

APRIL 2017 - FREE

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# Sydney Observer

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(and lash)  
WOW**  
#OnFleek

**THE  
MINIMALISM  
MOVEMENT**

**EASTER  
HOLIDAYS**

**Anzac Day**  
*Lest we forget*

The Real Housewives of Sydney's

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## FROM THE EDITOR

Happy Easter! We hope your April is off to a cracking start, filled with some family fun as well as some much needed downtime. If you are headed to *The Royal Easter Show* be sure to flick to our must-see recommendations. And, if you are planning a relaxing weekend at home, why not have a go at making our delicious sugar-free Easter recipe (12-13)?



From the latest in education news (20-23), through remembering the troops on Anzac Day (10), and onto choosing the perfect colour paint to splash over your walls (38), SO's April issue has just about anything for everyone.

Simply after a bit of glitz and glamour to brighten up these rainy Autumn days? Head to our profile on the fabulous *The Real Housewives of Sydney* star Melissa Tkautz.

Remember, as the beautiful North Shore trees begin to shed their leaves this season also brings with it a time for personal renewal, improvement and growth.

All the best for the month ahead,

*Sabrina*

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# THOMSONS

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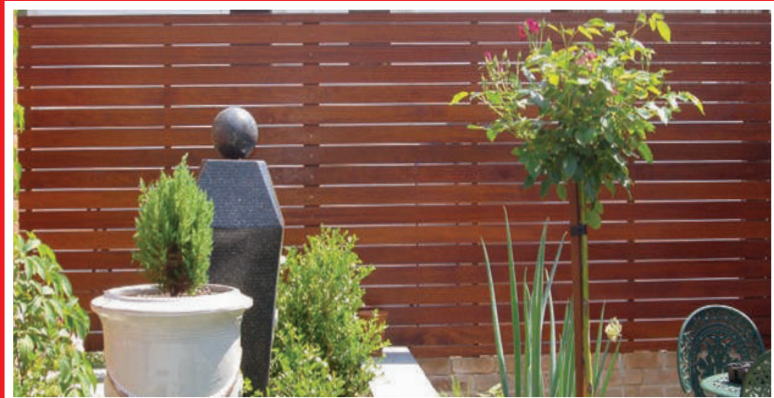
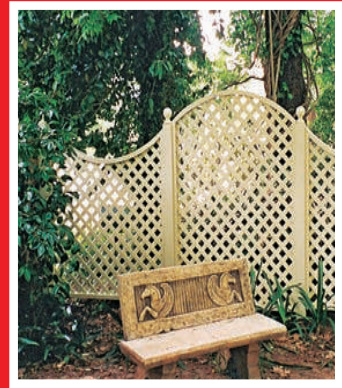
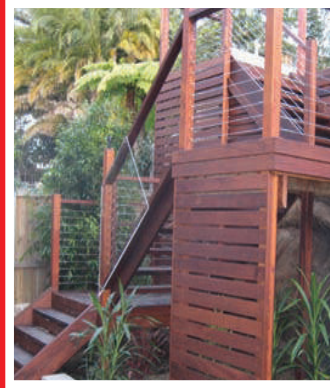
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# Letters

I thoroughly enjoyed reading the profile piece on Merrick Watts – what a lovely man he is! I’m already looking forward to attending his show this May. The Golden Years Feature was also a delight to read!  
- Sally Chapman, Lindfield.

The local news article on Ku-ring-gai’s Woman of the Year was my favourite this issue. It is lovely to see local women succeeding in their careers and giving back to their communities – Barbara Ward is a great role model for young women!  
- Susan Jenkins, Gordon.

## HOW TO ENTER

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

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



# Giveaways

## WEBERS CIRCUS TICKETS

Webers Circus presents with a Wild West twist – a show packed with death defying acrobats, hilarious clowns, cute trick dogs, miniature show ponies, Russian swing and much, much more! So saddle up, get your hat and cowboy boots on and let Webers Circus take you on a Wild West adventure for the whole family!

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## Ku-ring-gai Mayor wins 2017 Minister's Award

Last month Mayor Jennifer Anderson was presented with the 2017 Minister's Award for Women in Local Government. The award is given each year to outstanding female councillors and staff, as a means to celebrate the accomplishments of women in local government. Mayor Anderson said that she was honoured to receive the recognition, and that she "hopes this award will encourage other women to enter local government". Having lived in Ku-ring-gai for over 30 years and served as Mayor for almost four terms, Mayor Anderson is heavily involved in the life of Ku-ring-gai, also assisting the board of the Hornsby Ku-ring-gai women's shelter and Meals on Wheels.



## Council's Waste Investigators to Track Down Dumpers



The Ku-ring-gai Council has hired two waste investigators to track down the culprits of household waste dumped outside houses and apartments, as well as mulch and vegetation left on parks and reserves. The Council was able to hire the investigators due to a grant from the NSW Government as part of the Better Waste and Recycling Fund. The waste investigators will be using a number of methods, including surveillance to track down dumpers, although the council also welcomes photographs or information from residents. Mayor Anderson has reminded Ku-ring-gai's residents that they can book free collections of unwanted household goods through the Council's service centre, or through the Bower recycling charity.

## Fox Baiting Program to Take Place in Northern Sydney

From early last month until April 23, 2017 a feral fox baiting program is occurring across a number of reserves in Ku-ring-gai, including Bradley Reserve, Sheldon Forest, Ku-ring-gai Creek Reserve and St Ives Tree Tip Reserve. The program is in place to prevent the spread of feral foxes, which are known to threaten domestic pets and native wildlife. Dog and cat owners should ensure their pets do not enter the relevant areas during this time period, as fox bait can poison animals. Temporary signage has been put in place, and local vets have been informed of the baiting period. For enquiries, contact the Bushland Operations Coordinator on (02) 9424 0000.







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**PAUL FLETCHER MP**Federal Member for Bradfield  
Minister for Urban Infrastructure

## Wake Up Sleepyhead

Talented duo Gary Eck and Nick O'Sullivan have collaborated on a children's book, *Wake Up Sleepyhead*. Gary and Nick met on the production of the popular children's film *Happy Feet Two*, where Gary was working as a co-writer and director, and Nick as Lead Character Artist. The two have both led careers in the arts, with Gary's talents spanning from comedy to directing, and Nick's involving illustration in mediums such as film, animation, gaming and apps. The idea for the book grew from a discussion about how their children love to sleep all day and lead to a story about a little girl who loves to sleep and can't be woken by her parents. This leads them to offer a year's supply of banana bread to whoever can wake her up. Recent readings at schools have shown excellent feedback for the pair from parents and young children alike. Approaching release, the book is already causing a stir. One mother drove all around Sydney trying to find a copy for her son. "I had to inform her it's not out till March, so I sent her my own copy," Nick said. The book is available now.

Zillion  
PUBLISHING

**This year as we commemorate the Centenary of ANZAC, particularly the Battle of Bersheeba**

and the Charge of the Light Horse Brigade, I am reminded of the rich and distinguished military history of the Bradfield electorate. From notable individuals such as Sir Tannatt William Edgeworth David of Hornsby, Cecil Arthur Callaghan of Gordon and Lucy Gullett of Wahroonga, to the highly-decorated 18th Battallion, better known as the Ku-ring-Gai Regiment, Bradfield has an enduring legacy of sacrifice, mateship and service.

The legacy of those ANZAC soldiers and nurses who bravely fought and died in the service of their country and their peers is remembered throughout the Bradfield Electorate. At St John's Anglican Church in Gordon there stands a large wooden cross, erected by members of the 18th Brigade to honour the Battle of Pozières, a place "more densely sown with Australian sacrifice than any other place on earth" as Charles Bean once wrote. At this time we should all reflect on the generations of ANZACs whose courage and sacrifice over many wars and peace-keeping operations have safeguarded the values and freedoms we now enjoy. Their sacrifice should bind us together in unity and thankfulness.

Lest we forget.

Paul Fletcher

*As the Federal Member for Bradfield, it is my job to represent you in our national Parliament in Canberra. Should you have issues that you would like to bring to my attention – or if I can help you in any dealing with government – please do not hesitate to contact me on [paul.fletcher.mp@aph.gov.au](mailto:paul.fletcher.mp@aph.gov.au).*

## Cameron Park Opened Following Upgrade



The new and improved version of Turramurra's Cameron Park is officially open to the public. The upgrade was made possible in 2011, due to the acquisition of four residential properties adjacent to the park as part of the Council's Open Space Acquisition Strategy. As a result, the renovation has added a further 2600 sqm of land to the park, heralding open grassy areas. In addition, the upgrade provides a multi-purpose area with a table tennis table and picnic facilities, a self-cleaning toilet and brand new seating, fencing, pathways and lighting.

# ANZAC Day Spirit

Rose Gresham

**Ever since the** dawning of the ANZAC tradition on the 25 April 1915, the day has been one of profound significance in Australia. In the aftermath of the world wars, ANZAC day brought a deep sense of sadness. Following Australia's involvement in Vietnam, anti-war sentiments sparked scepticism and distrust. But, what of today?

