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CONTENTS

- 6. Giveaways
- 8. Local News
- 12. Profile
- 15. Education
- 21. Golden Years Feature
- 30. Finance
- 32. Lifestyle
- 34. Wellbeing
- 38. Home & Garden
- 42. Travel
- 44. Beauty
- 46. What's On
- 48. Clairvoyant
- 50. Chatting With

FROM THE EDITOR

Happy March! It's hard to believe it is already Autumn, yet here we are! School terms are mid-way through, annual leave is a distant memory and Easter is right around the corner. With 2017's trial months – January and February – already behind us, March is where the action starts. It is the perfect time to finally get stuck into those resolutions and find your new year rhythm.






With a seven page Education Special, this issue has everything you need from expert advice on handling school transitions, to how schools are addressing their students' mental wellbeing (15-20).

In lieu of Seniors Week we've compiled the ultimate Golden Years Feature that covers Seniors Health to our pick of events to attend (21-29). And, with finance on the minds of many, we've put together some top advice to helping you become Money Smart In 2017 (30-31).

Simply after a laugh? Head to our profile where we chat to the hilarious Merrick Watts on his upcoming comedy tour (12-14).

We hope your 2017 is off to a fantastic start!

Sabrina

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PUBLISHED BY: Kamdha Pty. Ltd.
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BOOKING DEADLINE: 15th of the month
PHONE: (02) 9884 8699
ADDRESS: PO Box 420, Killara NSW 2071



43
50

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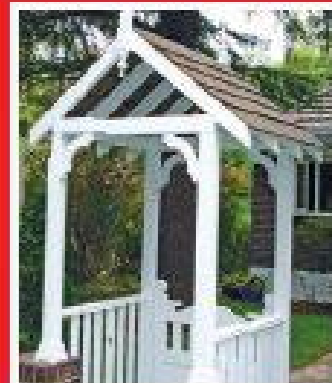
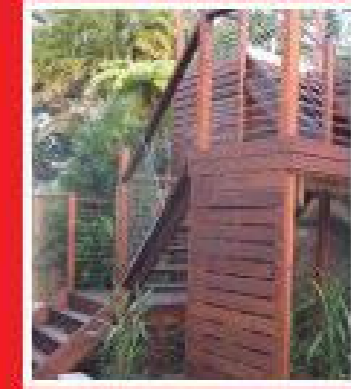
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Letters

I thoroughly enjoyed reading the article on Pallavi Sinha. It is always inspiring reading about successful people who are passionate about something and who put this passion into action.

- Jocelyn Kwan, Gordon.

The article about making others happy was a true Christmas inspiration as well as a heart-lifting deposition on the scourge of our society – loneliness. Vera has the spirit of life hard-wired into her genes and it makes me feel so happy about a topic that is close to my heart.

- Eli Beverley-Schack, Killara.



Giveaways



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SNIPPETS

ERIN CHRISTIE, ROSE GRESHAM, AIDAN WONDRAZ AND LUKA OSBORNE

Seniors Get Active

Ku-ring-gai Council will join with trainer Sally Castell to host fitness classes aimed at mature adults in 2017. Castell, a physiotherapist and registered fitness leader, also owns Movement Matters, an organisation promoting exercise for seniors. She works to improve and maintain the physical wellbeing of patients, and to prevent situations that could lead to deteriorated health. Through the council initiative, she will host a 'fall-proof' class and a 'Back to Basics' fitness class, which will run until April. The classes are in high demand, costing only \$105 for ten sessions. Bookings can be made via the council's website or in person at the Community Service Centre.

kmc.nsw.gov.au



iPad Workshop

Ku-ring-gai Council is providing seniors with an opportunity to enhance their technological skills by running community based workshops. After enjoying initial success in its 2016 start-up, iPad Help for Seniors is back for another round to help local residents become tech savvy. Participants will learn how to navigate through the tablet, and by the end of the one-on-one lessons they will be able to manage its applications. Mayor Jennifer Anderson is seeking willing and technology-abled persons, aged between 12 and 24 years, to volunteer at the workshops. Any volunteering hours recorded can even be contributed to community service requirements for school programs or Duke of Edinburgh Awards. Classes run on March 13 & 27 at the AWOL Youth Hub in Gordon, adjacent to Ku-ring-gai library. For more information contact: youth@kmc.nsw.gov.au



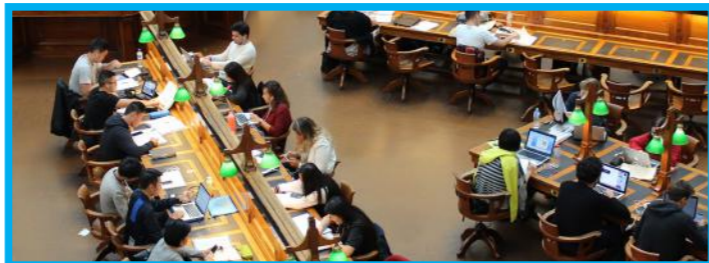
Sustainability Training Scholarship

In an effort to promote sustainable building and respond to the desires of homeowners, Ku-ring-gai Council is offering rebates on sustainability courses for tradespeople serving or living locally. The Council is providing scholarships of \$250 or 80 per cent of the course price, whichever is less, if the relevant documents are received by June 15, 2017. The courses that are covered by the rebate are provided by a number of different organisations, and include topics such as energy efficiency, reducing waste on construction sites, and thermally efficient structures. For more information contact: sustainability@kmc.nsw.gov.au



Seniors Stories

In a quest to preserve the history of the 20th century, the NSW Government's Seniors Festival grants program has allocated \$3000 for its 'Tell Your Story' project. Seniors over 60 are encouraged to attend meetings at Gordon Library to share memories of their lives, their community values and changes in the local community to paint a picture for future generations. The first meeting, Monday March 6, will include a 30 minute discussion with seniors. The next stage will see young people interviewing and recording, the films which will be preserved by the library and become a part of an upcoming exhibition. If you wish to partake, contact Gordon Library staff before March 3 on **(02) 9424 0120**.



RYDE'S 'CHIMERICA' STAR

LUKA OSBORNE



Ryde's own

Gabrielle Chan is "thrilled" to have been offered dual roles in the Australian Premiere of 'Chimerica'. The Sydney Theatre Company's latest production explores the relationship between China and America, twenty years after the much-publicised Tiananmen Square incident of 1989, through the everyday people affected, such as photojournalists.

"Whilst this is a broad theme, it is told through the prism of those who

were directly affected by the event. So while the Sino/American relationship is a somewhat daunting topic, it is personalised and humanised by the stories of common people touched by the Tiananmen turmoil," Chan explains.

"The iconic photograph of the lone protester blocking the progress of a tank in Tiananmen Square is representative of the strength

and courage of the common man."

Chan herself says the play is reminiscent of her childhood when she lived through the 1968 Tet Offensive in Saigon.

"I witnessed violent conflict during this time and later experience the hard life under communist rule. Freedom of speech and civil rights were non-existent and my family lived in constant fear as my father had been a successful businessman in South Vietnam prior to the communist takeover and was persona non grata with the new regime."

Despite an at times turbulent upbringing, Chan has been a welcomed resident of Ryde for the past ten years, a suburb she says is "wonderfully diverse". With a passion for acting and theatre, she has helped the local community at the Green Apple Festival in Eastwood, assisting with costumes for a Chinese opera performance. Previously a Web Developer, Chan left her job to chase her dream.

"I guess at some stage in your life if you really have that passion you've got to give it a go. I took a deep breath and made the leap figuring I didn't want to die wondering! Chimerica is a great opportunity for me and I think it vindicates my decision to make the career change."

Chimerica can be seen from the 28th of Feb to the 1st of April at the Roslyn Packer Theatre. Tickets are available at thesydneytheatrecompany.com.au

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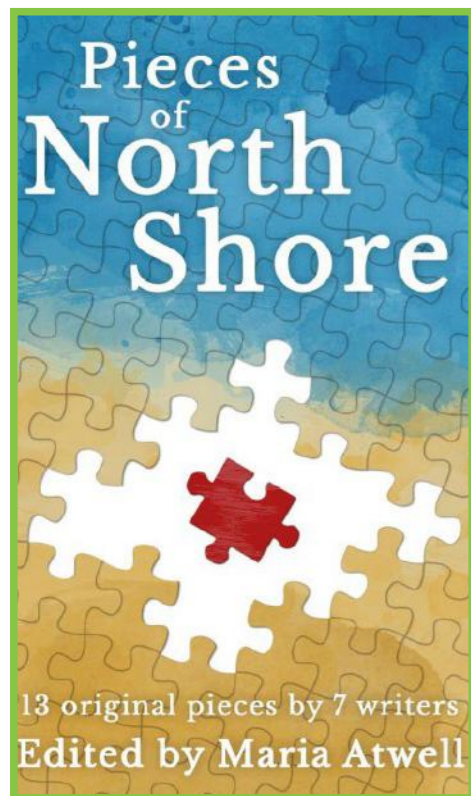
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New Book Unveils Hidden North Shore

ALEX DALLAND



Somehow on the North Shore, a marriage breaks down – slowly, over twenty years and four thousand words a content and happy family turns dysfunctional. Elsewhere, a woman at a cocktail party listens to her peers discuss first world problems and wonders how people can become so invested in these shallow topics of conversation.

This is Pieces of the North Shore; an anthology of thirteen stories written by North Shore locals that illustrate what

lies beneath the illusions of success and perfection. Recently making its debut in the world of online eBook publishing, it is making its name in print with a book launch expected soon.

“We think the audience is people who suspect that it's not all perfection under the leafy trees in the suburbs, and don't want to just read about great successful lives,” co-author and Lindfield resident Suzanne Little says.

Reflecting on the writing process, Little notes how the book started as an anthology of stories about the North Shore but came to reflect what each author felt – that they didn't truly belong.

“Eda [the convenor of the writer's group] decided we would each write a piece and publish them together. We thought that, considering we all live on the North Shore, we would write about something we were all familiar with and examine life in this part of Sydney,” she says.

“The thing that became obvious was that each of us was a misfit on the North Shore, the people who are imperfect.”

Little has lived on the North Shore for almost 25 years, and believes it couldn't be more different to her childhood in a working-class suburb of Newcastle.

“People on the North Shore are successful, highly educated, their children do well, but it comes at a price. It didn't come true as you idealised in your childhood, and the culture you thought you had as a child may

not be the culture you end up in.”

Little stresses that the book is not written as a criticism of the North Shore, but as a reminder to those who have come from other backgrounds – or even different countries, as some of the authors have – that nothing is ever as perfect as it seems, and it's OK to be different.

“We have tried to capture the reality of how people might really be feeling amidst a context that is quite sophisticated in the worst sense of the word; very false, always glamorous and always successful.”

Former Ku-ring-gai Mayor Cheryl Szatow read the book after its release in 2016, writing a review that made it onto the printed book's jacket.

