safety programs, the Federal Government recently recognised the importance of teaching primary aged children how to swim. The government announced a report, 'Sport 2030' that aims to 'reshape the face of Australian sport and build a healthier, more physically active nation,' with an emphasis on swimming programs.

Surf Life Saving NSW CEO, Mr. Steven Pearce has weighed in on the issue, highlighting the vast difference in learning to swim in a pool, as opposed to swimming at the beach.

Due to the higher amount of hazards and dangers involved with swimming at the beach and Australia's high concentration of coastal life, learning to swim in a pool or a lack of any experience swimming poses an enormous safety risk.

The age demographic most at-risk of drowning on NSW beaches are males aged 15-34, signifying the need for beach-specific swimming and hazard education.

Always remember to swim at a patrolled beach, always swim between the flags, raise an arm if you are in distress and look out for others in the water.



New firefighters welcomed into the ranks

Twenty-four new firefighters have been added to the ranks across the state with Fire and Rescue New South Wales (FRNSW). The new recruits were personally thanked by Minister for Emergency Services Troy Grant, who welcomed them into the firefighting community, stating, "These 24 firefighters have signed up for one of the most challenging jobs in our community, and in my opinion, one of the most important."

The new recruits are welcomed after Australian firefighters were deployed in the United States to combat the destruction wrought by the wildfires in northern California, as well as numerous bushfires across NSW. FRNSW Commissioner Paul Baxter said, "Our firefighters are trained to be prepared for anything – ready to help anyone, anytime, anywhere."

The new graduates have proven capability across the job, from firefighting and road-crash rescue, to advanced first aid and hazardous materials response.

Commissioner Baxter also welcomed the new additions, "I know they will uphold the high standards of integrity, courage and professionalism expected of a FRNSW firefighter, and it is a pleasure to welcome these firefighters to our full-time ranks."



10 Days 2 donate!
Thurs 13 Sept until Sat 22 Sept

Gordon Centre and Gordon Village Arcade presents a

DAM GOOD
drought relief

For every dollar donated, we'll match it.*

Gordon Centre and Gordon Village Arcade are pooling funds for drought affected Aussie Farmers, but to do any "dam good", we need your help.

For 10 days from Thurs 13 Sept til Sat 22 Sept, we'll have live country music performances here at the centre. And like all good buskers, they'll need your change.

For every donation you make, we'll match it. Dollar for dollar.* Look for the tank near Bush's Meats. It was bone dry, but we're gonna make it flood and help make a difference.



gordoncentre.com.au



In partnership with Rural Aid
GordonCentre
GordonVillage
Arcade

*Donation cap applies, see website for details.



CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS

www.sydneydoors.com.au



RENOVATING YOUR KITCHEN OR WARDROBE?

JUST REPLACE THE DOORS AND SAVE \$\$\$

DIY OR CONTACT AN INSTALLER TO:

- Measure
- Get a Quote
- Install



SHOWROOM/FACTORY

80 Redfern Street
Wetherill Park NSW 2164
Ph: (02) 9725 4444
sales@sydneydoors.com.au



Creative and Quirky Claudia Chan Shaw

Hannah Prasad

Claudia Chan Shaw has a creative spark that doesn't appear to be dulling any time soon. After graduating from Sydney College of the Arts, she joined forces with her mum where they became business partners for Vivian Chan Shaw, producing luxury knitwear together.

You may recognize Claudia as a previous host on ABC's program *Collectors*, while she is also an artist, fashion designer and collector herself. Claudia has a unique sense of style that incorporates her Chinese heritage with modern trends and has established herself as a multidimensional individual who flourishes from creativity and breaking the rules when it comes to style.

Claudia will be hosting a series of Fashion Lectures at Chatswood Chase where she will discuss the most prominent items in the history of fashion.

Family and business are two aspects of life that most people say should not intertwine. Claudia and her mum prove this theory wrong, as they continue to build one of the most recognisable labels in Australian fashion.

"I've been business partners with my mother, Vivian Chan Shaw since 1986. I studied Visual Communication Design at Sydney College of the Arts, and hadn't imagined that we'd be business partners shortly after I graduated but it made perfect sense. I had worked in the business from age 11, always going to our shop under the Hilton Hotel to help with bookwork or chat to the customers. I'd do my homework in the

fitting room, so I grew up with this wonderful creative environment. As I got older my design skills became apparent and Mum and I became a team. We work really well together."

"There are a lot of families working in fashion – brother and sister Camilla and Marc, the sisters at Zimmermann and Ginger and Smart; so a mother and daughter team is a natural fit."

"In our case family and business absolutely fit! We understand the way each thinks, have common goals and share a design aesthetic. Coming from the same roots makes the relationship harmonious."

For one of the most important outfits Claudia would wear, Claudia was able to collaborate with her mum who designed her wedding dress. This stunning piece created by mutual ideas and visions is handmade and on display at the Powerhouse Museum.

"I can remember standing in queue in the bank one day and I had an epiphany! I pictured my wedding dress. I raced back to our shop in the QVB and rang my Mum who was at the office. I described the dress to her over the phone and when we got together the next day and compared our drawings it was exactly the same dress. We understood each other perfectly. I knew I didn't want a traditional gown - not strapless, not bare and not all-white. The wedding gown is a hand loomed knit (as we specialise in hand made knitwear) and it is white with rich applique in black lace with thousands of jet beads, pearls and Swarovski crystals. It took Vivian 3 months to

hand bead! When I walked across the lawn at Vaucluse House in 1993 to be married my husband Stewart looked at me and commented to the best man that he now knew where the My Fair Lady video had gone!

The gown is displayed as part of the permanent collection at the Powerhouse Museum, and was apart of the display at the recent Powerhouse exhibition *Love Is – 200 Years of Australian Wedding Fashion*.

Claudia's sense of style is versatile and eye-catching. She has an eye for fashion that is complimented by her mother's reassurance that uniqueness should be celebrated. Her style honors her heritage and her inspiration is fuelled from art, history and colour.

"One thing my mother instilled in me when I was very young: never seek to look like everyone else. Find your own style, and make the look your own."

"Mum's family came to Australia from China during the gold rushes. My grandparents were both born in Sydney, so the family has always been very Australian, with Chinese heritage. I wear a lot of cheongsams (the traditional Chinese dress with high collar and slits). I love the rich fabrics – silks, and the embroideries and lavish prints. They are so sumptuous. Also we have jewellery in our collections, and Vivian creates the most wonderful one off pieces using carved jade and precious stones."

It's hard to imagine how full Claudia's wardrobe is, but these are a few of her staple items.

"Lots of pieces in black! Floaty lightweight cardigan and jackets. Layering. Mainly tops and pants, and easy knit dresses."

Through, *Collectors* Claudia is exposed to individuals who are passionate about collecting. From quirky items to classic pieces that are timeless, there is something for everyone. Claudia has her own collection of tin toys and robots.

"The oldest piece is from 1907, and the robots date from 1949. Some are wind up, others are battery operated. The robots I blame on watching too much TV as a kid - I loved the robot from *Lost in Space* when I was growing up. I'm a nostalgic collector - gathering pieces from 20th century popular culture. Warners Bros animation cells from the Bugs Bunny Show (TV again!), artwork and Australian photography (I ran out of wall space years ago, but keep gathering), and I have some fabulous garments from Issey Miyake, Claude Montana, Yohji Yamamoto, Commes des Garçons...these pieces never ever date!"

Claudia's fashion lectures will transport the audience through an era of style icons and fashion staples.

She will be giving four talks and delving into the story of the brilliant Coco Chanel, looking at her legacy and, of course, the little black dress.

Catch Claudia at her Fashion Lectures where she will delve into a different fashion item or accessory each week.

Where: Chatswood Concourse

When: Every Tuesday from the 4th of September to the 25th.

Richard Glover: An artist insight

Isabella Ross

Starting this September is The Grace Cossington Smith Gallery's exhibition, *Unconscious Places: Photography and History*. The exhibition will occur from 4th September - 3rd October, and is set to feature four contemporary Australian photographers whose work explores the conditions of urban, regional and remote landscapes. *Sydney Observer* had the exclusive opportunity to sit down with one of the exhibition's featured photographers, Richard Glover, and gain an insight into the world of photography.

When did you first realise your passion for photography?

Having travelled to far places with exotic landscapes, I turned my attention to my local urban environment to investigate. I found a fascinating remnant urban landscape to explore. I realised this was my principle interest, and have continued exploring architecture and urban landscape wherever I have lived and travelled.

What is one of your favourite photography locations to shoot at?

I don't have one favourite location as most urban environments are interesting. In Sydney, I return regularly to Millers Point, Ultimo and Kellyville. Melbourne's Docklands and Southbank are changing very quickly and London's Thames-side districts such as Southwark, Rotherhithe and Silvertown are always rich with layers of interest.

Tell us about your creative role in the Exhibition *Unconscious Places: Photography and History*?

The exhibition highlights the notion that places hold unseen traces of previous events and activities that photography can reveal. My series, *Paradise*, investigates the changing nature of inner-city Sydney and its alteration through development. The city once included light industry, warehousing, shipping alongside residential, commercial and road networks. The decentralisation of the former is leaving the inner-city a more homogenised visual spectacle of high-rise residential and commercial architecture and public space. Clean and friendly but lacking unique character. I have endeavoured to capture views which highlight this.

What particular aspect of your career as an Australian contemporary photographer are you most proud of?

The country, (the world, in fact) is physically changing very quickly. Being so close to this it is difficult to visually fathom the urban realm without photographic investigation, which frames and halts proceedings. I hope that my work adds to a better understanding and appreciation for our built environment.

For more information on the exhibition visit - gscgallery.com.au/news/postitem/117



ST IVES
Medieval Faire

PREPARE FOR GLORY!

SEPTEMBER 22-23
ST IVES SHOWGROUND • 9AM - 5PM DAILY

TICKETS ON SALE NOW
WWW.STIVESMEDIEVALFAIRE.COM.AU

THE VALUE OF PARENTS PLAYING WITH CHILDREN

Sarah Wainwright

When parents play with children, children feel valued and special. Play is essential because it contributes to the cognitive, physical, social, and emotional development and well-being of children. Play also offers an ideal opportunity for parents to engage fully with their children. A hurried lifestyle, changes in family structure and increased attention to academics and enrichment activities can be at the expense of child-centred or free play.

Sam Williamson, Director of the Warrawee Care Centre encourages parents to find time to play with their children. Ms Williamson explains the benefits, whereby children are helped and guided by parents to be good winners and losers, to be patient, take turns, and to share toys and ideas. Importantly, during play parents are connecting with and having a conversation with their children. Further, Ms Williamson advocates play that allows "children to follow their curiosity and build on their own learning."

Parents may ask- what sort of play?

Outdoors- ball games, sport, bush-walks, nature trails, gardening, even inventing an obstacle course at a playground or park!

Indoors- jigsaw puzzles, memory-game, reading to each other,

cooking, Lego, board and card games. Craft projects- homemade cards and bookmarks.

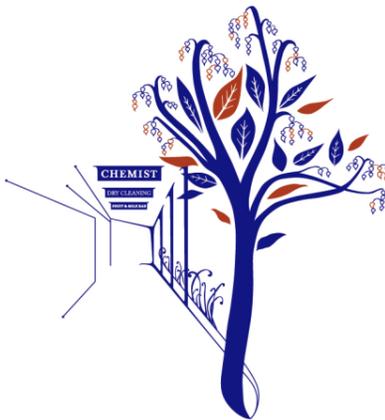
A public transport trip to a museum, gallery or exhibition.