In the Australia of 2017, most children no longer have grandparents who experienced service first-hand. The events of the world wars have begun to drift out of our national memory and into the pages of history textbooks, where they are often left unread. In a modern Australia built on multiculturalism and diversity, national pride under the ideology

of ANZAC mateship seems hollow and unsophisticated.

As the veneer of ANZAC tradition chips away, it appears something deeper and richer is emerging from beneath. Attendance at ANZAC day commemorative services has never been higher. The Hon Brendan Nelson, director of the Australian War Memorial, notes that it is 'young people themselves (that) are embracing this'. What is this underlying value that younger generations are drawn to? Ironically, it is a value best understood through iconic symbols of ANZAC remembrance.

It is not uncommon to see a sprig of rosemary or a blood-red poppy pinned to the chest of ANZAC commemorators. Rosemary, an aromatic herb that grew wild on the Gallipoli peninsula, has long been considered an aid to maintaining memory. And the red poppy? Also a symbol of

remembrance. In a society fuelled by powerful world leaders, constant change and political turmoil, remembering the mistakes of the past has become all the more pertinent. And, as war and suffering stand at a distance in the minds of most Australians today, ANZAC day for many is a day of fascination and respect for the ability of human beings to overcome great adversity. It is a symbol of hope for the future, for the will of the human spirit, and for the importance of the past.

As we attempt to raise future generations with an understanding of human suffering and the importance of diplomacy, it would perhaps be wise for us all to pin a sprig of rosemary to our chest and reflect on some lessons from our history.

## WHAT'S ON



### ANZAC Day March — City Centre, 9am

Held annually, this march features the veterans, their relatives and descendants taking to the main streets of Sydney in both celebration and commemoration of Australia's involvement in wars both past and present. Featuring marching bands, banners and an atmosphere both celebratory and wistful, this March is rich with ANZAC spirit.

### Chatswood Commemoration — 5.15am & 7am

If the city is too far to go for some, there will be services you can attend closer to home. Chatswood holds a Dawn Service at the Chatswood Garden of Remembrance at 5.15am, which will be followed by a march. A Commemoration Service will take place at 7am at Club Willoughby.

### ANZAC Day Dawn Service — City Centre, 4.30am

The City Dawn Service commemorates the plight of the ANZACs toward Gallipoli on April 25th, 1915. This annual event includes a reciting of the Ode of Remembrance, the Last Post bugle call, and a minute's silence. Usually a relatively short service, it is often considered to be the most important one every ANZAC Day.

### Spirit of ANZAC — International Convention Centre, Sydney

This exhibition, running from April 15 – 27, shows the life of the ANZACs pre-war and during. Free and featuring 200 artefacts from the Australian War Memorial, it shows life in Australia in the early 20th century, and goes on to follow the lives of soldiers, sailors, airmen and nurses throughout the war.



# HOUSING AFFORDABILITY

**Housing affordability** is one of Premier Gladys Berejiklian's three key priorities, alongside local infrastructure and a strong economy. Even for those who own their own home outright, the prospect of children or grandchildren having to buy in Sydney is daunting. Our NSW Government wants home ownership to be within reach of most people. There is no simple solution to the challenge, which will be a focus of both upcoming Federal and State budgets.

Federal suggestions include to: reduce negative gearing and capital tax benefits for new investors; allow access to

superannuation for home deposits; reduce tax on first home owner savings accounts; and tighten regulatory controls on bank lending. NSW proposals include to: encourage regional development, including through job decentralisation; increase foreign property investor charges; introduce a tax on vacant metropolitan housing stock; and reduce stamp duty, especially for first home buyers.

The most effective measure is to grow housing supply – assisted by increased land releases and new transport infrastructure. While there is pressure to increase densities in established areas,

we should protect the heritage of areas like the north shore. Forcing more units in environmentally sensitive areas is not the answer. However, changing the mix to more town houses and terrace homes can help increase housing supply and provide greater flexibility for a changing population. Proper planning also requires continued record investment in new public infrastructure, including in Northern Sydney.

**Jonathan O'Dea MP**

**Member for Davidson**





## Jonathan O'Dea

Member for Davidson



### ANZAC DAY MESSAGE

Member for Davidson Jonathan O'Dea thanks those who have served our country and encourages support for local ANZAC commemorative events

Roseville RSL Sub Branch ANZAC Day Dawn Service  
Tuesday 25 April 5am  
Roseville Memorial Garden, 62 Pacific Highway (next to Club)

Forestville RSL Sub Branch ANZAC DAY Services  
Sunday 23 April 3pm and Tuesday 25 April 5.45am  
Forestville RSL Club, 22 Melwood Avenue

**Lest we forget**

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Ages 6 - 13

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# ALTERNATE EASTER GIFTS

Sabrina Muysken

If gorging on chocolate is not your thing or you are simply in search of a gift that won't alter your waistline, melt or be eaten in the blink of an eye, then look no further because *Sydney Observer* has compiled the perfect list of alternate Easter gifts that are equally delicious as their chocolatey counterparts.

## GOLDEN EGG BATH BOMB

\$8.50 from LUSH Cosmetics

Bringing all your Charlie and the Chocolate Factory fantasies to life, what better gift than a golden egg? One that doubles as an utterly indulgent bath fizzer of course! This sweet wild orange and cocoa butter jewel will leave you in a super-softening, skin-loving soak that is rich with luxurious butters, oils and lustre.



## FLOPSY FACE WASH JELLY

\$19.95 from LUSH Cosmetics

In need of a little recharging this Easter or know of someone who is? You are sure to be jumping for joy when this cleansing fresh carrot infusion and carrageenan extract turns up in your Easter loot! You'll be hopping to it, washing your face and revealing your revitalised, velveteen skin in no time.



## CHOCOLATE LIP SCRUB

\$9.95 from LUSH Cosmetics

The saying 'A moment on the lips, forever on the hips' does not apply to this chocolatey treat! Made with dark chocolate, absolute cocoa, tangerine and sweet orange oils, this product will give your lips a juicy kick and leave them feeling refreshed. Simply send a lick of the scrub to your smackers and scrub all over for a perfectly polished pout. You'll satisfy those chocolate cravings and the best bit is you won't feel obliged to share!



# SUGAR-FREE EASTER RECIPE

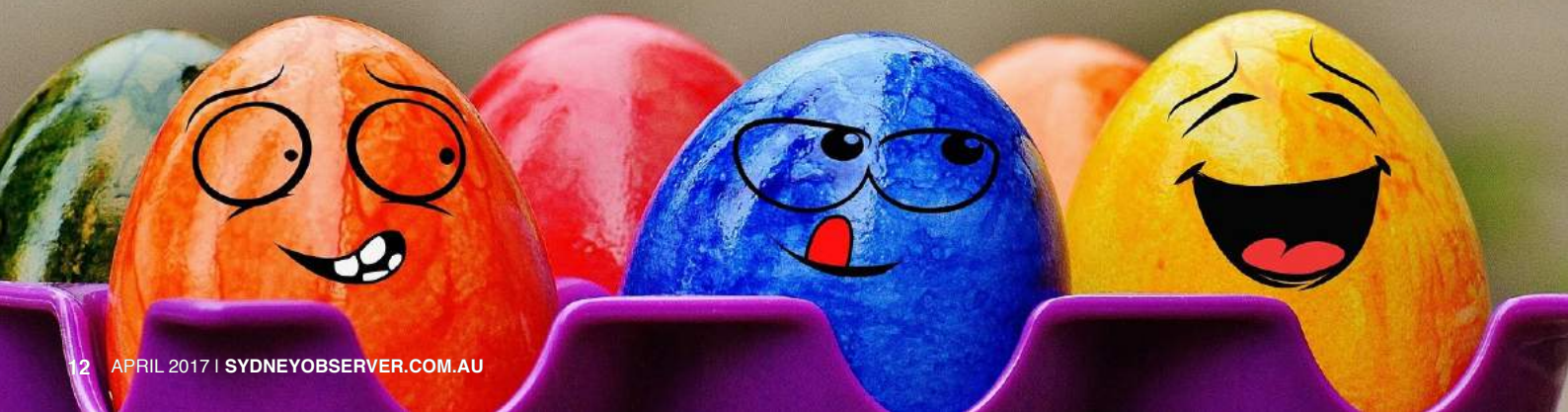
## Dark Chocolate Raspberry Easter Eggs

### Ingredients

- ½ Cup Coconut Oil
- 1 Tablespoon Rice Malt Syrup
- ½ Cup Raw Cacao Powder
- 2 Tablespoons Coconut Cream
- Handful of Frozen Raspberries
- Handful of Coconut Flakes

### Method

1. Combine coconut oil, rice malt syrup, raw cacao powder and coconut cream in a saucepan over low heat. Stir until melted and combined well.
2. Add in raspberries and coconut flakes.
3. Lightly grease your chosen baking tray (we'd opt for an egg or Easter bunny themed tray) and fill with the mixture.
4. Place in the fridge and leave to set.
5. Once set, gently remove to reveal the delicious treat and enjoy!