“A diverse and refreshingly candid selection of stories that depict through deeply personal disclosures the quest of new arrivals to locate within a culture that appears daunting and unattainable. The North Shore – a place of frantic timetables, earnest achievement and niceties – is unpacked here piece by piece to reveal the friendships, aspirations, loves and fears of its new inhabitants.”

Pieces of the North Shore is available online on Amazon, iBooks, Kobo and other booksellers by visiting books.pronoun.com/pieces-of-the-north-shore/

Sydney Observer has one copy of Pieces of the North Shore to give away to our readers. See our Giveaways page for more information.



Ku-ring-gai's WOMAN OF THE YEAR

AIDAN WONDRA CZ

‘KU-RING-GAI Local Woman of the Year’ for 2017 has been awarded to Barbara Ward, Managing Director of San Foundation.

“Barbara is an incredible super human. I could speak of her many achievements and commitments to various charities,” says NSW Parliament Member for Ku-ring-gai, Alister Henskens.

Each year, Members of Parliament formally acknowledge the outstanding contributions that local women have achieved throughout NSW. More than 130 guests attended the award ceremony, held at the Sydney Adventist Hospital.

“It reminds us of the contribution of women that we take for granted, acknowledging the difference women can make in their community,” says Prudence Goward, NSW Minister for Women and presenter of the award.

Mrs Ward is the Managing Director of the San Foundation, with 20 years of experience preceding her reputation. Her contributions to the community and health sector reflects her altruism, having worked across multiple industries, including fundraising, welfare services, humanitarian aid, finance, human resources, and state and local government and management consulting.

“Mrs Barbara Ward is in her 6th year working tirelessly to raise funds to support the San,” acknowledged Mr Henskens.

“Last year she raised over \$10 million and secured a single donation of \$7.5 million, completing the fundraising towards the San Integrated Cancer Centre of \$20 million in a short period of time.”

“I cannot begin to describe the immense pleasure I get from the smallest things that make an impact to an individual's life,” remarked a humbled Mrs Ward. “It is a deep connection of human kind.”

The award ceremony extends its gaze to the future, hoping to motivate prospective candidates.

“It [the award] inspires other women, particularly younger women, to see that it can be done and if it can be done by someone, it can be done by them,” says Ms. Goward.





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MERRICK WATTS: COMEDY GREAT

SABRINA MUYSKEN

Comedian, radio star, actor and, most significantly, father. These are just a few of the roles Merrick Watts currently occupies. After shooting to fame as one half of the *Merrick and Rosso* comedy duo in 1998, almost 20 years on the talented performer is still as stomach-achingly funny as ever — “And handsome, you left that bit out!” Merrick jokes.

Since finding his initial success with Tim ‘Rosso’ Ross, which saw the pair dominate breakfast radio for the better part of the 00’s as well as various television and stand-up spin off’s, Merrick has been working steadily in show business. From a foray into acting in Underbelly’s *A Tale of Two Cities*, through numerous guest appearances on comedy shows such as *Thank God You’re Here* and *Have You Been Paying Attention?*, to hosting his current drive-time radio show *Merrickville* on Triple M, Merrick has come to be a well-respected media veteran at just 43 years of age.

It’s then hard to believe that, after a break from stand-up, Merrick is just now embarking on his first ever solo comedy show tour.

“About ten years ago, the last time Rosso and I did a tour, I just felt like I had done it all... We weren’t doing enough new stuff, we were doing shows to put on shows. I think Rosso probably felt the same. To be honest, I kind of lost the love for it and took some time off. A few years ago I was doing some solo gigs here and there and was warmly reminded of how much great camaraderie there is with other comedians.

“I didn’t want to do another show just for the sake of doing another show. I wanted to wait until I had a story to tell; a show that has a beginning, middle and end. I wanted it to be personal and different from anything that I had done. I’ve been toying with the idea of a solo tour for the last two

to three years. To me, now just felt like the right time.”

Showing across the country, the hour long performance is set to take on ‘all the question’s nobody’s asking’ with no holds barred.

“I compare my experience with fatherhood and how children are now to what it was like when I was growing up, and commenting on the parenting style during the 70s and 80s — most of those methods are illegal now! Let’s face it, if you were to try and bring up a child with an 80s methodology now you would have DOCS around to your house asking a few questions.”

Known for blending his unique style of comedy with hilarious antidotes from his personal life, audiences can expect the same kind of openness from Merrick’s upcoming solo tour.

“The show is largely about my family and my upbringing, it’s quite personal. I’m quite an open person. Whenever I’m on radio or television, I’m quite open with my stories about my family and my life. With the show I go that extra step and talk about things that for one reason or another I can’t talk about on those platforms.”

For Merrick’s two young children, it is easy to imagine having a comedian father equates to the Watts’ family home being full of non-stop laughs and light-hearted humour. Whilst this may be true, Merrick says he and his wife, Georgie, also encourage their offspring to not place any unnecessary value on living a life in the limelight.



"IF YOU WERE TO ASK MY KIDS NOW WHAT THEIR FATHER DOES THEY'D SAY 'HE MAKES PEOPLE HAPPY AND HE MAKES PEOPLE LAUGH', WHICH I THINK IS AWESOME!"

"It is funny, because obviously my kids have never seen me do stand-up but they have seen me on television and listened to my radio shows before. In our house we don't try to pretend that I do a job that I don't do, but we also don't put any great emphasis on me working in show business as being any more special than anybody else's job. Quite frankly, the parents of my children's friends actually have genuine qualifications whereas I repeated year 11. So, they are probably a little bit more special than me," Merrick modestly remarks.

"If you were to ask my kids now what their father does they'd say 'He makes people happy and he makes people laugh', which I think is awesome!"

However, these days it is not just Merrick who is creating the laughs in the Watts household. When asked if either of his children inherited his gift for performance, Merrick replies with an astounding "Ohh yes!"

"We have a mini performer in the family. My son, Wolfe, is seven and he is just like his mother – very placid, easygoing and just a beautiful warm child. I don't think he has any interest in being a performer at all... My daughter, Kinga, who is five – Oh my god! - she is a performer! Although incredibly well behaved, she is quite gregarious. What I love is seeing that aspect of my personality but manifested in a female form."

Being a performer is something that Merrick speaks of passionately, however, to many the mere thought of any form of public speaking is enough to elicit an overwhelming fear. Considering then that this is how the entertaining personality that makes his living is quite remarkable, however, performing on stage in front of a live audience is situated well within Merrick's own comfort zone.

"I'm clearly unhinged. I've always said that any person who goes and puts themselves in the most terrifying circumstances, and not only is comfortable with it but actually thrives in that environment, clearly has something loose in the old brain basket. It does take a certain type of person to be able to get past that fear. Sometimes I do get a little bit nervous and I think I will have some degree of anxiety in the lead up to this tour, but that will fizzle out as soon as I'm on stage."

To Merrick, a successful comedy show is one that continues to evolve as the audiences change and the tour progresses – something that he will purposefully set out to do.

"A really good show should offer something unique every night. If someone came and saw me two nights in a row they should be able to walk out saying, 'Wow, there is a fair bit in there that I hadn't seen the night before'. And, that's what I'll try to do."

Merrick Watts' will perform his new stand-up show 'Man Of The Hour' at the Sydney Comedy Festival this May. Tickets are now available at sydneycomedyfest.com.au



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TAKING THE FEAR OUT OF STARTING SCHOOL

The first day of school. While some children feel excitement, others find it daunting and even scary. And it is not just the kids: many parents report that alongside pride and joy, they also feel anxiety on their child's first day of school.

A review by KidsMatter, the Australian Government's mental health and wellbeing initiative set in primary schools and in early childhood education and care services, found in 2011 that the first day of school "involves negotiating and adjusting to a number of changes including the physical environment, learning expectations, rules and routines, social status and identity, and relationships."

Most importantly, the review found that this applied not just to children, but also to parents and wider families.

But if kids can be eased into school through a transition program, those feelings of bewilderment and fear can be drastically reduced.

"The transition to school is the beginning of a journey," said Sally Harrison, the Early Learning Project Officer at Catholic Schools Office. "Schools should work with parents to ease them into that journey."

The Catholic Schools Diocese of Broken Bay has been running transition programs in their fourteen primary schools on the North Shore for several years. The programs ensure that children are socially and emotionally ready to begin Kindergarten.

"Literacy and numeracy are no longer the greatest vulnerabilities when children get to school," said Ms Harrison. "Instead, we need a new emphasis on social and emotional learning."

Every child enrolled in Kindergarten in the diocese was sent a Getting Ready transition pack at the end of last year, filled

with useful activities to aid each child's transition to Kindergarten. The "We're getting ready" pack came in the form of a calico bag and included suggestions for activities parents and children could do together, including a simple recipe for them to bake, play dough to foster creativity, and a reading list of books suitable for pre-school children.

Children and parents were invited to fill the bag with objects or photographs which demonstrated "who they were", and bring it along on their first day of school this year.

"The whole family is getting ready, not just the child," says Ms Harrison.

"It's important that parents and the school work together to provide stability and support to the child."

In addition to the Getting Ready pack, schools run their own transition programs.

At Our Lady of Perpetual Succour Catholic School in West Pymble, Kindergarten students first met their classmates in Term 3 last year at fortnightly play groups run by the principal Ms Sue Host, which their parents also attended.

Children at the school were then gradually transitioned through orientation days where they were first accompanied by parents, then an allocated Year 5 buddy, and finally had a one-hour long class with their teacher.

Ms Host said that what really set the program apart from other schools was the early focus and the involvement of parents. "We're walking the talk now," she said. "We've always said we worked in partnership with parents and now we're really doing it in practice."

Ms Harrison said that many children found starting school difficult, especially if they had not been supported in their

early learning. A report released last year entitled The State of Early Learning found that up to 40 per cent of early learning services in NSW did not meet national quality standards.

"Literacy and numeracy are no longer the greatest vulnerabilities anymore," she said. "Instead, we are losing the emphasis on social and emotional learning."

The programme is part of the Catholic Schools "whole-child" approach, where each school places a focus on social and emotional learning as well as continuing academic success.

catholicschoolsweek.nsw.edu.au



2017 Catholic School Week

SABRINA MUYSKEN

This month Catholic Schools of the North Shore and beyond will celebrate Catholic Schools Week (CSW) from 5-11 March with a host of exciting activities and events designed to highlight the theme of 'Communities of Faith, Knowledge and Service'.

Encompassing the many values that are at the core of Catholic education and teaching, the week will set out to highlight how schools create essential safe and family-like communities for students to be a part of, learn from and grow within. The importance of service will be displayed via multiple fundraising programs led by students for those less fortunate.

CSW is an initiative designed to increase the public's awareness of the great strengths of Catholic schools whilst highlighting the Catholic education sector's significant contribution to NSW and Australia as a whole. It is a time to reflect on the role of Catholic Schools within society and the choice they provide for parents.

The week will set out to provide all students with the opportunity to share with the broader community the positive things happening in their schools and give recognition to everyone that is involved in Catholic Schools across the state.