TOP TIPS AND TRICKS

1. Some play can be child-directed, creative, free-form.
2. Some play can be structured, involving taking turns, requiring patience and waiting, adherence to rules and listening to instructions.
3. Parents benefit from time spent playing with children. Parents can dedicate time to be in the present moment with their children having fun, exploring and being creative. Playing with children can alleviate stress.
4. Make a list of what parents like to do and what children like to do and see where the lists intersect!

The interactions that occur through play tell children that parents are paying full attention to them and help to build enduring relationships. Through play parents have the opportunity to view their child's world and are given a valuable setting to offer nurturing guidance. Embrace the power of play!

Sarah Wainwright is a Sydney-based parenting expert who shares her experience and observations [parentingtips](#)



1958 - 2018

60

YEARS

PRICE'S
pharmacy

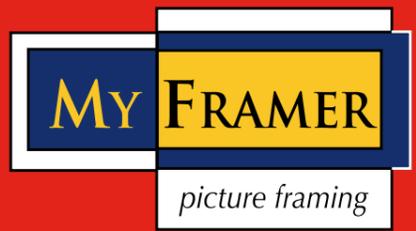
WEST PYMBLE

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

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

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

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



ART
BANNERS
DESIGN
FLAGS
FRAMING
SIGNS
VEXILLOLOGY

Often it takes an artist's eye to find the perfect frame for a particular piece. Which is how Joe Bollen of MY FRAMER originally began his business.

An artist, graphic designer and Vexillologist (flag expert) Joe manages to combine his many artistic passions through the art works, flags, logos, banners and signs he retails from his Turramurra studio. Restoration, conservation, consultation & installation.

MY FRAMER - Picture Framing
Studio 5, 1269 Pacific Highway
Turramurra NSW 2074
9144 7161 Monday to Saturday.
bollendesigart@optusnet.com.au

Active Education v. Homework:

Which is better for your child?

Stephen Grundy, General Manager of Australia's premier aerial park, Mega Adventure, believes that active education is more beneficial for children than loading them up with homework. A more holistic learning platform is the goal for Mr Grundy, as Mega Adventure launched a curriculum-based outdoor program for schools. This aims to engage students by getting active, and overcoming fears and challenges in a safe environment.

Mega Adventure aims to instil children with life skills through team-building games, physical activity, and allowing kids to face unique social and emotional scenarios. Mr Grundy also said that active learning is a good way of encouraging children to put down electronic devices, turn off the TV and engage with the outside world.

This comes off the back of a 2017 study conducted by the Royal Children's Hospital Melbourne, which found that children aged 13-18 spend, on average, 43.6 hours a week in front of a screen, with over a third of kids spending exorbitant amounts of time playing video games, watching television or on social media.

The educational programs Mega Adventure run are developed using the learning outcomes devised by the Australian Council for Health, Physical Education and Recreation for Year 6 to Year 12 students. Mr Grundy stated that the aim for Mega Adventure is to "show kids the mental and physical benefits of being outside as well as proving that you can still have fun away from the screen."



ANZAC Bears celebrate and educate the Centenary of Armistice

To commemorate Australia's involvement in World War I and the Centenary of Armistice, Mr. Keith Payne VC, AM is spearheading a national initiative, 'Bears to School,' which aims to educate Australian primary school children of the nation's role in the Great War. Keith Payne is Australia's most decorated servicemen and the nation's oldest living recipient of the Imperial Victoria Cross, which he earned for extraordinary feats of gallantry during the Vietnam War.

The aim of the initiative is for businesses or the public to buy a teddy bear from 'anzacbears.com.au', which is dressed in Australian military uniforms from a campaign or service during the First World War.

These bears will then be delivered to primary schools across the country to serve as a commemorative and educational aid.

The initiative has received high profile backing from public and private sectors, with bipartisan political support for the campaign as Malcolm Turnbull and Bill Shorten both lend their voices to the campaign.

There are a number of educational tools provided with the donation price of an ANZAC Bear, such as information cards and audio recordings. They also come with an acknowledgement of the donor and a story card that gives a timeline and facts about particular military branch or campaign, such as the Australian Flying Corps (precursor to the RAAF), medical units and the Battle of Lone Pine. The ANZAC Bears are designed as age appropriate educational tools to commemorate Australia's military history and the imminent celebrations of a Centenary of Armistice.



Coding For Kids

A new program will provide high school students with valuable programming skills for the jobs of the future. Premier Gladys Berejiklian launched the program on the 27th of August with the introduction of a Premier Coding Challenge for year 7 and 8 students. Students at 50 high schools across NSW will work on challenges using a professional coding language.

Berejiklian believes this challenge will prepare children for new industries emerging in high-tech sectors.

"These new industries are creating limitless career opportunities for people with the appropriate skills and there is no better time to acquire those skills than in high school," said Ms Berejiklian.

The students will use a specialised coding kit by the Museum of Applied Arts and Sciences (MAAS). President of the Trust of the MAAS, Barney Glover says the ThinkerShield coding kit has been designed to "provide an engaging STEM learning experience."

The NSW Premier's Coding Challenge is expected to boost the State's STEM capabilities, according to Acting Chief Scientist Dr Chris Armstrong.

"This challenge will not only enable students to see first-hand how computational technology works but also give them a sense of how innovative thinking can offer smart solutions to real-world problems," said Dr Armstrong.

Students who partake in the Premier's Coding Challenge will be awarded gold, silver, bronze or a diamond achievement.



Consistently ranked among NSW's top schools in the HSC, Roseville College celebrates 110 years of realising purpose in the lives of Australian women.

Foundation Scholarship

Applications are open for a Roseville College Foundation Scholarship; an initiative of our School community to provide for a well-deserving girl who wishes to complete her senior years in the rigorous, yet empowering Christian learning environment at Roseville College. Candidates must demonstrate academic merit and all-round commitment to school life, and meet the criteria of genuine financial need. Girls in Year 9 or 10 (2018), who are not currently enrolled at Roseville College, may be eligible to apply.

Scholarship forms and instructions for lodging applications are online at rosevillecollege.com, or email any enquires to msscott@roseville.nsw.edu.au.

Applications, in confidence, close on 14 September 2018.

PERSONALISED TOURS

The College's 10th Principal, Ms Deb Magill, welcomes families with daughters to visit our campus for a personalised tour with our Registrar. Tours, by appointment and held weekdays during term time, are tailored to your daughter's specific needs and interests. Please contact:

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

www.rosevillecollege.com

Roseville College is a school within The Anglican Schools Corporation

The Value Of TAFE

Isabella Ross

When it comes to students deciding whether university is the right choice for them, they can be met with criticism. Yet it is important for students to know that when it comes to discovering the right occupation, there is such a wide range of opportunities available within an array of industries.

Former local HSC student, Alicia Fornito, shared her story with *Sydney Observer*:

“During the HSC I was struggling with medical issues that limited my ability to study on a consistent basis. It was really hard to watch all my friends begin the next stage of their lives by going to Uni. I on the other hand, wasn’t quite sure about what I wanted to do. I knew I loved animals but I didn’t know where to start. I found that TAFE offered a lot more courses relating to the animal care industry, and in no time I had researched and enrolled into an online course. At the end of the day I’m happier than ever with my studies.”



NSW Education Minister Rob Stokes, commented further on the importance of both universities and TAFE in establishing Australia at the forefront of the 21st century knowledge economy.

“Both sectors are vitally important to NSW, and it is important that people have a range of choices when it comes to tertiary education. It is unhelpful to suggest that one is better than the other. Our higher education sector is crucial to Australia’s economic wellbeing.”

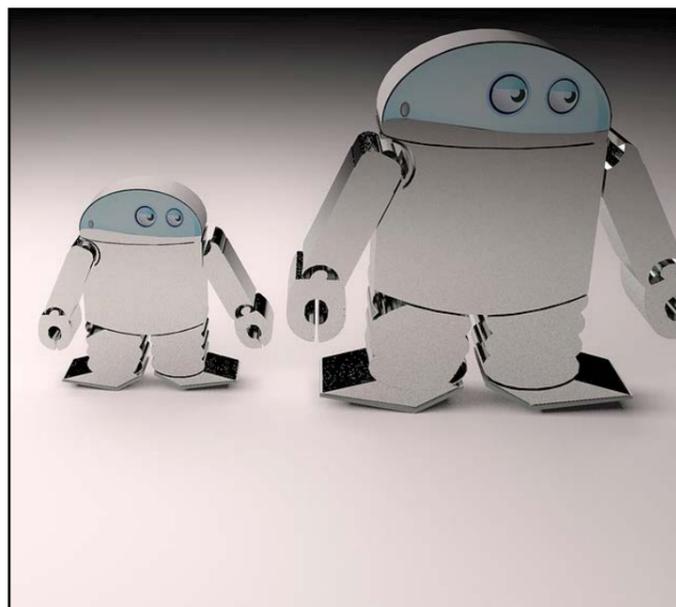
\$23 million announced to propel NSW Public Schools into the future

New South Wales Premier Gladys Berejiklian announced a \$23 million package for every public school student to have increased access to digital learning resources, as of the start of Term 4 this year. The package is aimed at promoting Science, Technology, Engineering and Mathematics - STEM - subjects. This project, titled the STEMShare Community, aims at giving students the ability to access technologies such as robotics, 3D printers, coding programs, virtual and augmented reality.

The STEMShare Community kits contain iPads, laptops, programmable robots, 360-degree cameras and virtual reality viewers for both primary and secondary schools. There are 660 kits being released by the NSW Government.

The STEMShare Community program was announced by Ms Berejiklian, and Education Minister Rob Stokes, to celebrate the launch of Education Week. This announcement comes after recent research estimated that 75% of the fastest growing occupations require at least some knowledge or experience of some aspect of the STEM fields. This investment in NSW public schools is part of the proposed \$6 billion investment in building new, and upgrading already existing schools, which is the largest investment in education of any state government in Australian history.

Ms Berejiklian stated; “Mathematical and scientific literacy is a passport to the future and these school kits will unlock student creativity and show them how these disciplines can be applied to real-world learning.”



Education minister launches Life Ready Program

Marlene Even



Life Ready Program has been introduced to equip students with financial skills and knowledge for their post-school life.

Education Minister Rob Stokes introduced the course to help prepare year 11 and 12 students with the capability to deal with problems they will face during young adulthood.

Mr Stokes states, “Life Ready is not about stressful assessments or hard work. It’s simply an opportunity to share with students some simple commonsense lessons the rest of us were forced to learn through years of bad mistakes.”

The program hopes to aid students in financial responsibility by teaching the benefits of budgeting. Figures released in early July by the Australian Securities and Investments Commission (ASIC), found that Australians have almost \$45 billion outstanding in personal credit card debt, with one-in-six Australians struggling to pay their bills.

“By being forewarned and forearmed with financial knowledge, we can help students plan responsible budgets and avoid personal debts that could keep them trapped well into their thirties,” said Mr Stokes.

The Life Ready program will also teach students about citizenship and voting, liberal democratic values, road safety, safe travel abroad, mental health, volunteering, domestic violence, substance abuse and gambling.