# Guide to the SYDNEY ROYAL EASTER SHOW

Luka Osborne

**T**his year's *Sydney Royal Easter Show* is shaping up to be a bonanza of entertainment with no shortage of variety in the events on tap. Here are three events that have made *Sydney Observer's* must-see list for the whole family:

## Woodchopping

Always a favourite, the Sydney Royal Woodchopping and Sawing Competition is over 100 years old and the largest in the world. This year will feature 65 different events with 240 local and international events that will each test endurance, speed and strength. This year will feature the very esteemed World Title events such as World Championship Tree Felling Final, (4.10pm\*, April 14), as well as the Ladies International Relay Final (3.50pm\*, April 10) and the Men's International Relay Final (5.40pm\*, April 13). Support the Aussie men and women as they compete – blade to block – against countries like New Zealand and the USA.

*\*Times are subject to change*



## Woolworths Fresh Food Dome

If you're a foodie then you simply must delve into the rich produce of Woolworths Fresh Food Dome. The BeeZeebo exhibits the intricacies of bee farming from hive to harvest. Live demonstrations run daily, 10:30am, 12:30pm 2:30pm and 4:20pm and fresh honey can be purchased nearby at the Honeyland stand. The long running Districts Exhibits competition returns this year with the best produce and most creative display at stake. Each district will be judged individually in categories such as fruit or grains, with points added for creative flair. If you want to have your say you can vote 9.30am-11.30am, April 6 for the peoples choice award, with the results being released at 10:30am the next day. You can support your favourites with all the produce being available at the regional stands for sale.



## The Man From Snowy River Production

Banjo Patterson's *The Man From Snowy River* has continued to inspire generations in its century long history. This years show will honour the classic Australian fable with 'The Snowy River Station'. Children's entertainment is provided with pony rides and a miniature train ride the 'Alpine Express' which operates daily from 9:30am-6pm. The Snowy River Horse Experience showcases Australia's many noble breeds of steed, from Clydesdales to thoroughbreds. Training secrets of the stars of the action-drama performance "The Man from Snowy River" are revealed at 3pm daily. For those seeking night-time entertainment you cannot miss this extravaganza featuring the thundering of 100 hoofs, showing at 7.30pm each night at Spotless Stadium.



# TREAT MUM: GIFTS SHE WON'T EXPECT

Sabrina Muysken

**Figuring out what** your mum actually wants on Mother's Day can be tough. Instead of purchasing her another bunch of flowers or her hundredth candle, why not opt for something a bit different this year? She'll appreciate the extra thought!

*Instead of a candle*  
**Himalayan Salt Lamp**



Himalayan salt lamps work to purify air by attracting water molecules and foreign particles from the surrounding environment and absorbing them. As the lamp heats up that water is naturally evaporated back into the air leaving any unwanted particles such as dust and smoke locked in the salt. This is the perfect gift for those eco-minded mums who have a passion for all things health and wellbeing.

Starting from \$24, [alcyon.com.au](http://alcyon.com.au)

*Instead of flowers*  
**Fragrance Diffuser**



This is ideal for the mum who loves flowers. A fragrance diffuser will keep her home smelling just as beautiful but for much, much longer! Abode Aroma's Orange Clove diffuser is our pick for the cooler months – with notes of Valencia orange, cinnamon quill and spicy Tanzanian clove – this fragrance truly warms the soul.

**Abode Aroma Diffuser (pictured)**  
\$14.95-\$29.95, [abodearoma.com](http://abodearoma.com)

*Instead of a book*  
**eReader**



Electronic readers are great for the bookworm mum who is forever at the local book store searching for her next read.

Once purchased and set up she will have immediate access to thousands of books and will be asking you why you didn't gift her one sooner! We recommend the Kindle, because even the most technologically challenged mum will have no problem navigating her way around this simple device.

Starting from \$98, [officeworks.com.au](http://officeworks.com.au)

## Jorian Blanch & Co With Richard Fischer

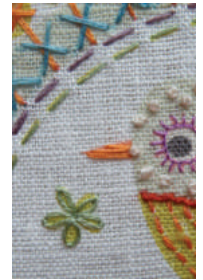
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# HAPPY MOTHER'S DAY

Erin Christie

**Mother's Day** is the one day a year where, supposedly, children will put aside their reliance on their mums and celebrate her instead. This may not seem like a big deal to a young child, but as they grow and realise the hard work of their mothers, one day doesn't really seem like enough!

The current holiday originated in America, when Anna Jarvis campaigned to have a holiday geared towards the achievements of women. Although unmarried and childless herself, she understood the importance of motherhood through what her own mother had meant to her prior to her death in 1905. She organised the first official celebration of Mother's Day at a church in Grafton, West Virginia in 1908. She then spent six years campaigning to see her holiday registered on the national calendar; succeeding when President Woodrow Wilson established

that Mother's Day would take place on the second Sunday in May every year.

Everyone celebrates Mother's Day differently depending on what they are thankful for. Some visit their mothers and grandmothers, dads often take total control of caring for the young kids for a day, others cook breakfast or take on more household chores, and many buy flowers and gifts for their mothers to show their appreciation. It is important to keep in mind that a celebration of motherhood should go beyond materialistic things, though. Even Anna Jarvis herself got sick of its commercialisation and began to denounce the buying of flowers, cards and chocolates. Whichever way you celebrate, Mother's Day should be a celebration of hard-working women who support their families in a multitude of ways while raising their children as well. It is a celebration

of the hard-working mothers everywhere, so make sure you remember all that hard work when deciding how to celebrate your mum in 2017.



## FLORAL IMAGE

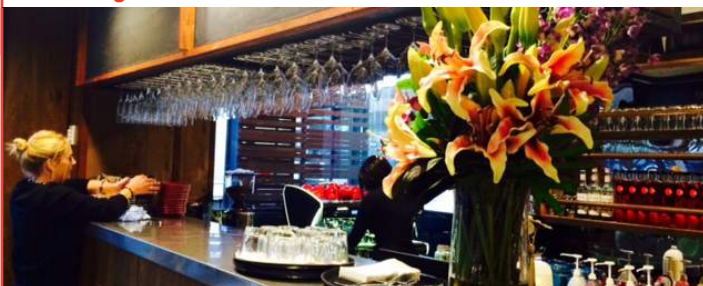
**Floral Image's flower** rentals connect businesses through colour across the globe. Supplying beautiful, life-like, maintenance-free arrangements that stay bright and fresh all year long, you'll never have to change the water or worry about cleaning up leaves or petals again!

Allergy-free, Floral Image's designs are immune to air-conditioning and central heating, which means that they can be used in any environment or climate. Plus their arrangements are much more cost-effective and environmentally friendly than their fresh counterparts – What is not to love?

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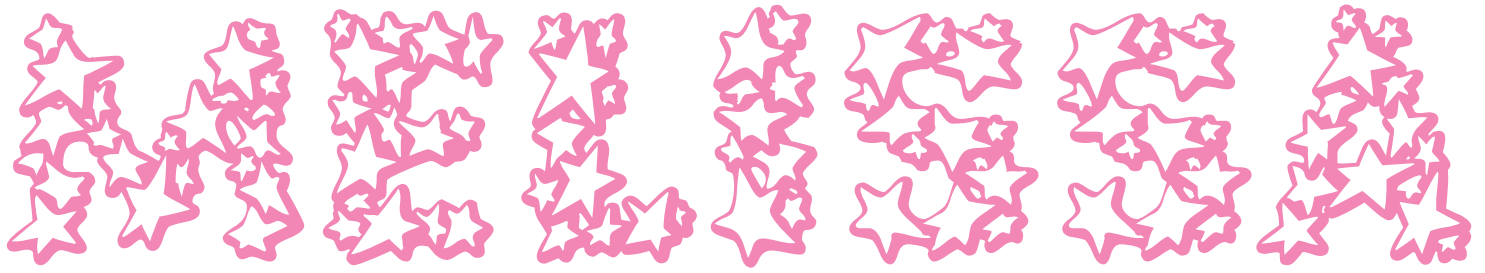


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# AN ORIGINAL

Sabrina Muysken

## Iconic Aussie talent

Melissa Tkautz is one of Australia's original golden girls. At just 16, Melissa's career skyrocketed after she was cast as a leading character in the soapie juggernaut *E-Street*. Playing the beloved character of Nikki Spencer launched the young star into the homes and hearts of millions. By the age of 17, Australia's latest 'it' girl had appeared in over 160 television and print commercials, including coveted campaigns for Qantas and Cadbury. It was also during her soap television days that

Melissa made headlines after releasing the 'era defining' music track *Read My Lips*, which saw her receive an AMA and ARIA award after it became the highest selling single of 1991. Coupled with rumoured trysts with Hollywood heartthrob Simon Baker and the late INXS frontman Michael Hutchence, Melissa spent her youth navigating the intriguing world of celebrity.