NSW Catholic Schools Week takes place 5-11 March, 2017.

catholicschoolsweek.nsw.edu.au



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Supporting your Tween through Transitions at School

Mr Tim Watson, Deputy Principal at Roseville College



The “tween” years is a relatively recent concept to describe the challenging years between being a child (a highly dependent, readily influenced little person) and becoming a teenager (a sometimes inflexible, let-me-find-out-for-myself young person striving for independence).

It varies for each girl, anywhere between 8 and 14 years old. With this in mind, here are some of my top tips for supporting your tween through transitions in school-life:

Keep the lines of communication open

Instead of one intense deep-and-meaningful conversation about transition, which can be intimidating, consider planning bite-sized conversations at times when you are nurturing your parent-child connection. A regular after-school café date on the way home from sport, or baking afternoon tea together on every other Sunday afternoon; for example, sets up a great mood for a well-placed question and lots of listening (by you). Such moments of quality time will become indispensable as your child moves into other areas of challenge as a teenager. For transition to Year 7, be intentional throughout their entire Year 6. Focus on their feelings, opportunities and interests, potential challenges, and how to prepare together. Start with easy things, like uniforms and routines. Acknowledge fears and worries; but try not to dwell on them. Often, as time passes, these things solve themselves and children realise on their own that they've grown into the solution; it's not as significant as they initially thought.

Prepare for an “academic shift” that accelerates your child's growth

For a tween changing schools, there is inevitably a shift up academically. This is magnified in the transition to Senior School at the start of Year 7. For some, the major change is from a dedicated all-round classroom teacher in Year 6 to an array of specialist subject experts (for each subject) held in specialist rooms in Year 7. For others, the simple re-setting of

expectations in academic application and diligence (including personal inquiry and study) is a significant adjustment. At the time, this pressure in learning can be a little daunting; however, as parents, encourage your child and persevere because this will be one of the most positive changes to influence their personal growth and discovery at school. In my experience, students are remarkably adaptable and many enjoy it quite quickly – often raising the bar for themselves once they feel the rewards of trying something new or working harder.

Maintain existing friendships while nurturing fledgling, new ones

Among the excitement of new places and new people, take the initiative to encourage your child to sow into valued, existing friendships (ie. from Junior School or their prior school, church, the local neighbourhood, extended family, or other clubs and groups) at the same time as establishing new ones. There are several reasons this is important: it teaches children that people aren't disposable and that lasting friendships involve highs and lows (ie. celebrations and forgiveness). Several circles of friends in and outside of school also helps protect them against an inevitable friendship fall-out, compared with the impact of a fall-out with a core friend/circle of friends because “all their eggs are not in one basket”.

Support the whole child and know their limits

Clearly, there is a lot going on in the heads of tweens as they navigate higher levels of learning with the complexities of getting along with others! Any child adjusting to transition will naturally experience an emotional drain as their senses are bombarded with information. Some cope more easily than others for the first month or two, or until the last few weeks of term! Be prepared that, at some stage, signs of overload will warn you that tiredness and (yes, probably) grumpiness are looming. You know your child best. Support them with sound sleep, nutritious food and snacks, lots of water, chill-out time to restore their batteries, exercise to invigorate their bodies, and love to refuel their confidence to start afresh tomorrow. While they need grace and TLC, they also need to know the benchmark for appropriate behaviour and conduct hasn't changed.

roseville.nsw.edu.au

SCHOOLS INVEST IN MENTAL WELLBEING



AIDEN WONDRAZ

Schools within Sydney's North Shore are substantially investing in projects worth millions of dollars, which cater to the mental wellbeing of their students.

According to the National Youth and Mental Health Foundation Headspace, one in four young Australians will experience mental health problems.

“One of the highest incidents of death is suicide amongst young Australians,” says Beth Blackwood, head of the Association of Heads of Independent Schools of Australia.

Wenona School, on Sydney's North Shore, has siphoned \$40 million into a STEM and sports complex. It is what they describe as a “world-class, ecologically driven” amenity, which provides an array of outdoor and indoor spaces for self-reflection.

Schools across Australia have also picked up on the trend, with Melbourne Girls Grammar School, Geelong Grammar, and Presbyterian Ladies College investing large sums of money into the construction of future “wellness” centres.

“I think if it saves one life, it is money well spent,” says Mrs Blackwood.

Students are encouraged to access these ‘wellness’ centres and take part in therapeutic activities. Some activities include classes such as yoga and meditation.

Classes aim to de-stress and loosen students minds in a comfortable and unchallenging environment.

Schools such as Knox Grammar School and Kambala have even recently appointed a Dean of Wellbeing to provide students suffering from poor mental health with counselling.

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2. Discover the Adult They Nearly Are
3. Practice the Art of Letting Go
4. Access the Knowledge
5. Expect the Challenge of “the Unexpected”
6. Have a Fire-net Ready
7. Gift Them with Responsibility
8. Become the Student
9. Feedback Really Matters
10. Nurture Perspective.

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

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



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www.sydgram.nsw.edu.au/stives



EDUCATION TOWARDS VOYAGES OF DISCOVERY

RUSSELL BAILEY, HEADMASTER, REDEEMER BAPTIST SCHOOL



We've all embarked on our 2017 educational voyages with a full crew of students, teachers and parents – a journey

(1644) connected their maps to form the coastline of Hollandia Nova (New Holland) through to the Great Australian Bight and some of Tasmania.

The Dutch were followed by English explorers. Dampier (1699) mapped Western Australian coastline but he reported that the land was uninhabitable. A bit like what we think of Mars! Then Captain Cook (1770) discovered and mapped the fertile East Coast of Australia. Cook recommended colonisation.

'Who' discovers 'what' shapes history. Each maritime discoverer learnt from what was already known and then added to the map until the truth was revealed. Their discoveries formed the basis of our great Commonwealth of Australia in which we continue to enjoy relative peace and prosperity, whilst learning to honour the original settlers of our common heritage.

In all of our schools, we are on voyages of

discovery to find out what's important for the global future of mankind.

But the only way to get to a new destination in history without shipwreck is sufficient preparation in learning truths that our forebears have already discovered – truths in mathematics, language, biology, health, geography, ethics and spirituality. Passing on unshaded truth will help our school ships avoid dangerous coasts that are already on the map! Guided by truth, our students will have the freedom to discover new, rich worlds for the common good of all humanity. Indeed, we are informed by a high authority that we are truly free when we know the truth.

Another year offers further opportunities for hopeful educational voyages towards establishing the future through our children. Encourage your school to lay a firm foundation of truth that will help to ensure a safe and fruitful voyage!

redeemer.nsw.edu.au

which has the potential to open up pathways for life.

The history of the world is marked by voyages of discovery. I have been enjoying Rob Mundle's renditions of sea voyages in which Europeans were completing the map of the world as they began to discover Australia.

Dutch sailors started the map. Janszoon (1606), Hartog (1616) and Carstenz (1623) charted unconnected portions of the coast from the Gulf of Carpentaria to Western Australia. Then Abel Tasman



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- > National Finalists in BHP Billiton Science Awards, 2007–2017
- > \$48,000US university scholarship, Intel ISEF, 2016
- > STANSW Budding Young Scientist & Primary Young Scientist of the Year, 2016; BHP Billiton Science Awards Primary Winner, 2017
- > Winners, Dorothea Mackellar Poetry Competition, 2010–2016
- > Gold, Silver & Bronze Awards, BOSTES Write-On, 2010–2016
- > ICAS UNSW English & Mathematics Medal Winners, 2015 & 2016
- > Winners, University of Wollongong Industrial Technology & STEM Awards, 2015–2017
- > Gold, Silver & Bronze medals in State CIS athletics & swimming, Primary & Secondary, 2013–2016
- > Winners, HTA History Mastermind, 2013–2016

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BETTER HEARING AT AUDIOHEALTH



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

"Being an independent clinic, we focus on accessing the latest technology – regardless of the brand," says Aaron Magee, Director of the Gordon-based family Practice, "It often means trips overseas to assess what is available and constant upskilling on the latest software. On occasion, we have been the first clinic in Australia to launch some of these products, this is something we have

always been passionate about."

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

Hearing loss impacts on so many aspects of life, so being treated with care and consideration is of paramount importance. Designed with the client as the central focus, AUDIOHEALTH's clinics take a genuine interest in your specific needs and strive to offer tailor-made solutions.

"We have recently extended this care to actively participate in the Starkey Foundation, a not-for-profit organisation aimed to fit one million people in third world countries with free hearing devices before the end of the

decade. Our Director, Joanna Magee, helped fit 620 children in Indonesia at the end of last year and is planning three more trips this year. Please consider donating your old hearing aids to this wonderful cause that help the children, their families and their communities."

At home, AUDIOHEALTH continue to bring you the latest hearing technology with the new SoundLens Synergy, the world's first and smallest IIC* (invisible when worn) with a quad core processor that works 5 times faster than previous micro-chips and are launching the world's smallest rechargeable RIC hearing device.

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

SENIORS HEALTH CORNER

AIDAN WONDRA CZ

Preventing Alzheimer's

Whilst the cause of Alzheimer's is still mostly unknown, recent studies have presented substantial evidence suggesting that key methods in avoiding the debilitating syndrome rest in our hands. The first preventative measure is to look after your heart; and eat a balanced diet. Secondly, exercise regularly; exercising as little as one hour a day improves blood flow, which in turn feeds blood through the brain, ensuring it remains active. Practise brain exercises; reading improves your cognitive abilities. Thirdly, socialise; talking with friends keeps you alert and thinking.

Bag of No Bones

Osteoporosis happens to everyone once they reach the forty-year mark, slowly weakening the bones until they are fragile and susceptible to breakage. Avoid the unwanted hip displacement by changing your diet. Reduce salt-intake and eat more calcium-rich foods; Osteoporosis Australia advises consuming 500-600 mg of calcium and to avoid salt, as it depletes the bone fortifying mineral in our body. Enjoy the sunshine; the sun provides Vitamin D, which assists our body in absorbing calcium. Exercise regularly; the more you use your bones, the less likely you'll lose them.

Yoga Time

As we age it is common to start consuming a long list of vitamins and supplements to fend off inevitable age-related conditions. Yet, while these dietary add-ons may fuel our insides it is important to ask: 'What am I doing to bolster my mobility?' This is where Yoga comes in. The measured movements of the meditative discipline build upon your strength and balance, and work your joints, which in turn staves off arthritis and other problems. Plus it also modulates your stress levels, bringing them down through free-flowing stylised positions and poses.



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NEW AGED CARE PROGRAM: Choice and control will make all the difference!

VERA RANDALL – FOUNDER OF KNITWIT AND OWNER OF JUST BETTER CARE NORTHERN SUBURBS

The chance to grow up surrounded by family and then move on to live independently as an adult, where and how we choose, is easy to take for granted. The freedom to live life on our own terms is key to enjoying a fuller, happier life.