The Life Ready Program will be taught as a mandatory 25-hour course over year 11 and 12. The school’s program should be based on the students’ needs and interests, with schools catering the course to the specific cohort of senior students studying at the time.



*TERMS AND CONDITIONS APPLY



SHUTTER PROFESSIONALS
FREE IN HOUSE DESIGN CONSULTATION



Shutters • Blinds • Awnings • Curtains • Automation

BLIND INSPIRATION

1300 925 463

4/6 Chaplin Dr Lane Cove West SHOWROOM BY APPOINTMENT

www.blindinspiration.com.au

ESCARPMENT GROUP

Boutique Collection Of Luxury Escapes

REGIONAL
ICONS
JOURNEY WITH US...

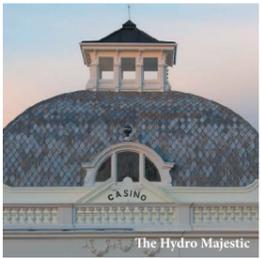
The Ultimate Spring Road Trip



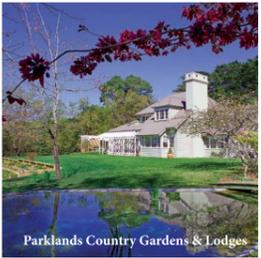
Lilianfels Resort & Spa



Echoes Boutique Hotel & Restaurant



The Hydro Majestic



Parklands Country Gardens & Lodges



The Convent Hunter Valley



Lilianfels Resort & Spa
+612 4780 1200
www.lilianfels.com.au

Echoes Boutique Hotel & Restaurant
+612 4782 1966
www.echoeshotel.com.au

The Hydro Majestic
+612 4782 6885
www.hydrumajestic.com.au

Parklands Country Gardens & Lodges
+612 4787 7211
www.parklands.com.au

The Convent Hunter Valley
+612 4998 4999
www.convent.com.au

GIFT VOUCHERS

PURCHASE ONLINE NOW
ESCARPMENTGROUP.COM.AU



Give your loved ones the perfect experience at one of our Boutique Collection Of Luxury Escapes



The Ultimate Spring Road Trip

Marlene Even

There is something enticing about springtime. Finally, we bask in the sun after being indoors for the whole of winter. Spring is the perfect time to explore New South Wales as the landscape transforms.

It is also a great time for a coastal road trip during the whale watching season (September-November). *Sydney Observer* will showcase some of the best places in NSW for watching the humpback and southern right whales migration and a whole heap of other great experiences.

So put on your favourite road trip playlist and discover the beauty up north as *Sydney Observer* shows you some great destinations from Sydney to Tweed heads.

Byron



There is no better place to relax your soul and soak in the sun than Byron Bay. Home to Bluesfest Festival and Splendour in the Grass it is no surprise this town has a love for music.

A great way to explore sunny Byron Bay is by bicycle. Sunshine Cycles has solar powered electric bikes with a real vintage style that you can hire. You can take a ride up to Byron Bay lighthouse which stands on the most easterly point of Australia.

While you are in Byron, add some colour to your wardrobe. Embrace the tie-dye and your inner hippie! Lots of markets and shops sell colourful products such as Rainbow Shop on Jonson St.

Once equipped with the fashion, try practicing some meditation in Mullumbimby. The Crystal Castle and Shambhala Gardens have plenty of walks filled with crystals and art to admire. The Buddha walk will take you to a hand-carved 4-metre-high blessing Buddha statue. This is a great stop for a moment of contemplation amongst a backdrop of Bryon's hinterland.

Now that you are in tune with Byron's relaxed beach lifestyle join the locals as they gather at Main Beach for a drum circle. Everyday as the sun goes down the therapeutic rhythm will rise.

We are nearly at the end of an epic road trip, which is thirsty work. Stone and Wood is an independent brewery set up by three mates in Byron. You can take a tour of the brewery and try their tasting paddles for just \$20.

Eat: For a unique sustainable foodie experience, Three Blue Ducks is a café set on an 80-acre farm just off the Pacific Motorway. You can see where the food comes from when exploring the farm and watch the cooking process in their open kitchen.

For some local music head to Treehouse on Thursday-Sunday but if Reggae is your music of choice the Beach Hotel has a Reggae night on Mondays.

Stay: While in Byron why not try a whimsical stay at the Assistant Lighthouse Keeper's Cottage? Enjoy your stay at the most easterly point of Australia.

- * sunshinecycles.com.au
- * therainbowshop.com.au
- * stoneandwood.com.au
- * threeblueducks.com/Byron
- * crystalcastle.com.au
- * treehouseonbelongil.com
- * beachhotel.com.au
- * nationalparks.nsw.gov.au/camping-and-accommodation/accommodation/assistant-lighthouse-keepers-cottages



Newcastle

A 2.5-hour drive north from Sydney brings us to the coastal city of Newcastle. Slow down after the hustle and bustle of Sydney by canoeing down Ironbark Creek in Hunter Wetland Centre. If you are looking for some fun, try zipping through the wetlands on a Segway tour!

Heading back to the coast, take in the view on Memorial Walk. It stretches from Strzelecki Lookout to Bar Beach. The walkway is dedicated to the ANZAC landing at Gallipoli in 1915 and a tribute to steel making production in Newcastle. Exit the walkway to take a dip in Merewether Ocean Baths during sunrise or sunset. It is sensational. The ocean pool is a local favourite and stretches to 100 metres.

Eat: Start your road trip with a healthy meal at Blue Door Café, which will give you plenty of energy for your journey. Customers can read through the menu while taking in the view of Merewether beach.

If you are keen to put your feet up, stroll into Queens Wharf Hotel. The hotel looks out to Nobbys lighthouse, so you can make a toast as you watch ships arrive into port.

- * wetlands.org.au
- * nswsegway.com.au
- * blue-door-com.au
- * queenswharfhotel.com.au



Byron

Camden Haven

Camden Haven is the 'Valley of Villages'. It is well worth heading up the twisty narrow road to North Brother Mountain. At the top you can see Camden Haven river, as far as Crowdy Head to the south and Mount Yarrahapinni to the north.

Timbertown Heritage Theme Park, is a re-created timber settlement that takes you back in time to the late 1800s during the gold rush. Take the horse and carriage through town and say hello to the blacksmith. You can look for real gold in the goldfield and take a tour of the area on a steam train.

For a more modern adventure catch a movie in Camden Haven at the Plaza Theatre in Laurieton. Baz Luhrmann's career was inspired from watching films with his father who worked as a projectionist at Plaza Theatre.

Before heading to Port Macquarie, make a cheeky stopover to visit 'Old Bottlebutt' in Burrawan State Forest, it is the largest red bloodwood tree in the southern hemisphere. How big? It has a 16 metre circumference at its base.

Stay: Brigadoon Holiday Park in Camden Haven is located on 20 acres of bushland. A convenient place to explore the Camden Haven Inlet and do some fishing at their private jetty and boat ramp.

- * timbertown.com.au
- * plazatheatre.com.au
- * brigadoonholidaypark.com.au

Port Stephens



Sandy feet, pristine blue waters and dolphins. This is Port Stephens in its glory. The area has 26 beaches with plenty of resident dolphins to meet. Head on an adventure to Stockton Sand Dunes on Worimi Conservation Lands, it is the largest moving coastal sand dune system in the Southern Hemisphere with a 32-kilometre beach. You can experience the dunes by 4WD, quad bike or even ride a camel. Sandboarding of course is one of the best ways to experience Stockton Dunes.

A hidden gem and a must do in the area is Oakvale Wildlife Park. The animals roam on 25 acres of natural bushland where you can freely pet and feed them. Kids can see the animals with the opportunity to experience some one-on-one time with a dingo, reptile, koala or wombat. Kids can then cool down in the splash bay water activity area.

To see how far you have come, visit Gan Gan Hill Lookout as it has a 360-degree view of the Port Stephens and Newcastle area.

Eat: Enjoy some tea and scones at Inner Light Tea Rooms, the café in Nelson Bay has a stunning panoramic view of Port Stephens.

Stay: Sea Breeze Hotel, is a boutique nautical-inspired hotel located near the D'Albora Marina and shopping precinct in Nelson Bay. Stay in a room that overlooks the water and you can simply head downstairs for a cocktail, they have \$1 Oysters on a Sunday!

- * oakvalewildlife.com.au
- * innerlighttearooms.com.au
- * seabreezehotel.com.au

Port Macquarie

Climb up to Tacking Point Lighthouse in Port Macquarie for a great vantage point to look for whales.

Spend the afternoon on a family outing at Roses Vineyard and Animal Farm. You can enjoy wine tasting while the kids enjoy the petting zoo. For animal lovers the Koala Hospital is worth a visit too.

Head back to the city for some shopping. Check out Stormrider's Settlement City Shopping Centre, as they stock major

youth brands such as Hurley, Stussy, Santa Cruz, Nike SB and Vans. Pretty Rad Store is another great find in Peachtree Walk arcade.

Eat: For a New York style lunch try Black Market Bagels. They will have your sweet, spicy and savoury wishes ready to order.

- * blackmarketbagels.com.au
- * rosesvineyard.com
- * koalahospital.org.au
- * stormriders.com.au/stores/settlement-city/prettyrad.com.au



FUN FACT

An uncommon hardwood in Wauchope was sourced for use in the construction of the Sydney Opera House.





Manning Valley

Take a break from the crowds ironically at Crowdy Bay. Crowdy Bay National Park is a 2.5-hour drive north of Port Stephens and a great spot to immerse yourself in some nature. Enjoy some bush walking, bird watching, whale watching, fishing and swimming.

Just a little further you can pitch a tent at Diamond Head camping site and hire a brazier for the perfect campfire. Greet your new neighbours, the local red-necked wallaby, kookaburras, goannas and koalas. While exploring the campsite you might spot an old timber hut surrounded by eucalyptus trees. This hut belonged to Australian author Kylie Tennant who wrote a book about the area, *A Man on the Headland* (1979).

Stay: Alternatively, if you would rather stay indoors, Harrington River Lodge is set on the banks of Manning River and next door to an Irish pub. Guests can participate in a game of golf at the Harrington Waters 9 or 18-hole golf course.

harrigansharrington.com.au/harrington-river-lodge

South West Rocks



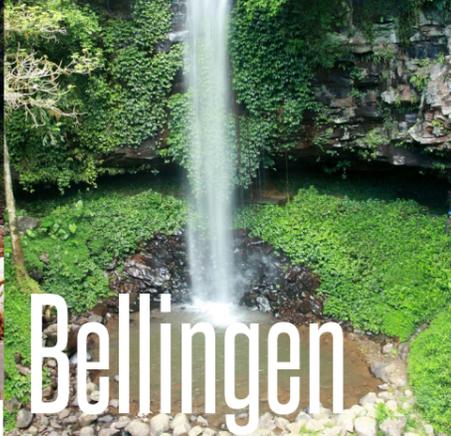
The drive from Crescent Head to Hat Head is a great way to observe the surfing community. Take a hike up to Smoky Cape lighthouse, the most elevated lighthouse on the east coast. Smoky Cape was named by Captain Cook in 1770 when he saw a campfire from the Dunghutti Aboriginal people. While taking in the view keep an eye out for whales and the endangered glossy black cockatoo in the she-oak trees.

Be sure to visit the historic Trial Bay Gaol which was used during WWI as an internment camp for people of German descent deemed enemy sympathisers.