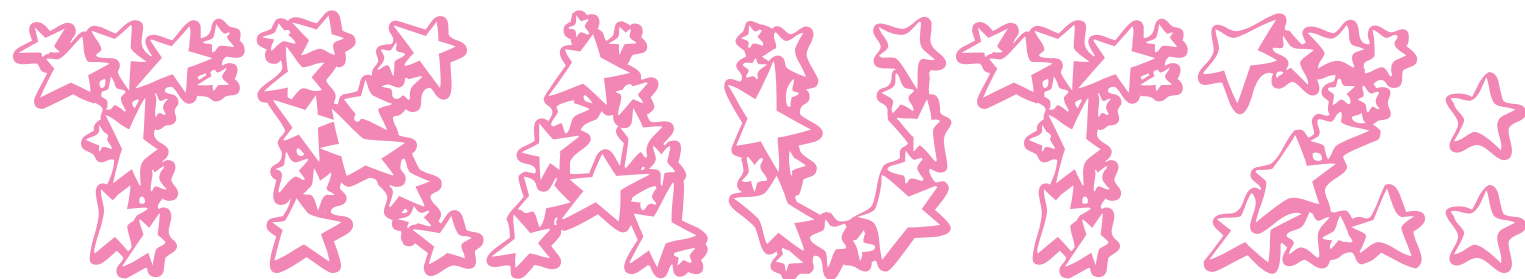
Since her sudden thrust into stardom Melissa has enjoyed a colossal three decades in an industry she loves. She juggles her multi-pronged career by

refusing to be defined by any single category; having enjoyed vast success as an actress, singer, model, brand ambassador, presenter and a luxury candle business owner – a range cheekily named Mel-T.

Most recently, Melissa has added the title 'Reality Television Star' to her list of credentials, with the glamorous performer starring alongside seven other Sydney-residing women in Foxtel's highly anticipated *The Real Housewives of Sydney* (RHOS). For those not well-versed







# GOLDEN GIRL

on the fanciful world of reality television, the show comes as Australia's second instalment – Melbourne beat us to the punch – of the hugely successful American franchise. RHOS focuses on the personal, professional, outright extravagant and sometimes scandalous lives of Sydney's inner social elite.

Already a firm fan of the international series Melissa was quick to join the cast, although admits she had her moments of doubt. Her initial hesitation was primarily due to concerns over any potential affects

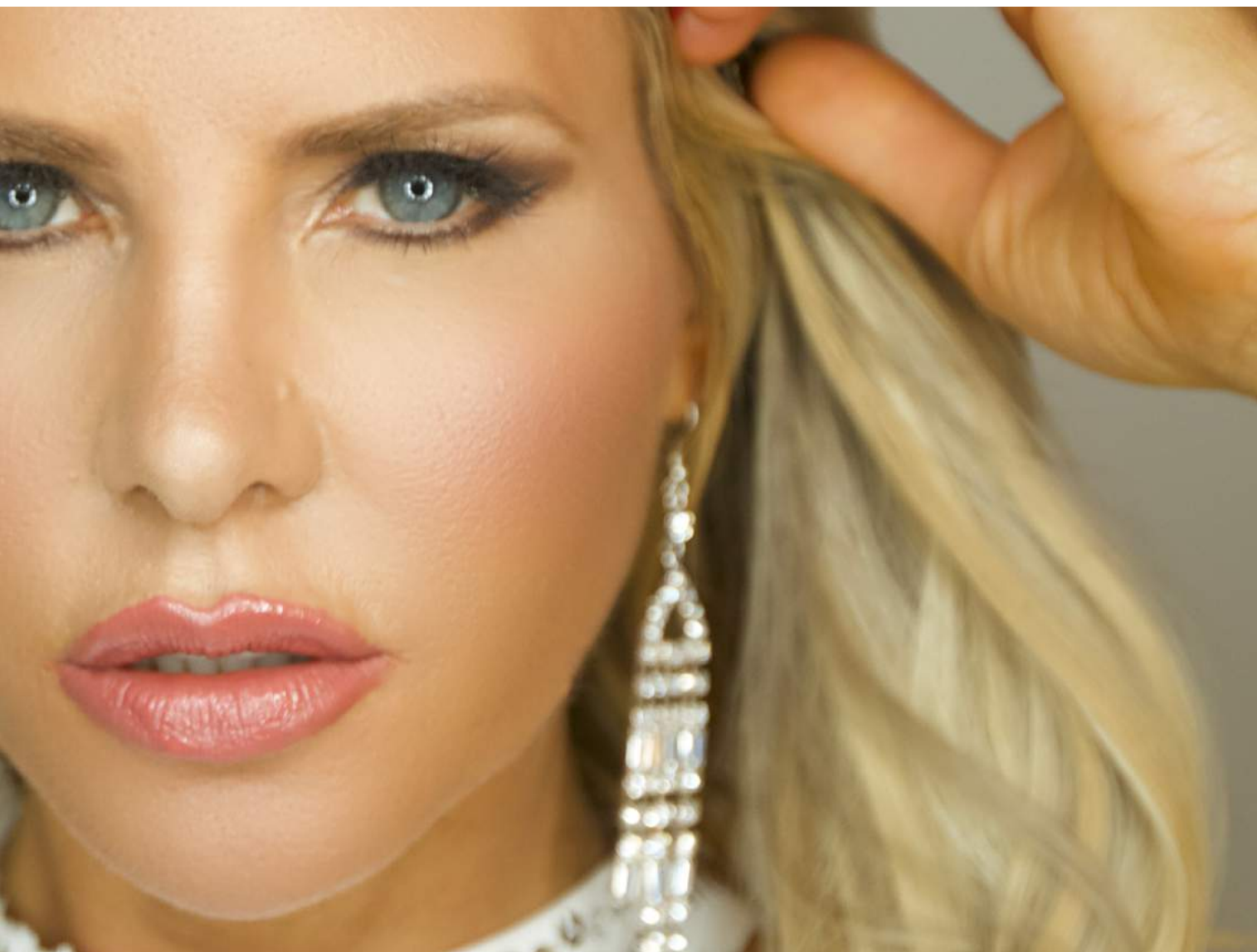
the demanding role could have on her family and friends. As Glitz and glamour aside, Melissa is now simply known as 'mum' at her Northern Beaches home, which she shares with her husband and two young children Ayla, 7 and Cuba, 3.

With her new-found reality television fame, surprise return to the music charts, silver screen debut in Australian horror film *Boar*, and luxurious candle range, Melissa's star quality is anything but waning. *Sydney Observer* recently chatted with the oh-so-fabulous entertainment

icon about all things RHOS and how she achieved career longevity in a notoriously tough industry.

**Congratulations on joining *The Real Housewives of Sydney*! How did you feel when you first found out you had been cast?**

**Melissa Tkautz:** I was happy. I was shocked. I was crying at one point. It is a lot to take on because it is a very different show and you are putting yourself out there. You are essentially opening up yourself for public ridicule, for anything and



everything. You do have to take a second think about it because it can affect the people around you. It can affect your family and friends, not necessarily in a bad way but because it is such an out there show. So I didn't take the decision lightly.

**Were you hesitant about how you could be portrayed?**

**MT:** Of course, 100 per cent! That is ultimately in the networks hands, that is what you sign over. They can edit the footage anyway they want. But at the end of the day, I know what kind of person I am and I had confidence in the fact that whatever was going to be out there was going to be me. You have to be confident in yourself to be able to put yourself completely out there. It is pretty full on!

**How do you think you've come across so far?**

**MT:** I think I've come across as who I am. I've been accused in the show of being a people pleaser, which I am but so what? What is wrong with that? I enjoy making people happy in life and I stand by that. I don't see anything wrong with that, in my opinion that's a good quality! I'm not a confrontational person. I do stand up for myself but I don't create arguments that aren't there for the sake of it. The producers knew this when they cast me. I am who I am. I like to think I'm a good

person with good morals. I was never going to go on the show and carry on. Having said that, next season you might see a different me!

**How did this compare to your previous work?**

**MT:** It is nothing like anything I have ever done before! You couldn't compare this to absolutely anything. I had never done any reality television before and the closest thing would have been presenting, but even that is different. This was really in your face and full on. That being said, I actually really enjoyed it. Surprisingly, there was only once or twice where I came home as I was like 'Oh my god! Why have I done this?'. But it is what it is. You have some seriously fiery characters on the show so it wasn't a complete shock.

**Why do you think the Real Housewives franchise has become such a guilty pleasure for viewers?**

**MT:** It gives people the chance to sit down, watch us all being so crazy and so over the top that they finish the episode feeling like 'wow everything that I've got going on in my life right now seems quite normal!'. That's why I tune in. I like to see other women, how they behave, how they react and how they are. I also love to watch it for the shoes, the clothes and the glamour. I tune in for all of those things, because it is not complicated television. It is easy to

watch and it is a topic of conversation.

**The show is incredibly drama-filled, how much of what we see is real?**

**MT:** In terms of our behaviour and the events that occur, it is completely authentic and real. Is it a normal situation to be in? No. In reality, there is no way you would sit down with seven fiery women to get only 30 seconds worth of footage. If you have one or two people who don't get along and then all of a sudden you put them in a room for up to eight hours with alcohol, then you are going to get conflict.

**The entertainment industry has a reputation for being incredibly tough. What do you attribute your career longevity to?**

**MT:** To make it in this business you have to have an incredibly thick skin and you can't ever give up. I have never given up. I have come across a lot of closed doors throughout my career but I have this mentality of 'I won't be beaten'. This is what I want to be doing, I'm passionate about it and I'm just going to keep going for it. And that's what I have always done!