So why should this change as we grow older? The good news is that from February 27, people over 65 needing support to continue living in their own homes will be able to choose the home care provider and the type of assistance they need to do so. This support could cover things like help with shopping and meal preparation, light housework, laundry and a variety of personal care needs – activities done with ease and taken for granted in younger years.

The new home care program called Consumer Directed Care (CDC) puts choice and control about the support people need into their own hands – into the hands of people who have been making their own decisions for a lifetime! No doubt different people will choose to use their allocated funds differently. For example, one person may prefer to include being accompanied on an outing to meet up with a friend; another may prefer to include some light housekeeping to keep their home looking sparkling. There will be four levels of home care funding packages which will provide flexibility on how allocated funds are used.

Not over 65 and needing assistance to keep living in your own home? Here's a suggestion: Pause a moment and take time to appreciate the life choices you have now; then when you need to put your hand up and ask for assistance, take time to choose the supports you require to live life to the fullest extent possible.

You can find more information about the new Consumer Directed Care or in-home support by visiting the My Aged Care website or phoning 1800 200 422. When you call, centre staff will ask you some questions to get a clear picture of your needs. You can also arrange for a trained assessor to come to your home and guide you through the application process.



MOBILITY SCOOTERS: CHOOSING THE RIGHT ONE

REJIMON PUNCHAYIL, COMFORT DISCOVERED



There are many of us who are not able to enjoy the beautiful warmer seasons and be 'out and about' simply because our bodies are not able to keep up with our energetic minds and young hearts. However, there

is no reason to feel disappointed! Mobility scooters and power chairs enable you to enjoy the same, sometimes even better, mobility than before.

With the purchase of any motorised mobility equipment comes the challenge of selection where factors such as suitability and affordability come into play. This is where Comfort Discovered comes in to help. The reliable staff at Comfort Discovered will happily assist with the selection and purchase of the most suitable equipment for you, ensuring you scoot away happy and satisfied.

Before proceeding to buy or hire any

mobility equipment it is recommended you consult your local GP and family members.

At Comfort Discovered, the staff will first ensure that the potential buyer is able to independently handle and operate equipment before they purchase.

Here are 7 questions to ask before purchasing a mobility scooter or power chair.

1) Do you require a Power Chair or Mobility Scooter?

A power chair would be ideal primarily for indoor use.

2) How important is size and portability for you?

Consider whether you will require the scooter to be a portable one.

3) Would you prefer three wheels or four wheels?

Four wheels ensures more stability whereas three wheels has a shorter turning circle.

4) Does your potential purchase comply with Australian Standards?

It's important that you buy one from your local supplier who ensures that the unit complies with the strict Australian Standards for quality.

5) Does it have Warranty and Back Up Service supplied?

Like your car, a scooter has to be backed up with a strong warranty and technical support. Battery is also another important element in the selection.

6) Do you require any additional features for your comfort?

Do you want a luggage carrier, a canopy to shield your from the sun and rain or a comfortable seat?

7) Have you taken it for a test drive?

Just as you wouldn't purchase a car without a test drive, you aren't advised to purchase a mobility scooter without a trial. With a convenient location, Comfort Discovered is able to offer peaceful, hassle-free test drives to ensure you are 100 per cent happy with your new purchase. They may even gift you a shop voucher if you take the test before March 31, 2017.

Comfort Discovered is Open 7 Days.

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SECRETS TO A **HAPPY** RETIREMENT

ROSE GRESHAM

For many, retirement is a welcome relief from the stresses of working life. However, it is not uncommon to experience trepidation approaching such a significant life change. The good news is that it seems retirement really does bring a time of happiness and fulfilment! A recent study at the University of Sydney found that of 1344 retirees interviewed, 60 per cent felt happier, while a study at Utah State University found health benefits for the following four years after retirement. Although it's clear that retirement can be a 'golden age' for many, researchers and retirees alike have found a few simple secrets to maximising your twilight years.

Financial Security, Not Luxury

Wes Moss, author of '5 Money Secrets of the Happiest Retirees', found that the happiest individuals surveyed had a higher net worth- however, he noted that the ability for money to boost your personal happiness diminished after \$550 000. There appears to be no need to invest in a luxurious retirement — financial security is more than enough.

If Possible, Retire in Good Health!

In a Merrill Lynch Bank of America survey, 81 per cent of those interviewed said good health was the most important factor for a happy retirement. Those who decide when to retire based on financial security, rather than factors such as illness or an inability to work, enjoy their retirement the most. And, of course, keeping up with exercise and a healthy diet as you head into retirement will maximise the years to come.

Find a Sense of Purpose

From age 65, Australian men are now expected to live for another 19 years and women for another 22 — too long to be a couch potato! Moss found that the happiest retirees had three or four activities they kept up with regularly. Moss also suggests that direction and meaning in life correlate strongly with happiness. Jill Leonarder, North Shore resident and retiree, found being part of a church community and "working for something bigger than myself" helped give her a sense of fulfilment.



Socialise and Invest in your Relationships

Having a fulfilling social life prevents loneliness and isolation during retirement. An analysis by a Texas Tech researcher found that couples who retire together and invest in their relationship are generally happier. Creating new friendships through hobbies and activities can also help keep overall morale high. "People often miss the sense of camaraderie they have with their colleagues", says Leonarder, "so it's good to spend time with people you enjoy".

Plan for your retirement

Stan Hinden, author of "How to Retire Happy", suggests it is worth beginning to seriously reflect on your retirement between 50 and 55. If you have a partner, have an open and honest conversation about what you both want out of retirement. Consider how much you want to travel, how much time you want to spend together, and what your goals or priorities will be. Come up with a retirement income plan and, when you decide to retire, stick to it! "It's different if you choose to retire, compared to having it thrust upon you", adds Leonarder — happiness levels for retirees are noticeably higher if retirement was a conscious choice.



KNOWING YOU'VE MADE THE RIGHT CHOICE

Twilight Aged Care is at the forefront of ageing in place – providing a variety of care options including dementia specific and palliative care. We offer a range of activities and programs provided in home-like facilities that offer lovely gardens, elegantly designed accommodation and spacious rooms with ensuites. If you are looking for either respite care or a permanent placement, call us today to find out more about our homes, service and outstanding care.

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Email: info@twilight.org.au

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www.twilight.org.au



TWILIGHT
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WHAT'S ON: SENIORS



March 3-12 Tech Savvy Seniors

When: Various Times
Where: Hornsby Ku-ring-gai Community College
Cost: Free for NSW seniors
Contact: (02) 9482 1189 or enquiries@hkcc.nsw.edu.au
 Tech Savvy Seniors helps seniors access online informative, websites and services in order to enhance their social engagement, interaction and connection with friends, families and communities.

March 7-8 Premier's Gala Concerts

When: 11am – 2.15pm
Where: International Convention Centre Theatre, Darling Harbour
Cost: Free for NSW seniors
Contact: 1300 130 613 or ticketek.com.au/nswseniorsweek
 Presented by Family and Community Services on behalf of the Premier and the NSW Government.

March 7-8 NSW Senior's Expo

When: 9am – 4pm
Where: International Convention Centre, Darling Harbour
Cost: Free for NSW seniors
Contact: nswseniorsweek.com.au

A glimpse into the latest trends and innovations in wellness, health, lifestyle, technology, education, travel and more!



March 9 Comedy Debate

When: 11am – 12.30pm
Where: Sydney Town Hall, 483 George Street
Cost: Free for NSW seniors
Contact: nswseniorsweek.com.au

Six comedians and media personalities debate over whether Youth Is Wasted On The Young

March 9 Australian Muesum Seniors Day

When: 9.30am – 5.30pm
Where: 1 William St, Sydney
Cost: Free
Contact: australianmuesum.net.au

The Australian Muesum welcomes seniors to enjoy free access to the entire muesum for one day only, featuring engaging talks, exclusive behind-the-scene tours, unique performances and exciting workshops.

March 12 Afternoon Delight

When: 1pm – 5.30pm
Where: Event Cinemas, George St Sydney
Cost: Free or gold coin donation
Contact: (02) 9206 2017 or acon.org.au

The motive matinees will screen feature film 'Grandma' as well as a series of short films for LGBT seniors and friends. Following the movie, you'll have the chance to stay and network over afternoon tea.



NSW SENIORS FESTIVAL MARCH 3-12

Now in its 59th year, NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere, reaching up to 500 000 seniors each year!

If you are over 60, this week gives you the chance to make new friends or get together with old ones at an array of local community events. Many of these events are either free entry or heavily discounted.

The theme for the 2017 Festival is 'Let's Do More Together', celebrating the role seniors play and the contributions they make to the NSW community, aligning to the policy objective of inclusive communities.

NSW Seniors Festival holds hundreds of events across the state that encompass art, sport, music, entertainment, technology, recreation, health, good nutrition and much, much more!

nswseniorsfestival.com.au



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Money Smart in 2017

ERIN CHRISTIE

The New Year is always a good time to sort your finances; in fact, it is a great resolution to add to your list! Deakin University's Associate Professor of Financial planning Adrian Raftery, has released a list of ways that will help in this endeavour.

First, it's important to set your goals correctly, in a way that will aid you in achieving them. Write them down. Review them regularly. The goals should be specific and realistic; for example, putting down an amount to save each month, rather than simply making your goal 'to save'. Time frames are also helpful; pick a time by which you want to clear debt or earn a certain amount. These specifics will help you keep track of your resolution.

Once you have set your goals, the hard work begins. Here are some of Raftery's best tips to help you reduce spending and increase your savings:

1. Write up a budget

This gives you a much closer plan to follow. Writing this out may

seem like a hassle, but there's a helpful template on Excel that will simplify things for you. Search "Personal Budget Template" in the help menu.

2. Save for a rainy day

This organises your earnings. Raftery suggests opening up individual savings accounts education, holidays, Christmas and emergencies, and then putting a regular amount into each every pay day. If you stay disciplined, and these will grow quickly!

3. Spending diet

Professor Raftery says that you'll save by "cutting the fat" out of your spending. "Eating out, socialising, technology, clothing and transport are the main areas to focus on," he states. You can save money on unnecessary things by being aware.

By setting specific goals and following these tips, you will be able to cut your spending in 2017 and save money for things you may want or need beyond it.

SYDNEY'S HOUSING ARISTOCRACY: What Does It Mean for Our Kids?

ROSE GRESHAM

It is no secret that even Sydney's most tired 'fixer-uppers' find success on the property market. However, recent years have seen high demand push even the most dilapidated of properties into the \$1 million plus range.

Houses such as 6 Broughton Street, Paddington, that feature a convenient inner city location but are dangerously run down and in need of repair, manage to sell north of \$1.5 million. These prices are predicted to continue rising in the foreseeable future, which is bad news for those trying to enter Sydney's housing market. The 2017 ANZ/Property Council Survey found that property professionals were more positive about the likelihood of price growth in the future than last year.