This coastal town is also home to some of the best diving spots. Fish Rock Cave is one for adventure seekers as it is one of the largest ocean caverns in the southern hemisphere. It is 120 metres long and is the spot for scuba diving.

Stay: Ingenia Holiday South West Rocks is a short walk from the town centre and nestled along South West Rocks Creek.

smokycapelighthouse.com
nationalparks.nsw.gov.au/things-to-do/historic-buildings-places/trial-bay-gaolfishrock.com.au
ingeniaholidays.com.au/south-west-rocks/south-west-rocks-1



Bellingen

Take a scenic drive through Bellingen's valleys exploring the lush Dorriggo Rainforest as you travel through Waterfall Way. At Dorriggo Rainforest Centre, you can admire the coastline and canopy at Skywalk lookout. Spend a day exploring the rainforest on the 2-3 hour Wonga walk. There are plenty of photo opportunities at Crystal Shower and Tristania waterfalls.

Eat: Dine at Tuckshop Bellingen for scrumptious burgers, fresh seafood and hot chips.

Find a hidden brewery tucked away in Church lane, the Bellingen Brewery & Co. The entrance is covered in vines but once you enter you'll find a relaxed atmosphere with the smell of wood fired pizza.

nationalparks.nsw.gov.au/things-to-do/walking-tracks/wonga-walk
[facebook.com/tuckshopBELLINGEN/](https://www.facebook.com/tuckshopBELLINGEN/)
bellingenbrewery.com.au



Nambucca Valley

Nambucca Valley is an hour away from South West Rocks. Scotts Head is a special village in Nambucca Valley where whales come close to the eastern point.

Take home a memorable experience and learn about the spiritual significance of Scotts Head from Gumbaynggirr people. The Unkya Local Aboriginal Land Council runs an Indigenous owned and operated tour, Gurruuja Juun (Whale Tail) Tour, which begins with a Welcome to Country and a smoking ceremony. Visitors will partake in a cultural ceremony that welcomes the humpback and southern right whales passing through Gumbaynggirr country. Scotts Head is a unique place where you can occasionally hear the whales sing.

Heading to Nambucca Heads you might notice a colourful display of messages and art on the rocks. It is called the 'V-Wall'. Visitors are encouraged to make their own mark on the break wall/outdoor art gallery.

Eat: For a much-needed caffeine stop the Nambucca Boatshed & Café has glowing reviews. Take a break on their verandah which sits on the Nambucca river. You can watch as everyone brings in their catch of the day.

unkya.com
Nambuccaboatshed.com.au



Ballina is located at the mouth of Richmond River. Understandably this makes Ballina a hot spot for seafood. First stop is the Big Prawn on River Street, which weighs about 35 tonnes. Then try some slightly smaller prawns and seafood just up the road at Northern Rivers Seafood.

With a tummy full of seafood, appreciate a history stop at Ballina Naval and Maritime Museum, which holds the largest collection of naval and merchant ships in Australia.

Then stretch your legs at Lennox Point Headland's Seven Mile Beach. Enjoy having the beach almost to yourself. For a quick detour visit Killen Falls which is a local secret. It is a steep and slippery walk (bring some reef shoes) to reach Killen Falls but worth the struggle when you can stand underneath the waterfall for a perfect holiday photo.

northernriversseafood.com.au
ballinamaritimemuseum.org.au/index.html



Richmond Valley

Take an art detour to Richmond Valley. In the town of Coraki test your family: who can spot the 'Coraki Healing Stones' first? The stones are made of ceramic and concrete, located along the riverbank where Richmond and Wilson rivers meet. Then fire up your creativity by painting with Joanna Burgler at her small Waterlines Gallery. The gallery faces Richmond River where she runs weekly art classes (\$15 for kids, \$30 for adults).

Not far from Coraki is Casino, a country town known as the 'Beef Capital of NSW'. They even have a Casino Beef Week in May complete with a country rodeo. Keep your eyes peeled at Irving Bridge which overlooks 'platypus rock', a sculpture carved into the river rocks. See who can catch a glimpse of a platypus in the wild. For the best chance visit in the early morning and evenings.

joannaburgler.com.au

Tweed Heads

Right on the border of New South Wales and Queensland our last stop is Tweed Heads, home to World Heritage rainforests and mountain ranges.

At Tweed Heads historic site, visitors can journey across the 'walk on water' walking track beginning and ending at the *Minjungbal Aboriginal Cultural Centre*. The 2km loop allows visitors to journey through mangroves, woodland and swamp forests to learn about sacred sites, bush tucker and biodiversity in this area.

Another natural beauty an hour's drive from Tweed Heads, is Wollumbin National Park.

Wollumbin-Mt Warning is 1157m above sea level. It was named Mount Warning by Captain Cook and Wollumbin by the Bundjalung Nation. At the base of the mountain, signs ask visitors to consider Aboriginal elders' request to not climb the sacred site. It is also a difficult and at times incredibly dangerous track. For a safe and respectful walk follow along the Lyrebird track or Pinnacle walk.

nationalparks.nsw.gov.au/things-to-do/walking-tracks/walk-on-water-walking-track

nationalparks.nsw.gov.au/things-to-do/walking-tracks/wollumbin-mt-warning-summit-track

Sawtell

Set your eyes on a secret seaside escape in the town of Sawtell. The main street is lined with beautiful fig trees and the heritage listed Sawtell Cinema is an art deco building that locals adore.

Sawtell is the perfect place to cast a line and have some peace and quiet, while Boambee Headland is an ideal location to spot some whales.

If you feel like being active there is a BMX track a short drive from Sawtell, perfect for the kids. While there is a golf course, bowling club, tennis centre and croquet club nearby for the adults.

Eat: Sawtell Hotel, 'Sawty' has the cheap pub food you crave after a long drive. They have live entertainment every Thursday to Saturday night.

Stay: Big4 Sawtell Beach Holiday Park, is a perfect spot for camping with a large camp kitchen or you can rent one of their self-contained ocean view cabins.

Sawtellcinema.com.au/history/sawtellhotel.com/
coffscoastholidayparks.com.au/parks/sawtell-beach/



Coffs Harbour

First off, you cannot take a road trip past Coffs Harbour without a visit to the Big Banana. The park also has a toboggan ride, banana plantation and water park to explore. Another great spot is Clog Barn. How can you resist a bit of Holland? Visitors can walk through the model Dutch village, try on some clogs and indulge in some Dutch pancakes at Big Oma's Coffee House.

After a feast at Oma's, walk it off at the Forest Sky Pier at Sealy Lookout. It is only a 5-minute drive from Coffs Harbour and has a spectacular view of the coast.

A true gem of Coffs Harbour is Muttonbird Island, named after the wedge-tailed shearwater birds that live there. The island is called Giidany Miirlarl (Moon's sacred place) by Gumbaynggirr people. Be sure to ask about guided tours of the island with an Aboriginal discovery ranger.

Before leaving Coffs Harbour mix things up on your road trip and let someone else take the wheel. Ditch the car and experience Coffs Harbour on a Harley Davidson tour from A1 Coffs Coast tours. They can take you to all the must-see spots and hidden gems in true style.

Stay: Bundagen Cottage is a private self-contained beach house in Bongil Bongil National Park. The house sleeps up to 8 people and is surrounded by a high population of koalas.

bigbanana.com
clogbarn.com.au
a1coffscoasttours.com
nationalparks.nsw.gov.au/camping-and-accommodation/accommodation/tuckers-rocks-cottage

Water view from Little Beach Boat House



A little less conversation, a little more action

Ari Nagar

We climbed up the warm sand. Reaching the top of the dunes, we surveyed the scene around us: camels in the distance, the ocean on the horizon, the howling wind and the radiant blue sky. We positioned our sand boards on the edge of a steep dune, heaved ourselves forward and left the rest to gravity.

This isn't the scene of some faraway desert – we were at the Stockton Sand Dunes in Port Stephens, a vibrant coastal region north of Sydney. Just over a couple hours drive from the bustle of the city, Port Stephens relaxed pace makes it an idyllic retreat. It's temperate at any time of year and would make an ideal spring break or, as in our case, a mid-winter escape.

A holiday in Port Stephens is all about the sea and sand. It has the beautiful beaches you'd expect from your typical getaway up the coast. There are beaches marked by kilometres of sand dunes, some overlooking the ocean and others overlooking the bay. What's common though, is that all are set within a spectacular natural environment.

There's much more to do in Port Stephens than just lying about the beach (although it's a great place to do just that). We had read about the adventure sports and wildlife activities, so we were keen to pack in both. To quench our need for speed, we headed out for a morning of sandboarding with Port Stephens 4WD Tours. Hurling down the largest mobile sand dunes in the southern hemisphere is certainly not something you do everyday. Three generations of our family joined in, squealing with laughter as the adrenaline pumped.

We grabbed lunch at Crest Birubi Beach Café and Restaurant, right next to the dunes, tucking into paninis, burgers and a delicately balanced coconut lamb curry. Having built up a massive appetite on the sand, the modern fresh fare did not disappoint and we washed the meal down with delicious coffees.

Miso glazed Atlantic salmon (check Menu At Little Beach Boat House)



Pelicans



For dinner, we went to Shoal Bay Country Club. You will forget you're in a sleepy town here, the atmosphere was buzzing. Our table was surrounded by party-goers getting ready for an 80s-themed night at the club downstairs. We started our night with tangy cocktails followed by wood-fired pizza, fresh salads and sumptuous seafood, from refreshing ceviche to blue swimmer crab. Much to the delight of our toddler, there was easy-to-dance-to live music. His moves, which mainly involve swinging his hips and shaking his bottom, seemed to thoroughly impress the locals.

We stayed at Marty's at Little Beach, a four-star property nestled just a short stroll from two very different beaches, one facing Shoal Bay and the other Nelson Bay. Our two bedroom executive apartment was modern, impeccably clean and spacious. With a bubba in tow, we appreciated that it was self-catered; which meant we could pop the little one down for naps at any time knowing there would be no interruptions. The outdoor heated pool helped to soothe the muscles after a day of exploring while Marty's generous breakfast hamper, complete with bakery treats, fresh fruit and bacon and eggs, that greeted us in the morning hit the spot.

Among the highlights of any weekend in Port Stephens is the opportunity to view glorious whales migrating along the NSW coast. We left mid morning

with Imagine Cruises. The region is well known for just how close the whales come in and the sheer likelihood of an encounter. Imagine Cruises will even refund your money if there's no sighting. While it didn't quite come to that, the whales proved somewhat elusive during our cruise. We caught glimpses of a couple of humpbacks, but they were fleeting. Like a game of cat and mouse, our captain skilfully manoeuvred the boat to the best position, but the whales had other ideas. A playful pod of dolphins speeding around our boat saved the day.

It's easy to understand why Little Beach Boathouse, our lunch venue, is a crowd favourite. It's where the well-heeled head. A lot of this is down to its stunning water views and upmarket vibe (a glass of white on the deck downstairs is a must). The modern Australian menu matches the impressive surrounds, including perfectly grilled miso-glazed Atlantic salmon and crispy pork belly.

At the end of our trip, we stopped at Oakvale Wildlife Park. It's hard to imagine a park more perfect for toddlers and young children. A manageable size, it is teeming with ducks, swans and a range of bird life. Kiddies can feed goats, kangaroos and wallabies in the open. The camels, ponies and alpacas were a hit in their enclosures. Not to be missed is the mammoth children's play area, the largest we've seen around. We were treated to a private encounter with koalas, including a joey cute enough to rival our own little one.