***The Real Housewives of Sydney,***  
Sundays at 8.30pm on Foxtel's Arena



# Can exposure to sunlight decrease happiness?

Linda Geddes explores the surprising link between sunshine and suicide.

**S**tudies dating back to the 1800s have found that suicides peak in the spring and are at their lowest in the winter.

“If we take winter as a baseline, then there is a 20-60 per cent higher suicide rate during spring,” says Fotis Papadopoulos, a professor of psychiatry at Uppsala University in Sweden, who has been studying the association.

This seems rather counter-intuitive considering that dark days are generally linked to low mood. How could this be? One possibility is that this is a result of changing levels of serotonin – a neurotransmitter that regulates mood – within the brain.

Studies have found that serotonin levels in the blood are higher during the summer than the winter, and that there’s a positive correlation between serotonin synthesis and the hours of sunshine on the day that a blood sample is taken.

There is also a further connection, in that selective serotonin reuptake inhibitor (SSRI) antidepressants, which boost serotonin, have been linked to risk of suicide in a small number of patients.

“We know that when we treat patients with antidepressants it can take at least three or four weeks to raise their mood,” says Papadopoulos.

“During this time, some people become more physically active or agitated, which could potentially make them more likely to act on their thoughts. Maybe sunshine acts in a similar way in a minority of people.”

The professor has scrutinised forensic and meteorological data for more than 12 000 suicide victims, and has found that there is a link between monthly sunshine duration

and suicide risk – but this link disappears in most people when the season in which the data was collected is factored in. That said, the association remains in people who were taking antidepressants at the time of death.

“It could be interpreted as support for the serotonergic theory,” he says.

There are other theories, such as the release of pollen-triggered immune responses that bring about changes in brain chemistry.

“It’s a far-fetched idea that the romantic life of trees could be linked to suicidal behaviour in humans, but we have found an association between high tree pollen and non-violent suicides in women,” says Teodor Postolache, a professor of psychiatry at the University of Maryland School of Medicine.

There is also evidence linking cytokine therapies – which alter the behaviour of immune cells – to suicide ideation in a small number of patients, he says.

The link between sunlight and suicide is far from clear, and – it must be stressed – would only affect a minority of people. But given that antidepressant drugs are a far from perfect treatment and that we still don’t fully understand depression, mood or our relationship with sunlight levels, it is an area worthy of further study.

*Linda Geddes is a freelance journalist writing about biology, medicine and technology and has received numerous awards for her articles including the Association of British Science Writers’ award for best investigative journalism.*

For more on this topic visit [mosaicscience.com](http://mosaicscience.com)





Erin Christie

**A recent release** by Roy Morgan Institute shows that Internet use is on the rise among children and early adolescents. The specific study looked into a comparison between Internet use and time spent watching television at home. The way children engage with technology has been a consistent source of study across the 2000s, as their easy access to both computers and television is still quite a recent phenomenon. It is one of the significant aspects that sets them apart from other generations. This calls into question the impact and long term consequences of their technology use, and whether it will affect them negatively.

In 2016, it was found that young Australians between the ages of six to 13 spent an average of almost 12 hours a week using the Internet. The number has nearly doubled since 2008, where studies showed the average to be just over six hours per week. Also, 30 per cent of Internet usage carried out by children aged 14 and above was found to currently occur outside the home. This increase is unsurprising considering the use of the Internet within schools. Teachers now rely on online textbooks from providers such as Chromebooks and JacPlus, leading their students to engage online. Google Classrooms is also a new and popular feature of the leading internet business. It creates a platform for classes, so that teachers can keep in easy contact with their students. This comes under the assumption that all students will have access to the internet at home, being as it is so prevalent in modern society.

This increased use of the Internet has apparently taken away from

the time children once spent watching television. Overall, children now only spend two hours less using the Internet than they do watching TV, a number that shows a definite increase in their use of the Internet. However, the Roy Morgan research found that the two may not be so different. CEO of Roy Morgan, Michele Levine stated that 'almost one in four kids say Youtube is their number one favourite website', and suggested that 'it's what many kids now treat as television'.

The concern surrounding the use of technology comes from the idea that children now spend too much time staring at screens – whether it be their phones, computers, or televisions – rather than learning to engage with each other effectively. However, the millennial generation and the following Generation X were born into an Australian society that favours the use of technology, meaning they have been familiar with it from very early ages. This familiarity with technology allows them a strong understanding of its ephemeral nature, and the idea that it is consistently changing, updating and improving in efficiency.

Although allowing them a mindset that matches the nature of the technology they are expected to engage with, it may also create a mindset of instant gratification, as young people are used to having all the information they require on demand through the use of the Internet. Children's access to the Internet and technology is now completely undeniable; so it is important to ensure they are engaging with it for positive reasons, including using it to further their education and enrich their time at school.

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# SOCIAL AND EMOTIONAL LEARNING

Sabrina Muysken

**Recent research into** education has revealed that social and emotional learning are key elements in improving school students' overall behaviour in the classroom. The findings were released in the Organisation for Economic Co-operation and Development's (OECD) PISA 2015 report.

The OECD's Programme for International Student Assessment surveyed more than 14 000 students in 758 Australian schools, endeavouring to highlight the significant link between a student's mental wellbeing and their aptitude for learning.

The report discovered, "about one-third of the students in advantaged schools, and about half of those in disadvantaged schools, reported that in most or every class there was noise and disorder, students didn't listen to what the teacher

said, and that students found it difficult to learn."

In addition, there was a noticeable increase in classroom chaos where one or multiple students were suffering from poor mental health. Students experiencing mental health problems have a proven reduced learning capacity and a hindered social engagement. With mental wellbeing fast becoming a key focus in mainstream society, it is vital that Australia's education system encompasses preventative measures and treatment facilities. This is a sentiment shared by Principals Australia Institute CEO Paul Geyer.

"In a nutshell: good mental health is a prerequisite to good learning," says Mr Geyer.

"Fostering a focus on student wellbeing,

through social and emotional learning programs, is crucial to turning around these worrying trends, improving students' mental health, and creating better behavioural outcomes for schools."

Current research leads to wellbeing-focussed programs as being a crucial element in solving the student discipline concerns. Students who are mentally healthy generally experience fewer emotional, social and behavioural difficulties. This ultimately has a profoundly positive affect on their school work.

Schools along the North Shore are also starting to take note. Knox Grammar School has recently appointed a Dean of Wellbeing and Wenona Girls School has substantially invested into a STEM and sports complex to boost students' overall health awareness.

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# HELPING YOUR CHILD ACHIEVE

# A SUCCESSFUL 2017

Erin Christie

**Sydney Observer and** Tanya Vaughan, the Head of the Junior School at Roseville College, have put together tips to ensure the continued success of your child at school in 2017.

### A sense of belonging

A sense of belonging is essential for children at school. Ms. Vaughan states 'if a child feels welcomed, valued, trusted and respected at home, there is a high chance this will positively influence that child's

sense of belonging at school.' To create this desired effect, she suggests greeting your children with smiles and affirmations after the separation of the school day. "They develop a template for how to greet others and reach out to new friends" states Ms. Vaughan, which is essential for their continued development.

Ms. Vaughan also suggests engaging in a personal interest project with your child to have them "engaging in social conversation." You will have them

"nurturing inclusive relationships and demonstrating how to collaborate with peers," Ms. Vaughan explains. Her final suggestion is that parents commit to keeping a family presence at school. If the child sees that their family belongs in the school community, their sense of belonging will develop faster.

develop. Ms. Vaughan says that "these qualities have a positive effect on the brain and subsequent decision making. They also feed social bonds and feelings of belonging, pride, gratefulness and trust." These are important qualities for your children to encounter as they grow within school environments. Encourage these values by showing your children acts of kindness and good deeds, essentially teaching them how to treat others with decency. This will boost their ability to interact positively with the students around them.

### Help them physically

Be sure to remember the importance of mindfulness and sleep in your child's development. There are links between serotonin levels and the quality of child's learning, so it is of utmost importance that they get enough sleep. Ms. Vaughan suggests "address[ing] your child's physical environment" to ensure a calm and quiet bedtime. "This may include avoiding screen time before bed and practicing relaxation and deep breathing" suggests Ms. Vaughan. Similarly, another one of her tips is to remind your child to breathe in times of worry or stress, as controlled breathing is often the perfect antidote to these situations. This reminder will allow children to ready themselves for overwhelming moments where you won't be able to help, such as at school.

These simple tips can be practiced throughout the remainder of the school year to ensure positive experiences. They will aid with development for your child as they navigate life at school and learn how to respond to associated challenges.

### Foster important values

It is important that parents model qualities of kindness, courtesy and respect. If you lead by example, children will learn how to properly treat their peers so that healthy relationships

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# ROSEVILLE COLLEGE CELEBRATES IWD

## International Women's Day

fittingly marked the 109th birthday of Roseville College. Addressing an audience of more than 900 teachers and students Principal Ms Magil led the school in rejoicing their milestone.

"109 years ago, Miss Isobel Davies gathered with seven students in a small cottage known as Hinemoa, on the site now known as Roseville College," says Principal, Ms Deb Magill.