It's no secret that purchasing property is almost impossible for first time home owners in Sydney without some form of assistance. In 2016, Federal Treasury

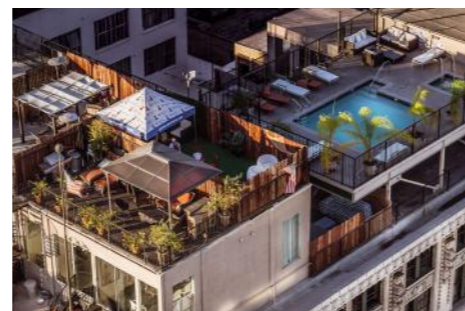
Boss John Fraser said that older Australians were saving for longer, in order to help their children enter the property market. In RaboDirect's 2015 Financial Health Barometer, 61 per cent of the 2500 people surveyed wanted to help their children to purchase a home, and more than half were concerned about their children's ability to buy a home.

For parents who own property on the North Shore and have older children, the means and ability to save for a future home loan or deposit are generally present. Thus, it is likely that in the coming years, many North Shore families will have to decide whether they wish to assist their adult children with home purchasing, and, if so, what the limits are regarding such assistance.

Apart from the strain current house prices may be having on parents assisting their children, the trend towards parental contribution could potentially result in a

'housing aristocracy'. In this instance, those whose parents were able to assist them are able to enter the property market, whilst those whose parents were not will be struggling to save for their own place whilst continuing to pay the high cost to rent in Sydney.

Although there is no certainty in our current economic climate, it is well worth taking time to reflect on your stance regarding financial contribution and housing prices, and what that means for your children — and your wallet!



MORE ON SUPERANNUATION CHANGES

PETER VICKERS, CHARTERED ACCOUNTANT

The government's recent changes to super only commence on 1st July 2017. The major impact is going to be on those people with more than \$1.6 million in all their super funds. In most cases this will just end up as an increase in the amount of tax that has to be paid and there is nothing that needs to be done. However in some cases some interesting planning strategies are available. These depend on your age and the age of your partner and other family members and their fund balances.

Some ideas are:

Contribute to the partner with less than \$1.6m. Pay out the amount above \$1.6m and re-contribute for another family member. Bring forward the capital gain on the assets or defer till when the assets are sold.

This new transfer balance cap will also affect your estate planning. Pensions tended to be set up as reversionary to the remaining spouse on death. This kept the money in the super fund at a zero rate of tax. This could now lead to you exceeding the \$1.6m cap. The reversionary pension is notionally added to the existing pension 12 months after death. The planning procedure is to move the excess from the existing pension to accumulation phase so that when the

reversionary amount is added, the total is below the \$1.6m.

If you are over the \$1.6m cap, then there is a limit on non-concessional contributions of \$500 000

When the last of a couple die, the children will be up for 17 per cent tax on the money they receive. Again planning is required to avoid this.

And, it is not all about saving tax. If you have what we now call a 'blended' family then even greater care needs to be taken to sort out your estate issues.

So please get good advice so you don't lose money or cause family discord!

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CHOON IN

LUKA OSBORNE

If you think that the Festival season is coming to an end, think again! Here are some great music festivals coming up before that winter chill sets in.

BluesFest: 13-17 April

Set on 120 hectares just north of Byron Bay, Bluesfest is a mecca for rock, blues and roots music. This year's line-up includes international superstars Santana, The Doobie Brothers and home-grown talent Courtney Barnett. Bluesfest is also family friendly with a range of music and activities suited to younger minds.

bluesfest.com.au

Narara: 6-7 May

Veteran rock fans may remember the Narara festivals of 83' and 84' that featured huge new wave/post punk names such as INXS, Men At Work and Talking Heads. After lying dormant for many years, Narara is set for a full revival with a focus on purely rock music, no electronic.

facebook.com/NararaMusicFestival

Rabbits Eat Lettuce: 14-18 April

Come Easter long weekend, Electronic music fans will be in their element at 'Rabbits' 10th anniversary festival. Set down the end of a private valley on a 3000-acre property, the site is covered in lush grass but surrounded by towering sandstone cliffs. A plethora of variety is on tap; from Aussie hip hop due, Hermitude, to Danish Techno veteran Noir. This festival could also be seen as a lifestyle getaway with workshops and activities such as yoga, meditation, dance classes, massage, music production and permaculture.

rabbitseatlettuce.com.au

Groovin' the Moo: 29 April & 7 May

Longtime touring festival Groovin' the Moo is set to return this April with a recently announced lineup that will please any fans of indie, rap and alternative. The festival is held over a day in the countryside, so it is perfect for those who can't get a whole weekend off. Local heroes include witty rapper Allday, the ethereal Tash Sultana and everyone's alt-grunge favorites Violent Soho. Big news is veteran rockers The Wombats are set to return to headline the festival. Tickets are selling out quickly for Maitland (29 April) but there is always the Canberra 7 May option.

gtm.net.au/maitland

CHASE THE SUN

LUKA OSBORNE

Known for their no-nonsense blues-funk sound, Chase the Sun stormed onto the music scene in 2008 with a self-titled album. Frontman Jan Rynsaardt provides face-melting blues licks and Muddy Waters-esque raspy vocals, whilst the bass and drums delivered by Ryan Van Gennip and Jon Howell creates an irresistible funky fusion. After earning critical esteem and touring many Australian Blues and Roots festivals they went into a creative hiatus, bar some local shows. To the excitement of fans, 2017 will see the band back in form with an east coast tour and new album mid-year.

Drummer and proud beard owner Jon Howell joined Sydney Observer for a chat.

You guys have a sound very rooted in 70s funk and blues, what are some artists that inspire you?

"There's some guys in the States by the name of Clutch who are awesome... Jan is really influenced by Robin Trower. You can hear that influence in a lot of stuff especially the new single 'Live it up'"

How did you start out?

"We started in 2006 and sort of just got right into it. We managed to get a bit of attention in 2008 when that whole Aussie blues-roots thing was gaining traction, obviously with guys like John Butler being King."

Most memorable career highlights so far?

"We played at Bluesfest in 2007 — that was definitely the highlight. It is a great festival I try to go to every year, I don't really care who's playing."

How is the new album shaping up?

"One of the things of what we do is to keep it very true; all our recording is just three guys in a studio recording live. Production style were gonna stick to the classic rock kinda vibe. Big fat rock band sound."

Chase the Sun has plans for a long east coast tour, including Narara festival before dropping their new album in August. If you are a fan of honest solid blues, or even just killer live music,

you best head down to Manly's The Old Manly Boatshed, Friday March 10. The band goes on at 9pm and tickets are only \$10 at the doors.

oldmanlyboatshed.com.au



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HEALTH CORNER

AIDAN WONDRAZ AND LUKA OSBORNE



Calmness Cravings

Thanks to research on Cocoa polyphenols, scientists have confirmed that dark chocolate can calm you down. Polyphenols slow down cell degeneration, restrovol the molecule in question helps to grow blood vessels, clear cholesterol and reduce inflammation. Subjects were asked to drink a solution containing 500mg, 250mg and 0mg of Dark Chocolate restrovol over a 30-day period. The 500mg subjects all showed increases in wellbeing and calmness. This is a nice fact to know as we approach Easter, however keep in mind that only the darker cocoa-rich varieties contain high levels of polyphenols.



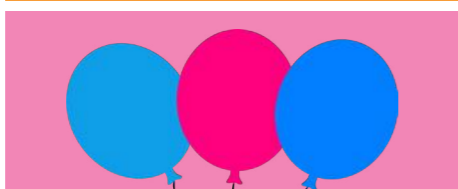
Botox: Not just for looks

Doctors in America are prescribing Botox to patients suffering a plethora of ailments, including depression, heart problems, and migraines, with ground-breaking results. The neurotoxin intercepts the signals between the nerves and muscles, granting temporary relief to patients.



Exercise and when to eat

The University of Surrey has released a study that suggests the effectiveness of a fat-burning workout comes down to eating a meal before or after a workout. Men burn more fat when they exercise before eating. An empty stomach means their body draws fuel from the carbohydrates stored in the muscles, which in turn burns more fat directly from the body. Women, on the other hand, burn fat more effectively when they exercise after eating as most of the fat-burning occurs within the three hours that follow.



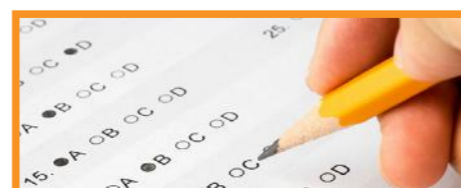
Boy or Girl?

A recent article by the American Journal of Hypertension reveals that it is possible to detect the sex of a baby through blood pressure. 1411 women were surveyed and, after accounting for age, education, smoking, BMI, cholesterol, triglycerides and glucose it was found that women who had higher systolic blood pressure were more likely of giving birth to boys, while a lower pressure resulted in girls.



Reducing cancer growth

A Denmark Report has revealed evidence that exercise slows down the growth of cancer—or at least it has proven to do so in the case of mice. After being injected with cancerous cells, mice that exercised regularly saw cancer growth slow down by a staggering 60 per cent. The explanation? Exercise increases adrenaline, encouraging the immune system to produce more of its natural cancer fighting cells, interleukin-6.



Last Minute Advice

A Study led by James Cousins from the Duke-NUS Medical School in Singapore has found that by simply napping before an exam, you increase your chances of producing a good score. The study put 72 volunteers to the test, learning biological facts for 80 minutes. Students were then given an hour to either have a nap or to keep 'cramming'. The results showed the nappers produced the best scores, as it is thought that naps improve memory recall and made pupils 'more alert'.

Start Your Day Well

LIZ KRAEFFT, YOGA TEACHER AND OWNER OF KU-RING-GAI YOGA

During holiday times we notice a decrease in stress, increase in relaxation and we are generally much kinder to ourselves. We tend to sleep in that little bit longer, start the day gently with a slow breakfast and, without rushing, we actually become more active. Generally, we do the things we want to do for ourselves.

When holidays finally draw to a close, with routines of work, school, sport and all of our responsibilities resuming, we return to the business and the 'busyness'! The demands of life once more become stress inducing.

How we start our day can often reflect on how we mean to continue throughout. If we begin our day rushed, anxious and uptight then it naturally becomes increasingly difficult to find any sense of calm as we progress towards lunch time and beyond. By starting your day well the rest will most likely fall into place in a positive way, leaving you feeling in control, relaxed and, most importantly, happy!

After you wake (before checking your phone!) try some of these simple yet effective techniques:

- Mindfully enjoy a cup of tea or coffee.
- Light a candle.
- Sit quietly and breath deep and slowly.

- Write in your journal.
- Read something pleasant.
- Set an intention for the day ahead, make a goal or read an affirmation.
- Gently move the body using yoga stretches.

It may seem daunting at first to set your alarm clock even earlier to incorporate these calming techniques but the positive impact they can have on your day, especially if you're expecting it to be a stressful one, can be profound.