Getting to Port Stephens is easy – just over a 2-hour drive up the Pacific Highway from Sydney. There are few escapes within striking distance of this city more varied and beautiful. Whether you're an adrenaline junkie or a nature lover, it'll bring out the wild within.

Marty's at Little Beach room



Slow cooked lamb (check Menu at Little Beach)

Wombat at Oakvale



4 Ways To Let Your Outer Beauty Shine

Isabella Ross

Bathing In Essential Oils:

A highly soothing way to elevate your shower or bath is by adding incense or essential oils. This can boost not only your wellbeing but create an at-home spa experience. Essential oil infusions can have a myriad of benefits including relieving muscle tension, sinus problems and stress. Eucalyptus, peppermint, lavender and chamomile are best when looking for the full aromatherapy escape.

Jade Rollers:

One of the hardest hitting trends on the market, jade rollers have become an instant phenomena due to their apparent holistic and anti-ageing power. Crystal facial rollers are said to provide a host of skin benefits, known to improve elasticity, natural collagen production and minimise the dreaded puffiness and wrinkles. In particular, jade is known for its healing properties and has been used in eastern culture for centuries. This beauty tool has even found its way into popular spa salons, with jade rollers now being used in facials at the North Shore favourite, Endota Spa.

Teeth Whitening:

There is nothing like the gorgeous gleam of a bright smile! One of the most advanced at-home teeth whitening products on the current market is HiSmile Teeth. The simple process involves a kit that comes complete with a non-invasive LED Light Mouth Tray and whitening gel to deliver results in just 10 minutes! Available online for a reasonable price, this teeth-whitening kit is guaranteed to put a smile on your face – leaving you feeling extra confident and proud to show off your pearly whites.

Calming Facial Mists:

A soothing and hydrating boost, facial mists have skyrocketed in popularity, with major makeup and skincare stores now offering a range of the aromatic spritzers. Rose water mists are one of the most-loved, thanks to their anti-inflammatory properties, which can help soothe redness or irritation of the skin. With a range of formulas on the market including a mattifying facial spray to help with excess oil, this is definitely a great potion to add to your beauty regime.

What To Wear To Spring Races

Isabella Ross

It is officially Spring Racing Carnival time! Taking place throughout September and October, festivities will be occurring throughout Sydney's racecourses including Randwick and Rosehill. Fashion has always been synonymous with the Spring Races and this year will be no different.

Labelled as the perfect opportunity to dress and feel your best, this season will see spectators embrace their own sense of unique style – creating a fabulous parade of personality and sophistication to be unequalled.

Fascinators

A staple when it comes to racing attire, fascinators or headpieces should be a classic yet creative way to compliment your outfit. This season it is all about metallics and neutral tones, with the dress set to be the statement piece instead. Crown fascinators with a femme floral inspiration are set to dominate this racing season, with well-known department stores Forever New and Myer offering a wide range of on-trend headpieces at affordable prices.

The Clothing

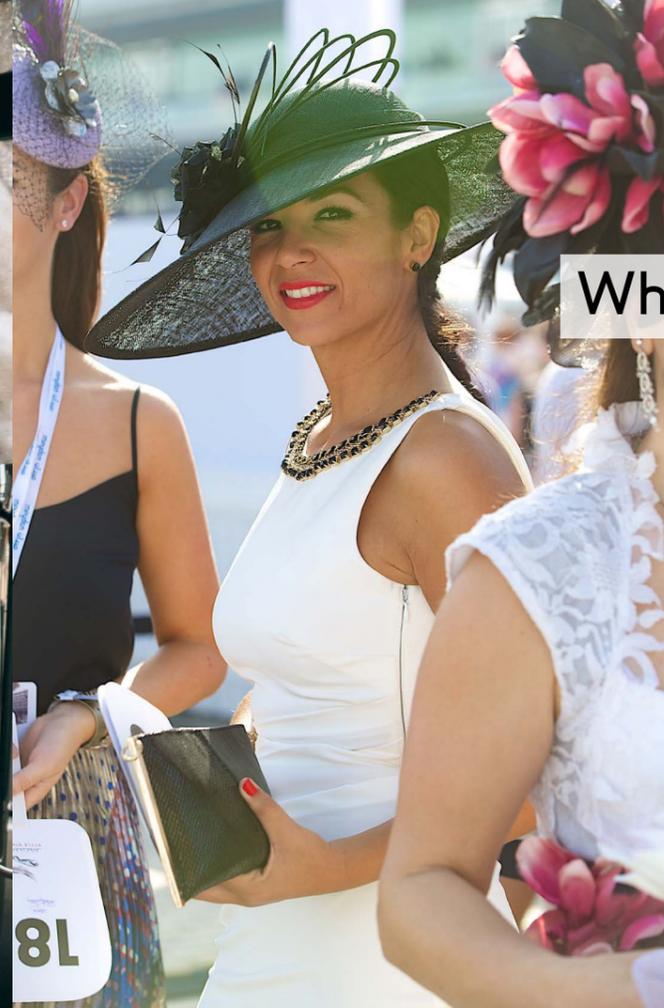
Spring-inspired prints, romantic textures, and embroidered fabrics are contemporary yet trendy. The best part about these fashion themes is that they can be tailored to your unique, personalised sense of style. Jumpsuits and blouse-and-skirt combos have become more acceptable to wear to the races, so do not feel as though you are restricted only to a conventional A-line dress.

Accessories and Makeup

Bold drop earrings in metallic or jewel tones will coordinate with any fascinator. Keeping a simple yet elegant nail colour is also fundamental, with colours such as a soft pink, berry or beige tones. Going for a natural complexion with a statement lip or smoky eye is the perfect way to ensure your makeup compliments your outfit while appearing modest. Bronzed skin is also a classic look as it is effortless yet elegant.

Menswear

Lately there has been a significant shift in terms of how fashion-forward menswear has become. Bold stripes and colours have increased in popularity, as well as the summer nautical style that encompasses white or beige bottoms with a navy blue jacket.



Let Spring Inspire your wardrobe

Isabella Ross

Bright and Airy Colours

What colours come to mind when you think of Spring? Why gorgeous sunny shades of course! Berry tones of red have found their way into the hearts of all trendsetters, with the bold pop of colour being featured heavily throughout Fashion Week. Pastel has also come back in style, with delicate sugared almond shades that are subtly sweet like ice cream proving pretty can be powerful.

Get Edgy

If pastels are not your thing then do not fear – funky edgier pieces have also swept the runway. Fashion currently seems to be breaking free from the conventional floral print for this Spring and is instead embracing unique pieces that push the envelope. Whether it be some black latex boots, bold jewellery, or studded handbags there are plenty of ways to give your fashion a creative edge.

Transitional Jackets

When it comes to the transition between the cooler and warmer months, having a lightweight jacket handy in your collection is ideal. Whether it be the well-loved denim jacket or a simple cardigan, outerwear is the perfect solution to master the delicate balance of dressing for Spring weather.

Flirty Full Skirts

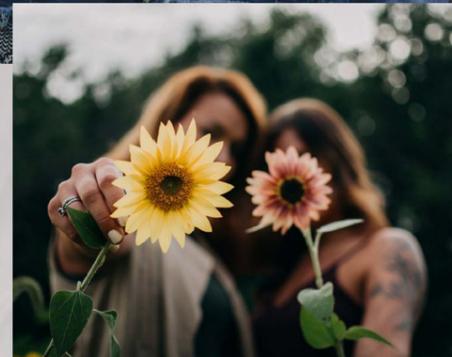
With an airy, whimsical feel, long flowy skirts are all the rage this Spring! Light chiffon fabrics are currently on trend, as well as the colours and patterns mentioned previously. One of the best aspects of a full skirt is that they are flattering for all body types and make the waistline appear smaller. So embrace the fresh spirit of Spring by giving your wardrobe a much-needed boost of feminine fun with a gorgeous flowy skirt!

Whites and Denim

Crisp and clean – white linens are a classic staple to freshen up any girl's wardrobe. Perfect for the breezy weather of Spring, lightweight blouses in natural tones have taken the fashion world by storm. These shirts team perfectly with a side of the favourite blue-wash denim – whether it is a mini skirt, jeans or shorts.

Handcrafted bags

Straw bags have become the latest sensation in accessories, with all major retailers jumping on the bandwagon. Presenting a clean-cut, organic style, these tote bags can be paired seamlessly with any of the other styling trends listed previously.



The Contemporary Garden

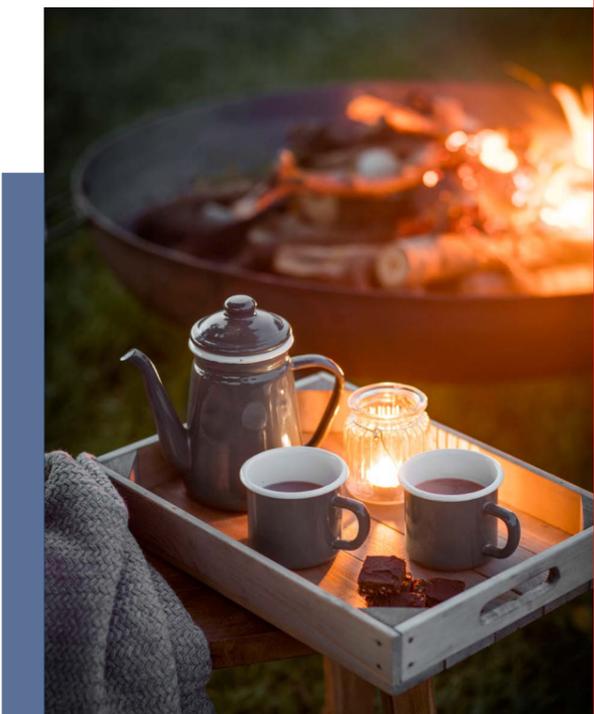


Alfresco Dining

Creating an outdoor entertaining area for socialising is one of the primary objectives of current garden design. With the perfect mix of contemporary style and comfort, alfresco dining is in significant demand, especially for those aiming to have the perfect summer BBQ with the neighbours. Having the option to open your living room onto an outdoor entertainment precinct will allow your house to not only flow seamlessly but also impress your guests! Timber remains the more popular choice for decking material, but when it comes to alfresco tables, concrete has paved its way as the ultimate design showstopper!

Food For Thought

Having spaces in your garden where you can enjoy delicious delicacies with your loved ones is a staple in modern design. Fire pits have skyrocketed in popularity, particularly in the warmer months, when roasting marshmallows is a family favourite. Incorporating your own freshly grown produce in your cooking is always desirable. This can be easily achieved by creating a small herb and vegetable garden nook. The architectural feature of a pizza oven is magnificent, not to mention the added bonus of being able to authentically cook your own Italian delights in the comfort of your backyard.



The Zen Oasis

There is no question that a lot of us lead quite chaotic lives, juggling bills, occupations, kids – the lot! Having a private sanctuary in your garden is a great place to unwind when life is a tad stressful. Taking inspiration from an ancient Japanese design, zen gardens are well known and loved for their carefully crafted lush surroundings and calming presence. Water features are also often found in a contemporary zen oasis, providing a sense of tranquillity as well as being an aesthetically pleasing focal point.