Ms Magil went on to state how the day marks much to celebrate, however, reminded students there was still a long way to go for advancing future opportunities for women.

"Roseville College is a dynamic learning environment for girls where we also guide them as they develop a healthy perspective about how to approach the world beyond school."

She highlighted the college's

alumni, many of who are dedicated to protecting the environment, working with charities and the less able, trailblazing in traditionally male dominated fields and pursuing positive change for women. This encapsulates the 2017 theme for International Women's Day, #BeBoldForChange, a theme Roseville college is embracing accordingly.

"Our 109th birthday celebrations focus on the characteristics of change makers, which are available to every girl at Roseville College as she pursues her destiny. That includes ten world changing values: kindness, generosity, authenticity, caring, honesty, respectfulness, wisdom, innovation, love and compassion," explains Ms Magill.

Roseville College celebrated their heritage and identity as women through the words of St Catherine of Siena, 'Be who God meant you to be and you will set the world on fire'.

As the College prepares for the formal

Commissioning Service of Ms Magill as its 10th Principal on 21 March, there is great cause to honour Miss Davies' foresight, courage and diligence, as well as to honour the subsequent eight strong women leaders who have held the role of Headmistress or Principal in the years prior.



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# RE-GEARING

Luka Osborne

**S**ince Gladys Berejiklian has taken over the premiership from Mike Baird; many have questioned whether she will follow through on her promises to tackle Sydney's ever-increasing housing affordability issue.

The issue re-entered the spotlight recently after an international study by Democrazia labelled Sydney as the second least affordable city in the world, behind Hong Kong. Gladys has regularly acknowledged Sydney's housing affordability as a primary concern, which she says will be addressed by increasing overall supply. However, financial experts are indicating that an increase in supply will not provide a sustainable long-term solution, with many looking at negative gearing and stamp duty as the major culprits preventing pressure in the property market from alleviating.

One critic is the Committee for Sydney's Tim Williams, who has named Sydney's housing affordability as an emergency and something that supply simply won't fix.

Williams says, "there is no more pressing issue than how we house the growing Sydney population... Nobody wants Sydney to become a city just for millionaires."

The percentage of first homebuyers in the market has fallen to six per cent; half of what it was 20 years ago. And, tax incentives like negative gearing will continue squeezing first home buyers out of the Sydney market.

Despite Prime Minister Turnbull ruling out changes to negative gearing during the last election, there are serious calls for changes in the system. NSW planning Minister Rob Stokes has been particularly vocal on the matter, taking the stance that it does not make sense for people to have tax deductions for holiday homes that do not improve the supply where it is needed. Thought that is paralleled by a Grattan Institute January report that revealed the highest 10 per cent of income earners,

prior to negative gearing, receive almost half of the benefits. Further, the Grattan Institute found that revising negative gearing and capital gains concessions could potentially save the government 5.3 billion a year.

"We estimate property prices would be up to two per cent lower under these reforms than they would be otherwise," CEO John Daley says, "Contrary to urban myth, rents won't change much, nor will housing markets collapse."

Premier Berejiklian has stated that she is happy to leave negative gearing to the federal government, however, has expressed a willingness to speak about the options with her federal colleagues if convincing evidence presents itself.

Another potential reform to ease housing prices is changing up-front stamp duty taxes to a lower and gradual land based tax. Peter Phibbs, Chairman of Urban and Regional Planning at the University of Sydney, has highlighted that despite steady increases in developments, supply is not doing enough to reduce housing prices. He suggests replacing stamp duty with a more regular stream of land or value-based taxes as an alternative. Something the Urban Development Institute of Australia has long supported.

"Releasing the burden of stamp duty at the point of purchase with a broad based, low rate land tax will give homebuyers the opportunity to spread the cost burden over time and give the States much needed and stable revenue to support responsible growth," says Michael Corcoran, National Vice President.

Despite a large consensus on the matter, when she was Treasurer Ms Berejiklian resisted requests to remove residential stamp duty in favour of a land tax, and she has carried this stance into her new role.

She has recently told parliament that the Government has pledged to work with

economist and Reserve Bank of Australia retiree Glen Stevens to tackle the issue.

"I am pleased that the Government has indicated it has an open mind when it comes to reviewing existing and new avenues of dealing with the issue" stated Mr Stevens.

Ms Berejiklian told parliament, "The NSW Government understands that housing affordability is top of mind for many people across the State – that is why we have made it a key priority."

As Sydney's housing prices continue to grow, so will the pressure on Ms Berejiklian to act. There seems to be a growing consensus that supply may be a short term or ineffective solution whereas changes to negative gearing and reform of stamp-duty could substantially help to ease new home owners into the market.





# PASSIVE INCOME: TIPS & TRICKS

Sabrina Muysken

**In lieu of** the housing crisis, Sydneysiders are increasingly shifting their attention to their financial situation. Many are looking to a passive income as a means to get ahead. For those not familiar, passive income is a term used to describe money that is being earned by an individual inputting little to no effort, as opposed to their active income.

Receiving a passive income tends to derive from gains on stock, interest, capital gains, retirement pay, lottery winning, online work and so on – Portfolio income may also be considered by some as a form of passive income. And as with non-passive income, passive income is usually taxable. Treated as a supplement to your primary income, passive income is a great way to save extra dollars for that overseas holiday you have been longing for or to simply increase your first-home deposit.

As 'passive income' has quickly becoming one of the highest searched terms on Google, the rise of the financial blogger is steadily underway. Local Sydney business woman Canna Campbell, the brains behind *SugarMamma.TV*, was

an early-predictor in seeing the need for quality, easy-to-understand and digitally accessible financial advice. Primarily gearing her financial recommendations towards women, Campbell is passionate about helping women achieve financial independence and security.

"I really believe that most women do not realise how much power they hold in their hands. Even the smallest bit of knowledge can make a huge difference in your financial future, headspace and relationship with money and wealth," she says on *SugarMamma.TV*.

With a background degree in commerce, Campbell was first inspired to explore the idea of passive income in order to save for a designer handbag – something she later titled 'The \$1000 Project'. By investing in shares and taking on odd jobs she was surprised by how quickly she reached her goal. Feeling compelled to share her newfound passion she created her online platform with the view to educating women in how they too can alleviate financial stress and make more informed decisions. Passive income, as Campbell says, is the

key to increasing happiness.

"The more passive income you earn, the more freedom, time and choice you have in your life, which are pretty valuable qualities that can help give you a lot more happiness!"

Read more here: [sugarmamma.tv](http://sugarmamma.tv)

## QUICK WAYS TO EARN A PASSIVE INCOME

- **eBAY, Gumtree, BuySwapSell** – Go through your wardrobe and house with the purpose of finding valuable items that you no longer. Upload them to an online selling platform and sell, sell, sell! Not only will your bank account benefit, but the decluttering process can be quite cathartic.
- **Extra work** – Look into extra work that you can do on weekends or after hours. The trick is to find something you enjoy so it doesn't really feel like work at all. Activities like dog-walking, after school care, tutoring and house sitting are great low-maintenance options.

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# HEALTH CORNER

Erin Christie

## Meditation Apps

Not only does meditation aid those with depression and anxiety disorders, it is known to ease chronic pain and high blood pressure, and increase serotonin and energy levels. However, a lot of people are not sure how to practice meditation, which is why meditation apps are helpful. Different apps offer different programs, showing beginners how to proceed and engaging more advanced 'meditators' in the practice. They allow you to set reminders so that you can remember to meditate during your busy schedule. Some of these apps include Buddhify, Headspace, and Calm, which range from free to \$4.99 at the App Store.

## Meet Your Matcha

Matcha, or 'powdered tea' is a pure form of green tea. While consuming matcha you drink the tea leaves, which are discarded in steeped green tea. In matcha, the leaves have been powdered and added to a solution, often boiling water to create regular tea. However, matcha can be incorporated into many meals, and recipes for muffins, soups and ice creams are becoming quite popular. Matcha has a significant amount of the antioxidants called polyphenols, which are linked to good blood sugar, the reduction of blood pressure and anti-aging. They have also been linked to protection from heart disease and cancer.

## Bikram Yoga

Bikram Yoga is a 90-minute class, consisting of 26 poses and two breathing exercises, taking place in a heated room of 37°C. While sounding hot and painful, it has actually shown many benefits for those who attend. While building general strength and balance, Bikram yoga also improves posture and flexibility of the spine. It aims to engage the left and right hemispheres of the brain, which improves memory, among other mental benefits. The sweat generated from exercising in the heat reduces your body of toxins, allowing you to feel refreshed afterwards. Bikram Yoga has fast gained momentum and is becoming popular worldwide.

# TEETH WHITENING

Dr Ian Sweeney



**Would you like to have a white and bright smile? Would you like to reverse some of the signs of ageing? Do you have an occasion**

coming up soon that you would like to have a more confident smile for?

Tooth whitening is the easiest way to brighten a smile. In house whitening is a fast, effective way to improve the brightness on a smile and could be the answer to many of these issues.

Tooth whitening is available in many forms, however dental professionals are the only

people legally allowed to use hydrogen peroxide, which is the active ingredient in all professional whitening products. Over the counter products cannot match the power of professional whitening.