I challenge you to incorporate these methods and your own so you can reap the rewards and live well. Remember, it is the gentleness of the start to the day and the resistance to jumping headlong into work without nurturing ourselves first that is the most important concept to consider.

kuringgaiyoga.com.au





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THE IMPORTANCE OF FIRST TEETH



DR IAN SWEENEY

Parents often say, "They are only baby teeth. They will be lost soon anyway. What does it matter?" The truth is it matters a lot!

Children's first teeth are just as important as their permanent teeth. Untreated dental decay or infection in a baby tooth has the potential to hospitalise a child with acute infection or facial swelling.

First teeth help determine the shape and size of the growing jaw. Without adequate space, the permanent teeth will not fit and severe crowding may occur. Children's first teeth are also important for speech development.

A child has 20 baby teeth that are replaced by 32 permanent teeth. The 12 permanent molar teeth erupt into the mouth behind the baby teeth. This process follows a precise timeline with each baby tooth being lost at a particular time. Premature loss of a baby tooth may have a dramatic result on the eruption pattern of the permanent teeth.

For example, should a baby molar tooth be lost prematurely the first permanent molar tooth may drift forward to fill the space. This forward movement may block the eruption pathway of another permanent tooth leaving one permanent tooth above another. Extensive orthodontics or even

surgery may then be required to correct such a problem.

In these cases space maintainers may be used to help maintain the available space. These are small metal devices that are cemented onto the adjacent teeth, stopping any tooth movement until the permanent tooth begins to erupt.

Children at risk of dental decay:

- Baby bottle caries: Prolonged use of a night time use of bottle (or sippy cup) containing anything other than water will place a child at risk.

- Sweetened dummy caries: Dummies dipped in sweet substances to be used as pacifiers.

- Nursing caries: Caused by prolonged or on-demand breast feeding. Nursing caries is particularly prevalent in children who breast feed beyond twelve months of age, or in children who sleep with their mothers, nursing frequently though the night.

How to avoid problems:

Making brushing a fun experience and part of the normal evening routine will be beneficial in the long run. A child will learn that the last thing to happen before bedtime is to brush their teeth. Parental modelling is important as the toddler will

see and learn that mum and dad brush as well.

General oral care guidelines:

- First dental visits should occur prior to a child's first birthday.

- Children under two require gentle brushing with a soft child size brush without toothpaste.

- At two, start use of a small amount of low fluoride toothpaste.

- Children are not able to effectively brush their own teeth until approximately 8-10 years.

- Encourage children to 'spit and rinse'.

- Flossing should occur as soon as adjacent teeth touch.

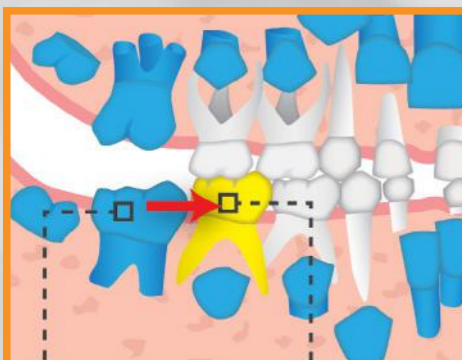
Dietary Guidelines:

- Reduce snacking. Starchy or sugary food causes the pH level in the mouth to drop, leaving teeth awash in an acid bath for 20 minutes until saliva normalises the pH.

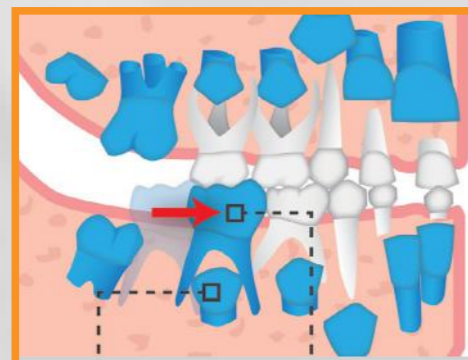
- Skip "gummy" treats. Snacks like fruit roll-ups stick to the teeth, exposing them to acid attack for longer.

- Rinse with water. After eating sugary food or drink, rinse prior to brushing.

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



If the baby tooth (yellow) is lost, this permanent molar will move forward, blocking the pathway of the other permanent tooth.



Permanent tooth pathway has been blocked by another permanent premolar. Blocked permanent tooth.



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ARTISAN HOMEWARE: 2017'S Hottest Trend!

ALEX DALLAND

With a new year comes a new look for your home! *Sydney Observer* takes a look at some hot new homeware trends coming to your place throughout 2017.

Artisan Homewares

"Think of tactical patterns like embroidery, felt, knitting, crochet. More handmade items look like they will be prominent in homes (not crafty things as such, but more unique artisanal items)," former contestant on *The Block* Katrina Lee Chambers says.

Artisan homewares are usually bespoke decorative pieces made by craftspeople, in opposition to many mass-produced manufactured homewares that can be bought from major retail outlets. Tailor-made homewares can be expensive, so the best way to use these is to incorporate feature pieces – such as handmade blankets, artworks or stand-out furniture pieces – to take pride of place in your room designs.

Terracotta

Experts are all in agreement that 2017 will be the year of terracotta – and when it comes to artisan style, there are almost limitless possibilities with the modern rustic look that terracotta can provide, whether as a material or as a fabric swatch!

"Terracotta is making a comeback in 2017. With all the old-world refinement of a Tuscan villa, this rich organic hue will work its way into our ceramics, textiles and tiles... Pantone included Potter's Clay in their Fall collection for its russet orange undertones and earthy vibe," writes Kay Harrison, who is a blogger on homeware site Zanui.com.

Need inspiration on where you can use terracotta in your homeware? For artisan ceramics, terracotta garden pots, kitchen

jugs and bakeware can liven up the home. When it comes to other pieces, similarly "burnt orange" cushion covers, throw blankets and furniture upholstery can transform a room quickly and give it a Tuscan look!

Green

Colour giant Pantone released their colour of the year for 2017 – 'greenery', a lush green that looks great anywhere in the home or outside it. When it comes to homeware choices, plants are the obvious way to accent different shades of this colour around your home. Sprucing up your home with hues of chartreuse, or even a greenery-coloured artisanal furniture feature piece like a chair or sofa can add light to the home.

Dark greens are also expected to make a big appearance in home trends this year, and work in harmony with another cutting-edge trend, dark timbers, according to interior designer and *The Block* judge Darren Palmer.

"Green is coming in and these rich dark green colours work perfectly with the dark timbers, as well as making a space feel calming and decadent," Palmer said in a recent interview with *Inside Out*.



Aussie Home Safety Negligence

SABRINA MUYSKEN

Research by Crime Stoppers has found that only one in five Australians are genuinely concerned about home security when going away on an extended vacation. The findings further reveal that there is even less concern when homeowners go away for just a weekend. A full study of the results can be found in *The Lock Report*, a joint study prepared by Crime Stoppers and Lane Security, that surveyed more than 1000 Australians on their attitudes and practices towards home security.

Director of Crime Stoppers Australia, Peter Price OAM says, "Of those that worry about home security when going on long holidays, one in ten people said they would leave a window open while away for the weekend, compromising a home's defences."

The report, and others like it, concludes that basic home security measures such as lock and key care can easily prevent families and their valuables from being vulnerable to burglars. Alarming, a staggering 59 per cent of respondents failed to change the front door lock when they moved into their current residence and 57 per cent did not have an adequate deadlock on their back door.

"It is important that people understand that intruders don't discriminate. Burglaries can happen at any time of day regardless of whether there is someone at home. It's all about easy access and having a quality lock and making sure you use it makes all the difference in preventing access," says Mr Price.

While there are an abundance of high-tech security systems available for your home, home security doesn't necessarily have to be expensive. Mr Price recommends "getting the basics right" as well as "utilising your existing assets to the best of your ability". If you have locking systems it is important to remember to use them and look after existing locks.

"When it comes to home security, well-functioning quality locks are critical. Regular lock maintenance is also very important and depending on the level of use, you should change your locks every 10 years or so," explains Lane Security spokesperson,

Dean Beardmore.

"For example, if you notice things like corrosion, keys getting stuck, latches getting stuck or any clicking or interruptions to the operation of a lock, then you need to change it."

With over 200 000 Australian homes being broken into each year, Crime Stoppers urges homeowners to take these simple steps in order to protect against burglaries and home invasions:

- Make sure you have quality locks on all external doors, windows and all entry points.
- Remember to lock up at all times; the quality of a lock doesn't matter if it is not locked!
- Doors and their hardware occasionally need maintenance; a poorly maintained door makes it easier for burglars or simply unwanted guests to enter your house.

crimestoppers.com.au



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BUILDING THE PERFECT NATIVE GARDEN

ERIN CHRISTIE

Summer is a great time to spend outside in your garden. As the year speeds up and things get busier, it's easy to forget to give your garden regular care. If your yard is looking run-down after a busy period, why not take the opportunity to spruce it up for the end of summer with some native Australian plants?

Matt Leacy, co-founder of Landart Landscapes and president of the LNA Master Landscapes Association, shares his top tips when it comes to creating a beautiful native garden.

The perfect plant choice depends on the way you want the garden to look. To shape and fill the space, Matt suggests a variety of plants. The *Westringia fruticosa* (Coastal Rosemary) is a fast-growing shrub that flowers year-round with small white flowers attracting birds and wildlife. It can be shaped or grow along expansively to make your garden appear wider. For an added grassy look, *Poa 'Eskdale'* can give a great colour contrast with its upright blue-green foliage. If you're looking for something different, Matt suggests *Casuarina glauca*, known as 'Cousin It' – a floppy-looking plant that's perfect for groundcover or hanging baskets – or *Carpobrotus glaucescens*, a succulent plant known as 'Pigface' that flowers in a lovely pink colour.

A favourite suggestion of Matt's is the classic bottlebrush. The soft red flowers are a strong symbol of Australia, meaning it will add great native aesthetic to any garden. These trees also have great lifespans and don't require much maintenance, making them the perfect native plant for your front garden or backyard.

These suggestions work for a variety of gardeners. Be sure to pick plants that match your approach to gardening – whether it be relaxed or excited. Either way, any of these plants will give your garden a beautiful Australian look and feel!



EASY POOL MAINTENANCE

SABRINA MUSYKEN

As we enter the final month of summer, it is increasingly important to maintain your pool's health. Despite the hot weather taking that chill off the water and making swimming more enticing for us, a pool's overexposure to heat can actually induce an array of problems such as algae and bacteria growth. With Sydney's weather predicted to continue reaching above-average temperatures throughout February it is essential to monitor pools closely to prevent any serious long-term damage.

Swimart's Australasian manager Chris Fitzmaurice says, "Throughout the warmer months and particularly this summer, swimming pools need a little extra attention to keep the water clean and clear."

As hot weather heats pool water, evaporation increases, chlorine levels deplete and pH levels are altered, creating the ideal environment for algae and bacteria growth. And, with the heat-waves Sydney is currently enduring this process is noticeably sped up.

Chris advises pool-owners to regularly test pool water and act immediately if chlorine levels come back as low or any bacterial growths are detected. He further recommends using a phosphate starver to deter any algae from taking hold.