Isabella Ross

Interpreting the complex framework of do's and don'ts that surround contemporary design can be pretty tricky. Gardening is not everyone's forte, so here to help those in search of inspiration are the top 3 garden guidelines that will guarantee a modern yet stylish area for spring.

THOMSONS

Outdoor Pine

Design and Construction of:
 Decks • Pergolas • Carports
 Handrails • Stainless Steel Wire
 Lattice panels • Privacy Screens
 Lychgates • Picket Fences and Gates
**FULL RANGE OF SERVICES FOR THE
 DIY HANDYMAN AND TRADESMAN**



SHOWROOM AND TIMBER SALES AT
 5 Chilvers Road, Thornleigh
OPEN Mon – Fri 7.30am – 5pm
Saturday – 8.00am – 3.00pm
FREE Measure and Quote
FREE LOCAL DELIVERY
 Phone 9980 7611
 Email: sales@thomsonpine.com.au
www.thomsonspine.com.au

Spring Décor Trends



Isabella Ross

Edgy Metallic Accents

A creative yet edgy way to liven up any space in the home, metallic features have remained a prevalent movement in interior design. With rose gold and copper being two of the more popular finishes, metallic accents can be added anywhere; whether it be door handles, lamp stands, bathroom fixtures and even lounge legs!

Let Travel Influence Your Home Décor

There is no question that travelling to another country and visualising their sense of design can be a captivating experience. Providing you with a multitude of aesthetics to marvel in, incorporating elements from different cultures into your décor has become a prominent trend.

When you hear 'Moroccan design' think bright colour palettes, bohemian textures, arabesque lamps, ottoman seating and even exotic feature tiles. As well as home interiors, Moroccan-inspired décor has become widely popular in boutique bars and cafes around metropolitan Sydney.



Spring Cleaning Time

A tedious yet practical task, the season to thoroughly de-clutter your house has arrived. Yet it is important to remember that the ultimate satisfaction of having a tidy and welcoming environment is worth the labour. Spring is the perfect opportunity to clean all the locations usually ignored, as well as allowing the circulation of fresh air. Creating a checklist of duties, turning the radio up and organising unnecessary clutter is the best way to ensure the task is executed efficiently and in a positive manner.



Be Tactile In Your Furnishings

Getting touchy-feely with your décor choices is an irresistible pastime, allowing you to transform a standard 'showroom house' into a comfortable and inviting space. During winter, velvet was a popular fabric on both the runway and design spectrum, but now that spring has officially sprung it is time to move towards more organic textiles. The natural touch and knotting of timber grain can feature nicely on bench tops, coffee tables, floorboards and more. Bohemian pom-pom furnishings have also become a vibrant and enticing décor trend this month, looking marvellous in kids bedrooms or as statement cushions.

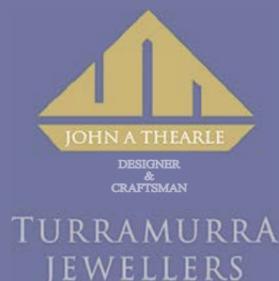
Say Aloha To Tropical Features

With the warmer weather comes tropical fever! Bringing the outside in is always a great way to implement a tropical-style design. With lively pops of citrus and ocean hues it is one of the easier design trends to adopt in the home. All it takes is an accent piece, some ferns in weave baskets, brightly coloured cushions, and a source of natural light to create a space that your guests are sure to envy.



Designer of fine jewellery
Restoration & Repairs
Watch & clock repairs and Valuations

For exquisitely designed jewellery



Studio 2, The Walkway
1269 Pacific Highway TURRAMURRA
Phone 9488 8005

DENTAL HEALTH

FOCUS ON THE ENTIRE MOUTH

This year dental health week is not only concentrating on teeth and gums, but the entire mouth.

Daily brushing and flossing for at least 2 minutes twice daily, using a soft or extra soft toothbrush is still the recommended minimum standard.

Using a soft or extra soft toothbrush will mean the bristles on the brush will wear out quicker, needing more regular replacement, however the soft bristles will not damage your gums or lead to toothbrush abrasion of your teeth.

The recommended technique is to hold the head of the brush at a 45° angle toward the gum, gently brushing up-and-down and then in a circular motion. The

up-and-down motion helps to clean the teeth, while the circular motion help to massage the gums and helps to get the bristles in between the teeth. Remember, there are three surfaces that need to be brushed, the inside, outside and the biting surfaces. Whether you use a manual or electric toothbrush, the motion and direction of cleaning should remain the same.

Brushing or scraping your tongue is another recommended way to reduce the amount of bacteria present in your mouth, helping to reduce the risk of dental decay as well as bad breath.

The other essential tool needed to clean teeth is DENTAL FLOSS. The most difficult parts of teeth to clean is where the teeth touch one another. The only way to remove plaque from between teeth thus preventing decay as well as gum disease is to use dental floss, or if the gaps between the teeth are large enough, interdental brushes or water jets.

Diet and nutrition play a large part in your overall oral health. A diet high in sugar or soft drinks and juice will increase the risk of dental decay.

Overall key things to remember are: Avoid sugary foods and drinks, avoid frequent snacking – as this will increase the risk of dental decay and drink lots of water as this will help to neutralise the decay causing acid produced by bacteria in your mouth.

Remember, plaque builds up in your mouth like “barnacles on a boat”. It is impossible to prevent bacterial plaque from building up on your teeth.

Oral cancers of the lip, oral cavity and throat are on the rise, with smoking, alcohol and the human papilloma virus being attributed as the major risk factors.

Regular visits to your dentist will help maintain healthy teeth, gums and your overall oral health.



Dr Ian Sweeney
northsidedental.com.au

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



SPRING ALLERGIES

Isabella Ross

As Spring – the time where flowers bloom spectacularly and pollen is abundant in the warm, breezy air. However this season is notorious for wreaking havoc on the noses, eyes and skin of all allergy-sufferers. So to aid those in search for solutions, *Sydney Observer* exclusively sat down with CEO of Allergy and Anaphylaxis Australia (A&AA), Maria Said, to answer some of your questions.

Can the change in weather affect our skin?

The change in weather certainly can affect our skin, so we recommend people use body washes that contribute to hydration when the skin is dry. Particularly, the

transition from winter to spring can be harsh due to the excessive amount of pollen in the air.

How do you manage the symptoms alleviated with seasonal allergies, for example itchy eyes, skin, hay fever etc?

A lot of people self-medicate when it comes to symptoms such as itchy eyes, skin and hay fever, and that is not always the best thing to do. Just getting antihistamines, eye drops or nasal sprays over the counter at your local pharmacist without a proper diagnosis can be harmful. I cannot stress how important it is to get a professional diagnosis and plan of action. Setting up an appointment with an expert who understands the process of allergic

bronchitis or allergic conjunctivitis and then following a treatment plan accordingly is pivotal. For those with severe symptoms, a doctor can advise them to go on medication before spring starts, and ideally be referred to an allergy specialist.

Is asthma known to flare up during spring?

Asthma can flare up at any time; it really depends on what the trigger is. But for a significant amount of people, the irritation of the airways by the pollen in the air can certainly aggravate asthma. Asthmatics need to make sure they keep up their everyday medications to help prevent an exacerbation of the condition.

NORTHSIDE DENTAL & IMPLANT CENTRE

NORTHSIDE SEDATION CENTRE

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

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

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

Let our family,
give your family,



Turramurra Practice

1253 Pacific Highway,
Turramurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



Special Services

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

September Hot Spots

Isabella Ross

The Runaway Spoon



Promising to deliver consistency, quality and service for its customers, The Runaway Spoon in Lindfield caters to any audience. With menus specialised for weekend brunching, share plates and drinks, kids and quick lunches, there is something on offer to please all. The eatery also specialises in tapas, a share plate system of tantalising Spanish nibbles and antipastos, as well as having a hand-picked selection of boutique beers and ice cold Peroni on tap. Presentation is arguably one of their best features so for any photography enthusiasts, The Runaway Spoon is the perfect place to capture the ultimate brunch pic for Instagram!

Pottery Green Bakers Gordon



A favourite eatery amongst locals, Pottery Green Bakers is a French-Vietnamese fusion café in the leafy North Shore suburb of Gordon. Sporting a rustic ambience, the café's design features statement copper lighting, ceiling greenery and even menus bound in leather. But it's the food that keeps patrons coming back for more, with their signature baguettes and beef pho noodle soup showcasing just how magnificent multicultural foods can be. Perfect for a girl's lunch or early morning coffee, Pottery Green Bakers is the perfect go-to.

The Governor



For all those 'after work drinks' enthusiasts, The Governor is the place to go! Recently opening to the public, this expansive multi-level pub is booming with popularity in the Macquarie Park business precinct. The Governor offers a diverse range of beautifully designed spaces to eat, drink and socialise, with timber detailing, exposed brick and live garden walls igniting a relaxed and inviting atmosphere. The drinks menu is its shining beacon, with over 20 cocktail choices, an array of vintage wines and aged spirits. Did someone say happy hour?

The Butler



Nestled in the backstreets of Potts Point, The Butler has risen in popularity amongst foodies, due to its exotic interior and exquisite menu. Stepping foot into the restaurant and bar is magical, with a nature-themed design encompassing the dining area and a plush garden consuming the terrace. Its cocktail menu is all the rage, with three unique espresso martinis on offer as well as an array of delicious sangrias. The dining menu is inspired by Ibero-American cuisine and designed as a sharing experience – the Hiramasa kingfish ceviche and buttermilk fried chicken slide being crowd pleasers! With panoramic views of the Sydney city skyline, The Butler is a premiere destination not to be missed.

Soft Shell Tacos With Avocado Salsa

Ingredients

- 1 packet soft tacos – local supermarket, *can buy gluten free
- 2 x 150 gr Sirloin steak – Ask your local butcher to cut for you
- 1 ripe avocado
- ¼ bunch coriander roots for avocado salsa, leaves for tacos garnish.
- 1 lime – Use zest and juice
- Chilli flakes to taste
- 50gr frozen corn kernels
- 1 tbsp olive oil
- 1 ripe tomato
- 50gr shredded iceberg lettuce
- 50 ml sour cream
- Salt & pepper to taste

Spice Mix

- 1 tsp chilli powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp salt
- 1 tsp dried oregano

This recipe will make 35 gr of spice mix. Can be used on meat, fish or prawns in your tacos. Add more chilli powder if required for your taste.

Method

1. Rub the spice mix on the steaks, let marinate for 30 minutes, room temperature.
2. Zest lime into bowl, cut lime in half and juice into the same bowl.
3. Cut avocado in half, take stone out & skin off, dice into small pieces and put in a bowl.
4. Season avocado with salt and chilli flakes, mix in some of the lime zest & juice.
5. Wash coriander, and the chop roots very finely and mix with avocado mix.
6. Chop tomato into small pieces, reserve for building tacos. Season with salt & pepper to taste.
7. Wash iceberg lettuce and shred, reserve for building tacos.
8. Mix excess lime juice & zest into sour cream, season with salt & pepper to taste.
9. Heat pan with no oil, nice and hot, and place the frozen corn in hot pan. You want the corn to char all over. Reserve for building tacos.
10. Heat pan with no oil, and rub steaks with oil, add to pan and cook for 2 minutes each side, rest meat under foil.
11. Warm the soft tacos in microwave for 15 seconds or in sandwich press. Only heat tacos when making them, so each time your soft taco is warm & soft.
12. Slice meat when rested, and then start to build tacos with accompaniments.