The first step towards tooth whitening is to arrange a general check-up and clean with your dentist. Tooth whitening is totally safe but it is important to ensure gums and teeth are healthy prior to whitening so that any underlying issues are not exacerbated.

The next step is to decide which system is suitable for you. In chair whitening using the ZOOM system means that whitening can be done by your dentist in one appointment. The other option is a "take home whitening kit". This involves having impressions taken which are then used to make custom fitting bleaching trays. These trays are then taken home and worn for a couple of hours every day. Both options give the same end result but the in chair

whitening is more immediate.

Today, prevention of post-operative sensitivity is achieved with the application of "tooth mousse". Tooth mousse works to strengthen teeth by delivering calcium and phosphate in a unique soluble form to help re-mineralise the enamel. This can also be used prior to bleaching for patients who have previously suffered from sensitive teeth. This is only available from dental professionals.

Immediately following bleaching, there are also some post whitening dietary restrictions to ensure the maximum benefit of the whitening is achieved whilst the new shade settles in.

So if you would like to brighten your smile, or remove ageing or smoking stains book an appointment with your dentist today!

[northsidedental.com.au](http://northsidedental.com.au)

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# WHAT IS PROBUS?



Doug Shaw, President of Ku-ring-gai West Probus Club

**A Probus club** is an association of retired and semi-retired people who appreciate and value contact with others in similar circumstances. The aim of Probus is for “Friendship, Fellowship and Fun” in retirement.

Probus clubs hold regular member meetings, usually with a guest speaker, and organise activities and outings for the members. The clubs are non-political and non-sectarian, are not profit making and have no fund-raising activities. They are not service clubs. Their aim is to have a good time at minimal cost to the members.

Ku-ring-gai West Probus Club is a “combined” club – it has male and female members. It meets on the second Friday of the month from 10am to noon at the Gordon Bowling Club, and attendance at the monthly meetings ranges from 60 to 80 members. The meeting usually has a short formal component on

club matters, a morning tea, and a guest speaker. Activities available to members include an extensive program of lunches and dinners, theatre parties, day trips, a mah jongg group, and an active walks group.

Why not come along to a meeting and see if you think Ku-ring-gai West Probus Club would suit you? We would be delighted to welcome you and tell you more about the club!

*For more information about the club, call the Secretary on 9419-5905.*



## PATHOLOGY TESTS: what you need to know

Aashray Narula

**It is well-known** that Australia has an aging population. Recently, the Australian Bureau of Statistics revealed the medium age of our population to have increased by three years over the last few decades – from 34 years in June 1996 to 37 years in June 2016. Similar to most developed countries, Australia’s population continues to age as a result of sustained low fertility and increasing life expectancy. However, with an aging population comes a range of severe health risks.

Addressing these concerns, Pathology Awareness Australia (PAA) is urging Australians to seek professional advice regarding health concerns and to become more informed about their wellbeing. PAA is a not-for-profit company, which seeks to improve the understanding and recognition of Australia’s world class pathology services.

PAA Ambassador and pathologist, Dr David Clift says, “Many conditions are more treatable when caught early and this means it is important to stay on top of

health matters.”

Pathology results inform 70 per cent of medical decisions and are truly important in assisting doctors with the diagnosis and treatment of patients.

### PAA’s five recommended pathology tests to have in 2017:

1. Skin cancer check
2. Diabetes check
3. Bowel cancer screening
4. Cervical cancer screening
5. That thing you’ve been ignoring (i.e. a persistent cough or ongoing headache)

According to Cancer Council Australia, approximately two in three Australians will be diagnosed with skin cancer before the age of 70 and there is more than 750 000 people treated for one or more non-melanoma skin cancers in Australia each

year. Similarly, the Australian Institute of Health and Welfare states that an estimated 1.2 million Australian adults aged 18 years and over had diabetes in 2014-15.

These overwhelming statistics reinforce the significance of seeking professional advice regarding any health concern that you may have. Pathology testing is vital for doctors and early detection can be life-saving. Taking a few hours out of your schedule may just end up saving your life!

*Note: PAA recommends considering risk factors such as a family history of a condition when deciding on which pathology testing to undergo, as they can put an individual at increased risk.*





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# Let's Talk About Vaccination: *Why Education is so Important*

Rose Gresham

Although most Australian parents fully support vaccination and keep their children up to date, one in three have some concerns about immunising their kids. The Australian Child Health Poll, conducted in January this year, highlights the importance of staying informed for those who already vaccinate and suggests that educating those who don't is imperative.

Australians are, to a large extent, supportive of Vaccination. Out of 1 945 parents studied in the Child Health Poll, an overwhelming 93 per cent preferred their children to receive all recommended vaccines on the National Immunisation Program. Not only do most Australians want their children vaccinated, it appears we want others to vaccinate their kids, too. New South Wales currently boasts a 'No Jab, No Play' policy, preventing access to day-care for unvaccinated kids without an exemption form – and it seems to have the public's vote, with 71 per cent of NSW citizens supporting refusal of access. With such high levels of support, the question over the necessity for further discussion on the topic could be raised. However, the 2017 Poll has uncovered some cracks beneath our pro-vaccination veneer, and provides an incentive to keep the debate open to all members of our community.

Roughly one third of parents surveyed had some concern about vaccinating their children, despite 80 per cent of these families still following the National Immunisation Program. The Poll found

that an uncertainty surrounding the safety of vaccinations was the main concern – 12 per cent of parents indicated that they were unsure if vaccinations were safe, whilst 1 per cent firmly believed they were not. One in six parents believed vaccines to contain harmful ingredients such as mercury or aluminium, 9 per cent believed vaccines could cause autism, and 30 per cent were unsure about autism and vaccines. The concern that Dr Anthea Rhodes, Director of the Child Health Poll has around these responses is that none of them are supported by scientific evidence.

"Since the year 2000, vaccines available on the National Immunisation Program have not contained the mercury-containing preservative thiomersal", says Dr Rhodes.

Any ingredients within vaccines in addition to the active components are extensively tested, and, despite the fairly significant level of concern, there has been no link found between autism and vaccines. Not only are parents often misinformed regarding the dangers of vaccination, many often delay their child's immunisations for reasons that, unbeknownst to them, are invalid.

Many parents are confused about whether vaccinations should be delayed in the setting of minor illness. Over a third of parents believed that vaccines should be delayed for a child with just a runny nose and a further third were unsure. Almost half thought vaccinations should be delayed if a child is on antibiotics, even if they are well, and close to a quarter believed that a child who had a previous local reaction should not be vaccinated. Once more, all of these assertions are incorrect – It is only in the case of a fever or severe previous reaction that a vaccination should be delayed.

This lack of clear knowledge surrounding vaccinations may be contributing towards

the ability for scientifically inaccurate comments to incite fear. When prominent public figures such as One Nation's leader Pauline Hanson are able to claim links between vaccines and autism and encourage a non-existent 'allergy test' to be performed on children, it is no wonder that many are left confused. Hanson herself appears to be a little confused on the topic, having since apologised for her incorrect statements and cited her full support for the Vaccination program.

Perhaps even more important than educating those with misconceptions surrounding vaccinations is making sure that those who refuse to vaccinate still have access to healthcare. The Poll found that one in six children that were not up to date with their vaccinations had been refused care by a healthcare provider. Dr Rhodes expressed grave concern that this decision would "not only deny healthcare to a child, but remove the possibility of educating parents and helping them to eventually choose to vaccinate". She also suggested that these statistics present an ethical dilemma, as "children aren't making these choices about vaccination for themselves", and thus should not be denied the benefit of healthcare services.

Despite the nation being in overwhelming favour of vaccination, confusion abounds when it comes to the safety of vaccines and when to administer them. Hence, the importance of an open dialogue – both in the community, between parents and their regular GP and between the medical field and the broader public.



# THE PRICE OF

Luka Osborne

**Getting ill is** a part of life, but how much should your health cost? An alarming new report from independent think tank Grattan Institute revealed that Australians are paying more than \$500 million a year too much for prescription drugs. The research further unveiled that eight per cent of the population either did not purchase or deferred purchasing prescription drugs as they were not affordable.

Currently, Australians pay approximately five times the best international price for the seven most prescribed drugs. Cholesterol medicine Lipitor, the most prescribed drug in Australia, is up to one and a half times the best international price. Breast cancer drug Anastrozole (Arimidex) costs Australians \$19.20, the same box in the UK is merely \$2.45.

What can be done to rectify this issue?

With the current system pharmaceutical companies must reveal how much they

charge pharmacies for drugs. From this, the government finds an average price before calculating the Pharmaceutical Benefits Scheme (PBS) discount. The PBS sorts medications into seven groups, with the lowest cost medication receiving the governments money.

The Grattan Institute suggests a new international price benchmark authority to find an international average, rather than a national one, to bring prices down. A similar scheme has been adopted by Canada, New Zealand and the European Union. Further, a changing in the drug groups from seven to 18 as well as revising the various loopholes attached to these categories could substantially lower consumer costs.

“Fixing this policy mess would give patients a better deal and improve the budget bottom line,” says program director Stephen Duckett.