"Chlorine is an effective and quick fix for algae and bacteria

growth in pools... The hotter the weather gets, the more the pool is used, so more chlorine is required to keep it sanitised and algae free. If you have a salt chlorinated pool, we recommend pressing the 'supper chlorinate' button to kill algae."

Easy Pool Maintenance Tips:

- Frequently remove leaves and other debris.
- Check chlorine and pH levels professionally every week.
- Frequently check and clean skimmer baskets and filtration pumps.
- Act on algae quickly with a phosphate starver and algicide.



Feature Trees For Every Garden

SUSAN POTTHURST OF ELEGANT OUTDOORS, TURRAMURRA GARDEN CENTRE

The population is growing rapidly and it's a sad fact that with each new development the plots are getting smaller and therefore, so are the gardens. However, there is a tree for every space – whether it's chosen for shade, leaf colour, flowers or purely as a focal point. Planting a tree is one of the best things to do in the garden and knowing that, in your own small way, you are helping the environment makes it all the more worthwhile! Here are just a few trees that will bring you joy.

Crepe Myrtles

The fabulous Indian Summer® range boasts a long flowering season in summer, good autumn colour and lush spring growth. This range has been bred to be mildew resistant making it a fantastic choice for the Sydney region. The flower colours range from white, through the lilacs & pinks and into the reds. With growth habits ranging from 3m to 8m, there's a crepe myrtle to suit every size of garden.



Michelias

Michelias and magnolias are all part of the same family but often bear both names on the plant labels in garden centres. Michelias are evergreen and have heady but not overpowering scented flowers. My favourites are *Michelia Alba* and *Doltsopa* and the *Figo* (commonly known as the Port Wine Magnolia) which has a sweet scented flower reminiscent of old fashioned pink bubble gum. With all the Michelias, you can smell the perfume long before you realise where the tree is, so plant them near entertaining areas to fully appreciate their intoxicating scent.

Forest Pansy

This tree produces masses of small, pretty pink "pea" like flowers along the branches in spring before the stunning, large, reddish-purple heart-shaped leaves unfold. With a mature (20 years) height and width of 5 metres this is one of my personal favourite deciduous small trees, great for a compact garden.



DROUGHT PROOF GARDENS

LUKA OSBORNE

Sydney's recent summer months have officially been some of the hottest on record. All that heat can take its toll on your garden, especially your lawn. Sydney Observer have investigated exactly how to keep your home's greenery in perfect condition, without being ecologically damaging to the rest of your community.

With 25 years of lawn-care experience under his belt, Lawn Green's Gerry Faehrmann advises lawn-lovers to avoid those dreaded dry spots by adopting a minimal watering technique – something that may be at odds with what you are used to!

Gerry says, "Homeowners need to understand that watering every second day for ten minutes is wasteful and doesn't help grass become drought hardy."

Over-watering, or 'killing with kindness' as Gerry humours, is not only wasteful to our natural environment but also puts your gardens and lawns under increased threat of disease.

Instead, experts recommend budding gardeners to undertake 'heavy but infrequent watering' sessions. Watering for an hour at a time fortnightly is generally ideal for Autumn and Spring. However, following a heated Summer, such as the one we have just been through, it is best to up watering to once or even twice a week accordingly.

Heavy watering allows the water to seep deeper into the roots –

up to 20 cms. Further, the top soil layer will become dryer, which makes it difficult for unwanted weeds to germinate.

Helpful Hints:

- If your soil is hydrophobic, you should use a wetting agent such as Wettasoil to help improve water absorption and retention – available at your local hardware store.
- Don't water your lawn in winter. The soil already gains enough moisture with the occasional rain and cool temperatures.
- For best results water in the early morning so the grass has a chance to dry out over the day, this will help prevent disease.

To sum up, Gerry advises lawn-owners to stick to heavy, infrequent watering in warmer months and, when in doubt, use the 'treat 'em mean to keep 'em green' approach.



VISIT HAMILTON ISLAND

SABRINA MUYSKEN

Located in Australia's tropical Whitsunday Islands, Hamilton Island is the ultimate escape for Sydneysiders. A simple 2.5hr flight is all that separates you from this little paradise. A few days spent here, driving the golf buggies that replace cars, swimming in the pristine aqua waters and basking in the warm Queensland sun, will leave you feeling recharged and ready to take on Sydney life once more – and planning your next return visit!

STAY

From family holidays through social getaways to romantic retreats, Hamilton Island has accommodation to suit everyone's needs, and budgets. Ranging from comfortable and casual, to jaw-droppingly luxurious – you will never want to leave!

Our Pick: Holiday Homes (From \$310 per night)

Whether you are looking for a romantic couples' escape, a multiple bedroom property for a group of friends or simply a more relaxed, family-friendly apartment, Hamilton Island Holiday Homes has just about any style of residence you could need. This is the perfect option for those wishing to escape the pressure of hotel check-ins, housekeeping and eating out every night.



RELAX

After you have explored the island and partaken in the many exciting adventure activities, there are endless options for some much needed down time. From the iconic Catseye Beach to the many island pools with lounge seating, sometimes there is nothing better than simply doing nothing at all!

Our Pick: Spa Wumurdaylin

Visit Hamilton Islands luxurious Spa Wumurdaylin for a truly indulgent way to relax and unwind on your island holiday. With an extensive offering of quality treatments using soothing and natural products, a few hours here will reenergise you to once again tackle the stresses of city life.



INDULGE

Offering an abundance of delicious food and wine options, from fresh seafood to gourmet pizzas, Hamilton Island really does have it all. If you are after something a little more casual, not to worry, there are a range of takeaway outlets and relaxed walk-in eats.

Our Pick: Coca Chu

Think modern South East Asian, mixing bold flavours with elegant style and a cocktail menu that will have you salivating. Coca Chu offers a fun, relaxed vibe and a peaceful location overlooking Catseye Beach that is just as ideal for a family dinner as it is for a romantic meal for two.

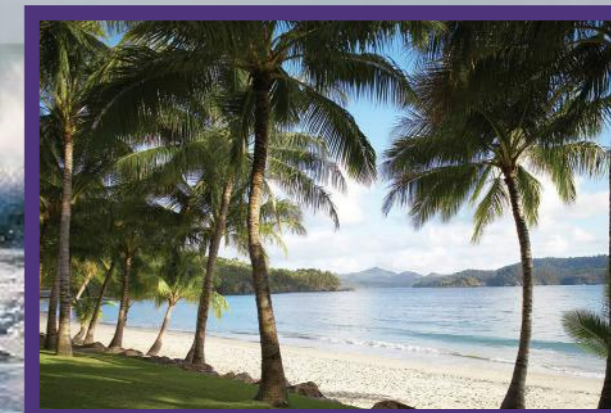


EXPLORE

Just a stone's throw away from Hamilton Island is the spectacular Great Barrier Reef, the world's largest coral reef and home to the most diverse plant and animal life on the planet. With a whole range of professional, well-organised tours, activities and excursions available this is the perfect way to tick this adventure off your bucket list.

Our Pick: Cruise Whitsundays Great Barrier Reef Adventures

Travelling by catamaran, you and your loved ones will spend most of the day at Reefworld Pontoon, located on the beautiful Hardy Reef. From here, you can enjoy a wide range of activities from snorkelling with tropical fish to a helicopter ride for a bird's eye view of this incredible natural wonder.



For Natural Radiance

Create a well-moisturised, flawless base with this beauty balm. It is formulated with vitamins and colour pigment capsules that pump moisture and add vitality to your skin, delivering a smooth and radiant complexion. Plus it contains SPF 30 making it the perfect companion to taking you from the beach into the night without damaging your skin.

Radiance Beauty Balm, \$63
Dr. Jart+

sephora.com.au



2-in-1 Perfection

A clever product that provides an instant flush of colour on your cheeks or pop of brightness on your lips. With nine colours available (Pictured here in Dusty Rose) the range has something for all skin tones. With a non-drying, lightweight texture, unlike other stains this one will give you 12 hours of comfort and total moisture. Plus as it contains 100 per cent organic aloe vera, honey and Vitamin B5 it will work to protect and improve your skin as well.

Lip & Cheek Stain (Dusty Rose), \$24.95
The Body Shop

thebodyshop.com.au



A Summer Fragrance

A luxurious floral fusion of Red Vanilla Orchid, enhanced with an opulent hint of tuberose and vanilla for fiery sensuality. The fragrance transports you instantly to the Swiss Alps, where this living plant blooms. The seductive mix of hot floral exhalations, nectar and pollen makes for an intoxicating oriental fragrance that is set to be your next signature scent.

Nigritella, \$59.95
The Body Shop

thebodyshop.com.au



BEACH
TO BAR
BEAUTY
LOOKS

SABRINA MUYSKEN dishes on the hottest summer products that'll keep you feeling and looking your best from day to night.

The Ultimate Mascara

Paint on dramatic lashes powered by good-for-you ingredients with this vegan-friendly product. Infused with triple-black painted mineral pigments that strengthen and condition lashes while delivering bold black definition, you'll get flirty length and volume without any icky, bad ingredients.

Tartiest Lash Paint Mascara, \$32
Tarte Cosmetics

tartecosmetics.com



Hair to Envy

Whatever your style, this nifty spray makes your styling products work wonders, giving you more control and better results that last longer. This spray-on, leave-in lotion detangles, nourishes and protects your hair – perfect after a day of swimming in the sea! And, with a weightless formula it even suits those with the finest of hair.

Perfectly Perfecting Wonder Prime Light, \$45
Percy & Reed

sephora.com.au



Post-Summer Skin & Hair Repair

SABRINA MUYSKEN

Summertime is all about enjoying some (SPF protected!) beach time, gallivanting around barefoot and those salty, messy hairdos. However, even if you've been slathering on the sunscreen and protecting yourself from the harsh rays, your skin and hair unavoidably endure a bit of wear and tear. Alas, it is time to restore your limbs and locks to all their pre-summer glory before pesky Winter has a chance to take your glow! We've consulted the beauty experts at LUSH Fresh Handmade Cosmetics and here are their go-to saviours:

Lush Cosmetics Bubblegum Lip Scrub, \$9.95

This is the ultimate companion for dry, flaky lips. Apply a lick of this lip scrub to lips and rub to gently buff away dead skin, leaving you with a perfectly polished pout.

This sugary treat keeps lips in tip top condition and tasting of candy floss. Made from caster sugar, softening jojoba oil and a hint of delicious bubblegum flavour, it is lip-smackingly good!



Lush Cosmetics Volcano Foot Mask, \$13.50

After a few months of dancing across hot footpaths and sandy beaches, this mask is the perfect pick-me-up. Simply slather across your sore soles and dry heels, cover with a plastic bag to avoid any mess, and put your feet up for 20 minutes – a great excuse to read a book and relax!

Filled with delicious ingredients such as Limeflower, Papaya and Lemon Oil, it'll leave your feet feeling soft and refreshed.