John Ross is a professional executive chef with over 30 years of experience.

Father's Day Breakfast

3 Breakfast Recipes For This Father's Day

The iconic 'breakfast in bed' is a family favourite when it comes to celebrating Father's Day. To make any dad feel like a king, thoughtfully preparing him the ultimate breakfast menu is the perfect way to start the day off swell. With a range of delicious delicacies to choose from, here are 3 breakfast recipes that will knock the slippers off every dad!



Ingredients

- 1 cup self-raising flour (sifted)
- 1 tbs. sugar
- 1 egg
- ¾ cup of milk
- 50g butter (melted)
- Punnet of fresh berries
- Maple Syrup

Method

In a bowl whisk the sugar and flour.

Beat in the egg and then add the milk a little at a time, until the batter is smooth.

Brush some butter onto a hot pan and pour ¼ cup measures for each pancake.

Once bubbles appear, flip over until each side is golden brown.

Serve with maple syrup and fresh berries.



Classic Pancake Stack



The Big Breakfast

Ingredients

- 2 rashers of bacon (rind removed)
- 1 small tin of baked beans
- 1 tomato (halved)
- 1 Portobello mushroom
- 2 eggs
- ½ cup of milk
- Salt and pepper
- Slice of bread and butter

Method

In a frying pan, spray some oil and add the bacon to the pan. Once the bacon is half-cooked, add the mushroom and tomato. Then transfer to an oven to keep the ingredients warm.

Beat the eggs in a small bowl with the milk, salt and pepper.

Add some butter in a frying pan and add the eggs on a low heat and proceed to scramble them.

Add the bread to the toaster and place the baked beans in a small bowl to heat.

Ingredients

- 1 everything bagel
- ½ tsp. of capers
- 2 tbs. of cream cheese
- 1 slice of lemon
- Handful of wild rocket leaves
- 2 slices of smoked salmon
- 2 slices of red onion
- Salt and pepper

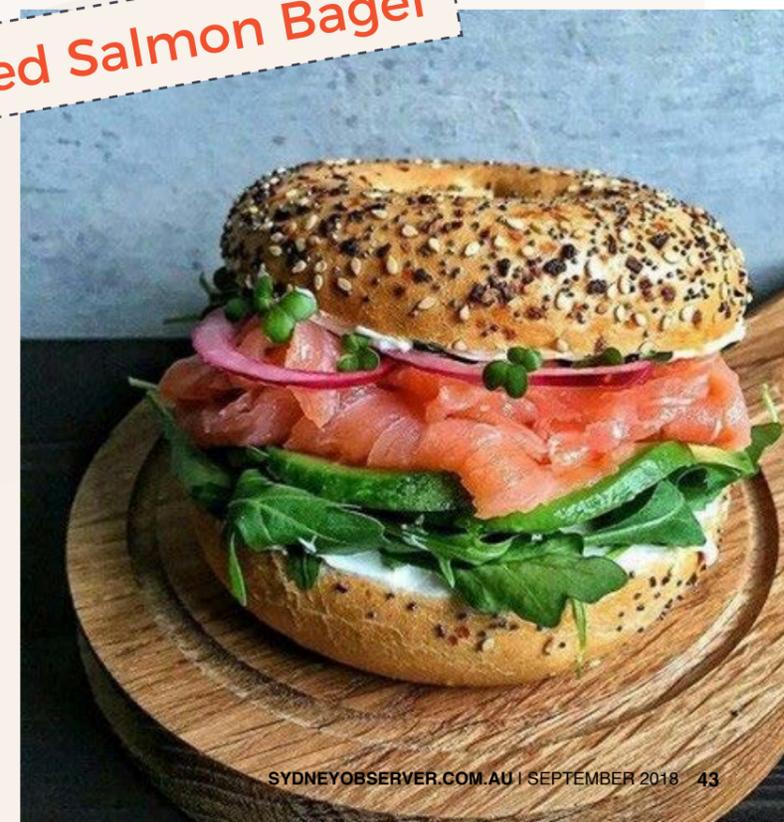
Method

Slice the bagel in half and toast it.

Spread on the cream cheese, and then top with the sliced red onion, smoked salmon and capers. Finish with wild rocket.

Drizzle with a squeeze of lemon and a sprinkle of salt and pepper to taste.

Smoked Salmon Bagel



THE PERFECT FATHER'S DAY

Jacob from Wahroonga said this Father's Day, he and his father will be going to spend the day together doing something they love. "Me and my dad enjoy playing a game of golf at Pymble Golf Club, so this year we will probably spend the day together doing so."

Brigid from Killara plans on treating her dad to a nice card and present combo. "I will probably get my dad one of those oversized special cards and a Bunnings voucher – he loves to garden and build!"

Emily from Ryde will be spending the day celebrating with her family by having a BBQ, as well as purchasing dad something special. "A box of Darrell Lea Chocolates – it's his favourite, and a new beanie are on my list of things to get."

Daisy from St Ives said this Father's Day she will be spending quality time with both her dad and grandfather. "Our family enjoys outdoor activities, so we will probably go to the beach or park for a picnic together. All of us kids will pool our money together to get them each a nice watch or leather wallet."

The magic of Madiba!

Hannah Prasad

Tim Omaji or better known as his stage name Timomatic is a triple threat. Whether singing, dancing and now acting under his belt, he is a force to be reckoned with. Playing the role of Sam onotou in *Madiba the Musical*, the production pays tribute to the powerful life of Nelson Mandela. Tim showcases himself as a multi-talented chameleon that is able to transform into any role he is given.

Sydney Observer, had a chat to Tim about his character and what this role means to him.

“Sam is an activist who spends some time in jail which is also where he meets Madiba, Nelson Mandela. He is in an interracial relationship which is unusual, as this is a time when blacks and whites were segregated. I am excited to delve into Sam’s art and immerse myself into the story.”

“Sam has an attitude that is passionate for change. I see his character as a very committed individual and I connect with this. I am also passionate about change and social justice, there is a vulnerable side to Sam’s character too.”

For someone who is used to the spotlight it can often be questioned whether performing still creates nerves or comes naturally once you step onto the stage. Tim indulges in the moment and the characters he has been given, ensuring they live up to their potential.

“I give all of me to the role. I am more excited and anticipating the thrill of exploring Sam’s character. This is probably my most dramatic role to date, with no relation to me being a dancer. I am obsessed with being able to transform in front of people.”

“The singing and dancing make the whole live aspect of it special. The fact that this opened in France shows the power of Mandela and how universal his story is. My parents would tell me during the time of apartheid all of Africa looked up to Mandela and his movement. So this is really special for me.”

“I want the audience to feel the heart of what Mandela stood for, which was equality for all people. It wasn’t just for black people, it was freedom for all and for everyone to be compassionate and show kindness. It sounds simple but it’s defiantly not easy. We will be representing the first English take on this show.”

Madiba the Musical, is at the State Theatre from 1 to 16 of November.

Tickets can be purchased at statetheatre.com.au



Sydney Fringe Comedy

From 28th August to 30th September, in association with the Sydney Fringe Festival, the 8th annual Sydney Fringe Comedy will take place at Marrickville’s Factory Theatre, showcasing some of the best upcoming comedic talent in Australia and the world.



Olivia Newton-John in conversation

Join Australian entertainment legend and humanitarian Olivia Newton-John and interview extraordinary Ray Martin on September 11th for a live interview format event at the State Theatre.

The Grounds monthly cake baking masterclass

Every month, The Grounds of Alexandria host a baking masterclass. If sweets and treats tickle your fancy, make your way down every Wednesday or Thursday for a lesson in baking.



Sydney World Rice Festival

A universal aspect of cuisine, rice can make anything from main meals, desserts, and even delicious drinks. From 29th to 30th September celebrate multiculturalism with one of the staples of world food.

Emerge Festival

Celebrate the diverse culture of the North Shore with this annual spring festival. Running from September 1th to October 5th there’s plenty of opportunity to catch this special event.

The Great Drummoyne bakeoff

As part of the St. Marks Parish Church 130 Year Anniversary, The Great Drummoyne Bakeoff will be held to discover the hidden baking talents of the local area.



GORDON MARKETS 2nd Sunday of every month

Gordon Station Council Park (middle level)

9 Sep, 14 Oct & 11 Nov
8.30am to 3pm

UNDERCOVER
Protected from heat and rain!

Information: www.gordonmarkets.com.au



LOOKING AT THE AURA

Kerrie Erwin, Psychic and Medium

When a person comes to see me, the first thing I do is open up and scan their energy, as I am able to get a lot of information. This is called reading the aura and I only do this with permission, as it would be breaking the Universal law of Karma. It never ceases to amaze me how much you can see in people aura's or energy fields, like a kaleidoscope of vast energy and color. Naive as it seems I found this years when I was younger to realize that not everybody can do this as I found it so easy. The only time it doesn't work is when I am over-emotional or stressed. Often I can see if people have a lot of stress or worry as you can see a big brown blob or dark mass right above their head. I remember once I was doing a course and I could not block out my auric vision of the big brown blob of energy above the teacher's head. I did not say anything but I would always remember the incident.

If you tilt your head backwards and half close your eyes, you can see that the aura is a subtle energy that

surrounds all living things and inanimate objects as well. It is often described as being like a subtle electrical or magnetic energy that radiates from human beings, animals, plants, or anything that has a life force or that is living.

I truly believe, everyone can learn to see auras. It just takes patience and practice. With time, you will be able to see the many beautiful colors that radiate from the body, like a beautiful rainbow. Auras can vary in texture, size, quality, feel and color in relation to the vibrational nature of each individual. We all have a basic vibration rate that fluctuates from moment to moment as we change and develop spiritually. The size of the aura depends on the person's state of health, energy levels, moods, thought patterns and underlying spiritual purpose. The best way to see somebody's aura is with the dimmer switch on against a pale wall. The first thing you will see is what we call the etheric field of the aura which is a white body of energy around the person that is quite easy to see.

Interpreting the aura

Clear bright aura: a healthy, happy vibrant person. The bigger the aura, the healthier they are.

Muddy, thin, weak, shrunken or brown: unhealthy, indicates negativity, depression or emotional turmoil, perhaps sickness.

Colours

Red: may indicate anger, selfishness, hate, a quick temper, power and energy. Alternatively, red can indicate vitality and ambition

I have seen flashes of this around the head, stomach and hip area.

Orange: sensuality and sexuality, pleasure, exercise, creativity, motivation, warmth, passion, balancing, recovery from illness, pride

Yellow: intellectual activity, power of the mind, higher intelligence of the body, study.

Green: balance, harmony, calmness, love, compassion, growth, healing abilities. I once saw a student with a green guide that was an angel. It stood on his right side and was working with him with his healing work. The student went on to be a very successful healer.

Blues: communication, expression, detachment, inspiration and information. Can also indicate new learning for the client.

Turquoise: new age color, positive spiritual growth, new opportunities opening for spiritual learning.

Indigo: intuition, natural psychic ability and awareness, spiritual abilities. I have seen a lot of this over the years in students that are opening up to their latent psychic abilities.

Lavender: divine, master energy, softness, playfulness.

Violet: wisdom, pathway to enlightenment, the bridge between the mind and the higher mind, the bridge from the higher mind to the collective consciousness.

Pink: unconditional love, warmth, tenderness, modesty, gentleness, innocence, healing, empathic, selfless love, timid or shy.

Gold: higher self, brilliance, prosperity, spiritual radiance, higher creativity, in alignment with a master guide's energy such as Jesus or the ascended masters.

Silver: versatility, high energy, constant change, shape-shifter. I have seen this with people that feel they have lived on other planets

Black: depression, wisps of sadness, evil, malice, sinister, low life force, possible entity attachment. "Heaviness feeling."

Grey: narrow minded, stuck in past with emotions, conservative, depressed, low life force energy, and fear.

Note: This type of work does not take the place of your own medical doctor.

INTERESTED IN A PSYCHIC READING

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



PH: 9997 8888
THE RUG CLEANING SPECIALISTS

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

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

Jorian Blanch & Co
With Richard Fischer

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

Proudly servicing the local community for over 40 years

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

KURT & DANIEL SEIFERT
JEWELLERS

Local family owned and run
Alterations • Remodelling • Repair
Engagements • Weddings • Anniversaries

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

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

onsite workshop

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

ROOFS
ABOVE & BEYOND

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

Contact us for a free no obligation quote

Phone: 9654 6000
www.roofsabove.com.au

Our services available include.....

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

Free Edmonds Supervent valued at \$300 with every full roof repair or reroof

Northside Washer Service
authorised agent
Kleenmaid Speed Queen

WASHING MACHINE & DRYERS, REPAIRS & SALES

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

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

BOOK RESTORATIONS
Bookbinding and Repairs
Since 1976

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

By appointment

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

Need help with Web sites and online IT services?

LINUXPEAK

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

02 9499 3080 hello@linuxpeak.com
www.linuxpeak.com

NEW TERM STARTS 15TH OCTOBER
BEGINNERS WELCOME.

Hatha Yoga Classes
Workshops
Meditation courses
Corporate Classes
Private Classes
Retreats

BOOK NOW
KU-RING-GAI YOGA
WWW.KURINGGAIYOGA.COM.AU
P: 02 9875 5358 / M: 0426 212 622
PYMBLE UNITING CHURCH
CHR PACIFIC HWY & LIVINGSTONE AVE
PYMBLE 2073 NSW AUSTRALIA

Arrow
FINANCIAL ADVICE

Advice Targeted to Achieve Your Goals

Call Michael on 9415 6933
Email info@arrowfa.com.au
Personal Tax Returns from 99*
www.arrowfa.com.au
AFSL No: 342776 *Conditions Apply



What's on For Kids

Spot On Children's Festival

Where: Riverside Theatre, Parramatta
When: October 9 - 13
 Monday - Friday 9am - 5pm
 Saturday 9:30am - 1pm
Price: Free to \$24

riversideparramatta.com.au/category/whats-on/family/spot-on-childrens-festival-2018/

Junior Adventure Tour

Where: Sydney Opera House
When: September 29 - October 8
 Monday - Saturday 9am - 8:30pm
Price: \$22 - \$32

timeout.com/sydney/kids/junior-adventure-tour

Bambert's Book of Lost Stories

Where: Sydney Opera House
When: September 29 - October 6
 Monday - Saturday 9am - 8:30pm
Price: \$25.00 - \$39.00

sydneyoperahouse.com/events/whats-on/Kids-and-Families/2018/bamberts-book-of-lost-stories.html

The Snow Dragon

Where: Sydney Opera House
When: October 3 - 12
 Monday - Saturday 9am - 8:30pm
Price: \$20 - \$35

sydneyoperahouse.com/events/whats-on/Kids-and-Families/2018/the-snow-dragon.html

OZ COMIC-CON IS HERE !

Bring your comic hero fantasies to life as Oz Comic-Con comes to town! With a collection of multi-genre content, you can expect appearances from television stars, comic book artists and voice actors. Kids are able to attend artist workshops and even learn how to create their own comic art. There is something for everyone! This is the home of all things pop-culture and it's the biggest Oz Comic-Con to hit Sydney so you definitely don't want to miss out.

When: September 29-30

Where: The International Convention Centre

Tickets: ozcomiccon.com



Competition time !

To win a family pass to Oz Comic-Con, draw a picture of your favourite superhero and tell us their superpowers.

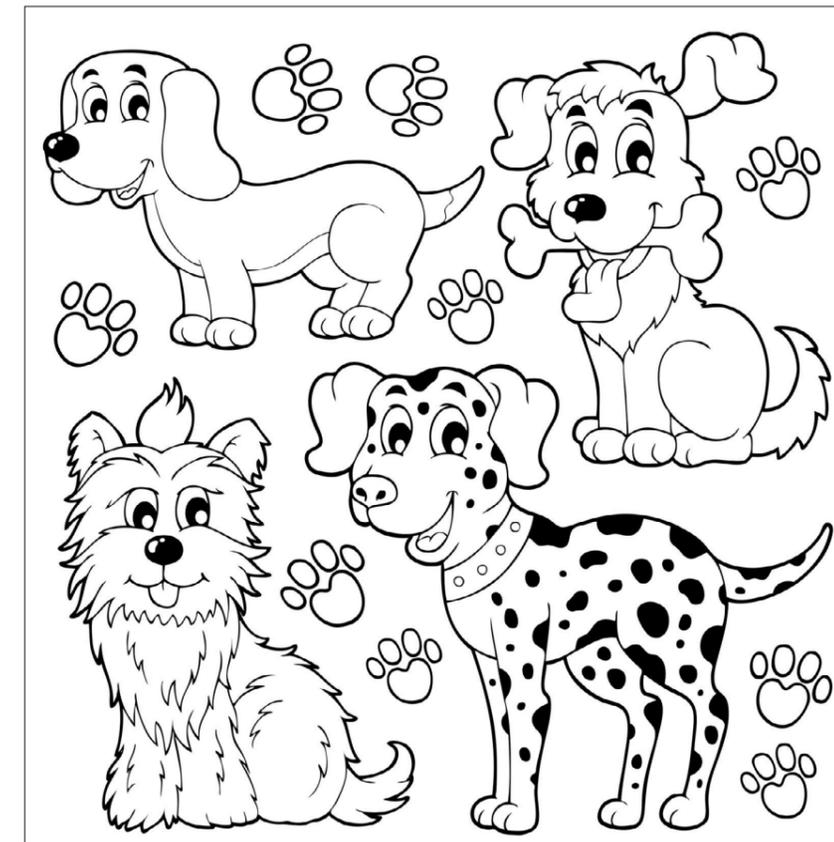
Send your image to, PO Box 420, Killara NSW 2071.

Or scan your picture to editor@kamdha with your name, address and contact number.

Good luck !



colouring in Page



September HOROSCOPES



Glenne Clifford, Astrologer
[facebook.com/astroangelinsights](https://www.facebook.com/astroangelinsights)

Virgo (August 24-September 23)

The spotlight is on you this month Virgo, fresh new beginnings with the Sun and New Moon in your sign. A creative project or spending time with children or just lightening up and being playful can bring joy and open you up to receive new ideas and information.

Sagittarius (November 23 – December 21)

Sags have been learning some valuable lessons around money and investments, where they would like to direct their valuable resources, plans can begin to move forward now. You have probably been playing with an idea around Career direction you would like to take, be open to ideas arising around the 21st.

Pisces (February 20 – March 20)

Your love and social life are likely to be more active this month. Fresh new beginnings are possible around relationships with the New Moon on the 10th but watch for crossed wires and confusion on the 8th. Friendships have an empowering and transforming quality to them around the 11th.

Gemini (May 22 – June 22)

This can be a healing time to go within and address unresolved family trauma and by becoming conscious of any childhood patterning that's affecting your life as an adult. New information may come to light involving your home or living situation which can help you to create some solid foundations.

Libra (September 24 – October 23)

Your thoughts may turn to spiritual matters and of facing some of your deepest fears that prevent you from moving forward. Finances are in the spotlight from the 9th which may see you spending cash on home projects, renovations or improvements.

Capricorn (December 22 – January 20)

The first half of the month may see you dealing with some conflict that's been affecting you personally and causing anger and frustration to arise that needs addressing. Your ruler Saturn station direct on the 7th, providing you act responsibly and stay focused on your goals you can surmount any hurdles now.

Aries (March 21-April 20)

Career gains traction now you may find delayed plans and actions fall into place. You receive the final opportunity to prune the dead wood around friendship and groups you associate with, allowing you to let go and release what no longer serves you which may result in some surprising outcomes.

Cancer (June 23-July 23)

Self expression is important this month especially within relationships and friendships, this can bring exciting new ideas and opportunities through networking and socialising. Relationships can receive a boost and ideal to be able to cement plans going forward with your beloved.

Scorpio (October 24 – November 22)

It's time to pamper and indulge yourself with a massage or a great period to reinvent yourself with a new haircut or update your wardrobe. Any study or learning that you have been involved can pay dividends now with the ability to put some of the teachings into action.

Aquarius (January 21 – February 19)

With Mars being active in your sign since May, this has brought time to reflect on what motivates and inspires you personally and around the home and the family unit. Joint finances and possessions you share with another are up for discussion, dealing with investments, taxes and insurance and asking the hard question of yourself and others.

Taurus (April 21-May 21)

Its full steam ahead concerning Career with huge amounts of drive to get things done with some possible exciting developments on the 19th. Travel plans that you may have put on the back burner come to the forefront so back to the drawing board on planning that overseas trip.

Leo (July 24- August 23)

Finances can improve this month; this may see you receiving extra income through a bonus or money owed to you. Health can improve with a general feeling of wellness, attend to anything troubling and continue to make improvements around diet and exercise and most importantly be sure to rest when needed.



Our home's not for everyone.

We're unapologetically unlike other aged care homes. If you're considering a home where every day is celebrated and wonderful moments are in abundant supply, then perhaps our home is perfect for you. As soon as you set foot into this modern home, your senses are greeted with colour and laughter, and you immediately feel the warmth and kindness. From the vibrant décor to the quiet, luxury private suites and tranquil gardens, this is a community that celebrates the individuality of every person who chooses to live here.

- Onsite café
- Chapel
- Hair and beauty salon
- Beautiful, secure gardens
- Exercise classes
- Painting
- Pet therapy
- Shopping trips
- Walking groups
- Dementia care
- Palliative care
- End of life care

To find out more and discover if this unique home is the one you've been looking for:

Call 1800 958 001



Marsfield Residential Aged Care, 16 Vincentia Street, Marsfield

SPRUCE UP FOR *Spring* SALE

DON'T JUST SPRING CLEAN YOUR BATHROOM –
SPRUCE IT UP WITH A NEW-SEASON MAKEOVER!
BATHROOMWARE HOUSE HAS THE LATEST STYLES IN
EVERYTHING FROM BASINS TO BATHTUBS, MIRRORS,
VANITIES, TILES AND MORE, ALL AT UNBEATABLE PRICES.
SHOP ONLINE OR VISIT OUR GALLERY TODAY.

UP TO

50% OFF*

BATHROOMWARE HOUSE

Crows Nest | 188 Willoughby Rd | 9437 5001
1300 788 653 | Australia-wide delivery | bathroomwarehouse.com.au



**MORO RIMLESS
TOILET**
FROM \$348



**EUREKA
VANITY**
15% OFF



**MILAN
FREESTANDING BATH**
48% OFF WHILE STOCKS LAST



**MILANO
VANITY**
ALL SIZES 50% OFF



Like us on Facebook
facebook.com/bathroomwarehouse

*Conditions apply