Lush Cosmetics H'Suan Wen Hua Hair Treatment, \$20.50

Salty seas plus chlorinated pools equals havoc for your hair. Fear not, because this protein-rich hair hero will revive your hair and improve its condition in no time! Massage a generous amount into dry hair and leave for at least 20 minutes (longer for maximum results) before shampooing and conditioning. The best bit is it's made from natural ingredients, just like all of LUSH's products, such as free-range eggs, cinnamon and fresh bananas and avocados.



All available from lush.com.au

2017 BEAUTY TRENDS

ROSE GRESHAM

Microblading

This time-saving beauty trick began to take off last year, with celebrities and the fashion-forward cashing in for lasting, beautiful brows. In 2017, the cult practice is predicted to hit the streets and become more mainstream. Microblading is a semi-permanent eyebrow tattoo – the ultimate solution to thinning or shapeless brows, and an easy alternative to eyebrow pencils, gels and pigments. Hair-like strokes are applied with a handheld tool, rather than a machine, and the pigment is not implanted as deep in the skin as a regular tattoo. The colour fades around 30-40 per cent, and results can last for up to three years. Although the treatment can be hard on your wallet, with first applications costing up to \$1000, it is a

small sacrifice for an effortless, everyday glamorous brows!

Minimalist Beauty

The arrival of this beauty trend is good news for anyone who prefers to use as little time and effort as possible in putting a look together. The incoming 'minimalist' style will range from embracing your bare, natural beauty and going entirely make-up free, to incorporating subtle touches of feature enhancing gloss and colour. Expect to see the arrival of glossy eyelids, lips and cheekbones for a fresh and dewy complexion, as well as the occasional peachy blush or lip. Complement this simple look with natural hair – long, wavy, 'don't care' hair is back in the spotlight, so enjoy a sleep in and give your locks a break!



MARCH

25 February - 5 March

Australian Open of Surfing 2017
Where: Manly Beach
Cost: Free
When: All day
Contact: australianopenofsurfing.com

3 March

Joel Creasey and Rhys Nicholson's Gaymes Night
Where: Seymour Centre, University of Sydney
Cost: \$39.90
When: 7:30pm
Contact: seymourcentre.com

3 March - 23 April

Mov'in Bed Open Air Cinema
Where: Parramatta Park
Cost: \$15 - \$35
When: 8pm
Contact: movinbed.com

4 March

Sydney Mardi Gras Parade 2017
Where: Oxford & Flinders Streets, Darlinghurst
Cost: Free
When: 7:30pm - 11:30pm
Contact: mardigras.org.au

4 - 5 March

Thirlmere Festival of Steam
Where: Thirlmere
Cost: \$5-\$15
When: From 1pm
Contact: thirlmerfestivalofsteam.com

9 - 12 March

Taste of Sydney
Where: Loch Avenue and Dickens Drive, Centennial Park
Cost: \$25 - \$155
When: From 12pm
Contact: sydney.tastefestivals.com

10 - 12 March

Parramasala
Where: Prince Alfred Square, Parramatta
Cost: Free
When: From 8am
Contact: parramasala.com

18 March

Longines Golden Slipper
Where: Rosehill Gardens Racecourse
Cost: \$20 - \$165
When: From 10am
Contact: australianurfclub.com.au

18 March

Cinema in the Park - Alice Through the Looking Glass
Where: Quarry Road, Ryde
Cost: Free
When: 8pm
Contact: ryde.nsw.gov.au

19 March

St Patrick's Day Sydney - The Green Gathering
Where: Prince Alfred Park
Cost: Free
When: 12pm - 6pm
Contact: sydneystpatriksday.com.au

24 March - 23 April

Carmen: Handy Opera on Sydney Harbour 2017-02-08
Where: Mrs Macquarie Point
Cost: \$30 - \$329
When: 7:30pm
Contact: ticketmaster.com.au

27 March - 2 April

Sydney International Row Regatta
Where: Sydney International Regatta Centre
Cost: \$20.40 - \$45.90
When: All day
Contact: sirr.rowingaustralia.com.au

COMMUNITY NOTICEBOARD

Willoughby Seniors Captain Cook Cruise with Seafood Buffet

Where: Dougherty Community Centre
Cost: \$50
When: 10:30am - 3pm, 25 March
Contact: louise.geaghan@willoughby.nsw.gov.au

Cultural Diversity Celebration

Where: Hornsby Central Library
Cost: Free
When: 2pm and 3pm, 25 March
Contact: jzhao@hornsby.nsw.gov.au

2017 St Ives Food and Wine Festival

Where: St Ives Village Green
Cost: \$2 Donation
When: 10am - 4pm, 5 March
Contact: mrsdibarnes@yahoo.com.au

Fauna Fair 2017

Where: Currey Park, Chatswood
Cost: Free
When: 9:30am - 3pm, 26 March
Contact: liz.powell@willoughby.nsw.gov.au

From Russia with Life Concert

Where: The Concourse Concert Hall
Cost: \$12-\$40
When: 7:30pm - 9:30pm, 11 March
Contact: administration@kpo.org.au

Introduction to 3D Printing Workshop

Where: Lindfield Library
Cost: \$10
When: 1pm - 3pm, 8 March
Contact: lind.library@kmc.nsw.gov.au

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Meet the Archangels: Part 1

KERRIE ERWIN, PSYCHIC AND MEDIUM



In this day and age, we need to get as much help as we can from all our friends in the spirit world. This includes not only our loved ones, that are eternally connected to us through our love, but our loving guides that are with us on our journey here on earth.

Angels stir up our feelings with inspiration, hope and faith in the greatness of all that is and they can help us in our daily lives. The good thing is their service is free! Just remember to thank them with gratitude when they have helped us with their unconditional love, healing and support.

We are never truly alone and have many spirit helpers available to us that are living only an arm's length away in another reality or dimension. We may feel sometimes that life is hard and difficult, with so many ups and downs, but at the end of the day we can always call on heavenly help.

I believe angels come and go in our lives and are solely here for our assistance. There are many types of angels but there are four Archangels that I will explain over the next few issues.

Archangel Michael

Michael is what I affectionately always call the 'Bouncer Boy' of the archangels. No matter what the challenge is or what you are going through, all you have to do is ask him for his help, as he is always ready to protect and serve humanity in any way. This divine energy will clear the path of obstacles, give you strength and courage and will always be there for you in the dark and rough times in your life. All you have to do is ask for him.

To me, he is a strong warrior energy who carries a shield and a sword. I always call him in as a shield of light for extra protection when I am doing haunted houses, feeling run down or suffering from a psychic attack. I have also used him when cutting the cords with life situations and difficult people.

Whenever you have any problems in your life, call out to this angel as it is a very powerful energy and things will be resolved if you believe. Whenever I need him in my life, I light a candle, say a prayer and call on him. Almost instantly I will always feel a strong protective loving force of pure energy around me and I will feel reassured heavenly help is with me.

Love and blessings,

Kerrie Erwin

kerrieerwin.com.au

READER'S QUESTION

Cielke, 1951 – Dear Kerrie, We have decided to down size. The house will go to auction soon. Will we sell our house at the price we are hoping for and what will happen to us after that?

I definitely see you selling the home as I see a contract. It will be a substantial amount. There is a move closer to water and a happier, easier lifestyle. Change is a big thing for many. Happiness will follow.

Thank you Kerry. Looking forward to the future and very excited about the thought of living near water or having water views.

INTERESTED IN A PSYCHIC READING

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

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 6 Aug - 3 Sept - 1 Oct - 5 Nov - 10 Dec (2nd Sunday)

Chatting with Sandra Skelly

Sabrina Muysken chats with Sandra Skelly of Sydney's leading floor heating company Comfort Heat.

Tell us about Comfort Heat?

"Comfort Heat Australia is an Australian family run business with staff coming mostly from the Northern Beaches and North Shore. The company has been providing floor heating to Greater Sydney for over 16 years and has a reputation as an expert in both hydronic and electric floor heating systems. Originally an air conditioning company, the owners renovated their bathroom and installed floor heating. They were so impressed with the warm tiles they started installing floor heating systems in Sydney and the company grew to offer hydronic floor heating systems and DIY kits, which are shipped around Australia."

How does Comfort Heat set itself apart from competitors?

"Comfort Heat is one of the few floor heating companies which offer both electric and hydronic floor heating systems. Once these systems are installed, we do not just walk away. Our after sales service staff and customer service staff work very hard to support all our customers as well as new homeowners who have bought properties with our floor heating installed. We also have a repair service which is very rare for floor heating companies, but is a great support for tilers and builders who damage the floor heating while building."

Do you have any useful advice for readers looking into heating solutions?

"Floor heating is an ideal heating option if you are building a new home or if you are renovating the floors or putting a new bathroom or kitchen. It is usually part of a major construction project so planning up front is crucial to ensure a stress free project as well as getting all you wish for at the end of the process. The earlier in the planning process we are involved, the

greater the chance the project will have access to all the options for a cost effective and efficient heating system."

How have community changes affected Comfort Heat in recent years?

"The biggest topic of conversation is real estate. More people are renovating, building or moving. This is great for our business as floor heating is a low cost luxury you can add to your home to increase the resale value."

Best place to grab a coffee?

"I am a long time Avalon resident and a morning coffee tragic. I have been buying my coffee from Amber Waves Bakery in Avalon for years and cannot break the habit. Avalon has many places to purchase good coffee and even some of the retail shops can provide a coffee while you browse."

Sydney's North best kept secret?

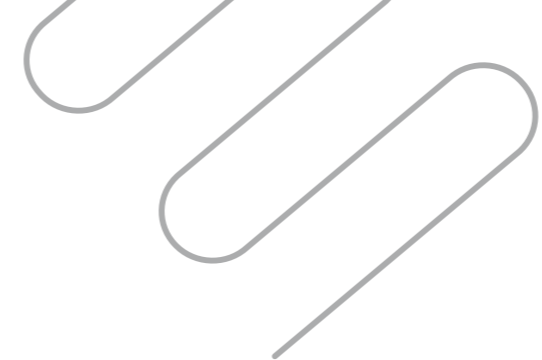
"In an increasingly busy world, there are few places you can go for peace and quiet to recharge the batteries. We are lucky on the Northern Beaches and on the North Shore to have many local parks and nature reserves which feel out in the middle of nowhere while being at the centre of everything. These local reserves such as the Wildflower garden in St Ives, Angophora Reserve in Avalon, Bangalley Head in Avalon, the western foreshores of Pittwater and many others dotted around our suburbs, provide the much needed escape for a quiet meander."

comfortheat.com.au



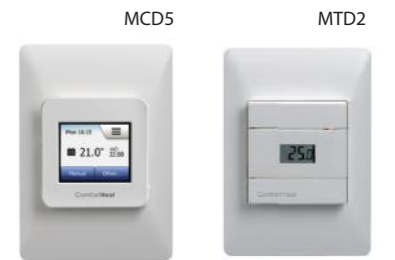
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