[grattan.edu.au](http://grattan.edu.au)



## ACTIVATE YOUR HEALTH AND FITNESS

Activate your health and fitness this Autumn with Active Ku-ring-gai! The program starts April 24 and bookings can be made via the Council website.

Activities range from tai chi, pilates, social tennis, walking groups and yoga. Junior golf clinics are also available at Gordon and North Turrumurra courses, as well the ever popular ‘gym without walls’ outdoor group training classes at various parks across Ku-ring-gai.

Mayor Jennifer Anderson says Active Ku-ring-gai is aimed at all residents, regardless of their age or level of fitness.

“The objective is to help our community stay fit and active all year round without needing to spend a lot of money to do it. Since Active Ku-ring-gai started in 2006 over 3000 people have taken classes and improved their health as a result.”

For more info about Active Ku-ring-gai and to book visit: [www.kmc.nsw.gov.au/activekuringgai](http://www.kmc.nsw.gov.au/activekuringgai)

Please note there are no classes on public holidays.



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# RAISE YOUR VIBRATION

Sabrina Muysken

**I**n recent years there has been a noticeable shift towards a more holistic approach to health. The philosophy that our mind, body and soul are intimately interconnected is now commonly accepted by many medical practitioners, resulting in symptoms and illnesses being addressed by referencing the body as a whole rather than a being consisting of unlinked, separate entities.

In alternative medicine 'vibration' is considered a key cornerstone that contributes to an individual's overall wellbeing. It is thought that each person holds their own unique vibrational frequency that surrounds and permeates every cell in the body. This frequency is made up of the different energy levels from an individual's physical, mental, emotional and spiritual being.

When your personal vibration is low it signifies a disconnect between the body and soul. This can physically manifest as low energy levels, feelings of heaviness or sluggishness, and increased stress. In comparison, high vibration is marked by good mental health, minimal ailments in the physical body, and a positive life flow.

It is important to recognise that vibrational philosophy hinges around the Law of

Attraction, like attracts like. It is thought that you regularly attract into your life things, circumstances, conditions and people that correspond with your unique vibrational frequency. This might explain why some people appear to have a streak of good luck or a run of back luck, chances are it was actually their initial frequency that drew the series of similar elements into their life.

## How do you raise your vibration?

Kerrie Erwin, *Sydney Observer's* resident psychic and medium, has revealed how implementing a few of the following subtle methods will raise your own vibrational frequency.

### POSITIVE AFFIRMATIONS

Through affirmations we can rid ourselves of self-doubt and negativity. It might feel strange at first, but saying a positive message to yourself each morning when looking into a mirror can have a profound affect on your life. Kerrie suggests trying something simple like 'Everyday in every way I am loved, supported and safe'.

### GRATITUDE LISTS

With the chaotic lives many of us lead it is easy to take things for granted or forget your accomplishments. Gratitude lists are a great way to centre yourself

and bring your mind back to what is most important. Kerrie advises to jot down a few things you are grateful for before you go to sleep each night, creating this habit will allow you to appreciate just how far you have really come.

### YOUR HOME

Happiness often starts in the home. If your home is unordered and messy this can easily translate to feelings of being out of control in your work or personal life. Kerrie recommends using Feng Shui as a way to declutter, rid yourself of unnecessary items and clear your space.

### DIET AND EXERCISE

What we eat undoubtedly plays a significant role in our overall state of health. Consuming foods that are nutritional, un-processed and seasonal is the easiest way to ensure that your body is adequately nourished. Combined with regular exercise, which has been scientifically proven to boost endorphins, you are putting your physical body in good stead to take on the daily stresses of life.





# World Health Day 2017

Erin Christie

**World Health Day** is organised annually on April 7 by the World Health Organisation (WHO). This year's theme is depression and removing the stigma associated with mental illness. They have named the campaign 'Let's Talk' to encourage conversation around the topic. Depression affects people of all ages and backgrounds but still often goes unrecognised as a health issue, making April 7, 2017 an important day.

WHO has recently released a set of statistics and estimates showing depression to be an epidemic. The percentage of the people suffering from depression globally in 2015 was roughly 4.4 per cent. Although young people are affected, depression is more prevalent in late adulthood. More than 7.5 per cent of females between the ages of 55 and 74 are estimated to suffer from depression. In the ten-year period between 2005 and 2015 the total number of individuals living with depression was thought to increase by 18.4 per cent. The biggest problem facing sufferers is that mental illness



exists under a stigma, being a problem that is often invisible to others. WHO Goodwill Ambassador James Chau says that the most important thing sufferers can do is recognise that "you're special to somebody else" and advises that they find someone to share their feelings with. This encouragement aligns with WHO's initiative 'Let's Talk'.

The community can get involved with Let's Talk by visiting the WHO website to access posters, handouts and other materials focusing on depression. These could be used by doctors in their practices or by counsellors at schools or university campuses. It is also a great resource to use to learn about depression. Talking to friends and family about World Health Day may also encourage

any silent sufferers with depression to come forward, so make sure you're familiar with this upcoming day and all it represents.

[who.int/en](http://who.int/en)

## SELF-HARM INCREASING AMONGST YOUTH

Rose Gresham

**The rates of** self-harm amongst young Australians have been on the rise — and something needs to be done about it.

Garry King, a researcher from Griffith's Australian Institute for Suicide Research and Prevention, suggests that there "has been a strong perception of a significant increase over the last two decades", with current prevalence rates sitting at around 17 per cent among females and 12 per cent among males. Despite there being a fairly substantial amount of research on the area, King believes that it is difficult to obtain accurate statistics as "young people can often be sensitive about what they're doing, with up to a third potentially not telling anybody". This is particularly true for young males, who often find it difficult to seek help.

Although it is clear that there has been an increase in youth self-harm, many are left wondering as to why these destructive behaviours are so prevalent. King points to the overwhelming nature of modern

life as a potential cause. "[Young People] appear to have a vast amount of information to process now on a daily basis, and sometimes they can become overwhelmed", says King, "This can sometimes result in a self-harming behaviour".

For many parents, this is understandably a frightening issue to face. However, it appears that engaging in an open discussion with young people is the most constructive way to bring about change. Former Minister for Health, Sussan Ley, suggests that the concerning rate of self-harm means this conversation "is an important one to pursue for everyone's sake." What's more, making sure young people are socially connected and engaged with their peers can "help them to feel like they're being listened to", says King, and can go a long way towards assisting recovery.



It's not all grim though — growing awareness and a reduction in associated stigma has helped contribute towards more young Australians seeking help. In fact, the number of those with support has doubled compared to 15 years ago, according to Ms Ley. As King suggests, "it remains a hopeful time in trying to understand more about this issue", and, with more open dialogue amongst the community, it might soon be an issue of the past.

# 'MY AGED CARE'

## 5 STEPS TO ACCESSING FUNDING TO CONTINUE LIVING AT HOME

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



**The Government's reform** agenda 'My Aged Care' has changed the way in-home support is provided – for both people already receiving care and

those who may require care in the future. The changes that have come from the reform agenda mean that people will receive the support they want rather than having to accept the support they are told they can have. Now, that's progress!

No longer will funding packages be allocated to and managed by third parties based on pre-determined criteria. Now, people over 65 requiring in-home support can choose the way their allocated funds are spent with the goal of enabling them to continue living in their own homes and enjoying life to the fullest extent possible. As well people can choose who provides their support just as all of us do when purchasing any product or service.

Note to those already receiving home care who wish to change their provider: Yes, change is often challenging however let's keep the words of George Bernard Shaw in mind: "Progress is impossible without change."

*Need more information?*  
Email [vera@justbettercare.com.au](mailto:vera@justbettercare.com.au)



### Five steps to access funding from My Aged Care:

1. Phone My Aged Care on 1800 200 422 or visit [myagedcare.gov.au](http://myagedcare.gov.au) to check your eligibility.
2. Choose your home care package provider. Just Better Care is an Approved Provider.
3. Work out the costs of the support you would like to receive from your funding.
4. Accept a home care package.
5. Begin receiving support from your chosen provider.



## Just Better Care in-home support

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# Aged care residents enjoying life at Bella Vista Gardens

## Award-winning retirement

and aged care provider Cranbrook Care's Bella Vista Gardens, has enriched the lives of its new aged care residents over the past few months, all of whom have happily settled in to life at the brand new residence in Kellyville.

Overlooking the Castle Hill Country Club golf course, Bella Vista Gardens welcomed its first new residents in November last year. Ms Kerry Mann, CEO, Cranbrook Care, says the new residents are enjoying all the facilities on offer, and the newly opened location.

"Bella Vista Gardens has been developed in response to increasing demand for quality, bespoke seniors' care. Each resident is looked after by a comprehensive team of professionals, including those in nursing, hospitality,

personal care, cuisine, maintenance, administration and more. The team at Bella Vista Gardens offers the highest level of service to residents, encompassing bespoke Extra Services, dementia care, palliative care and respite care.

"At Cranbrook Care we strive to enrich the lives of older Australians, and we are enjoying delivering our unique approach to aged care to our residents at Bella Vista Gardens," added Ms Mann.

Residents at Bella Vista Gardens live in contemporary suites designed by leading architects featuring the latest technology for physical and emotional care and security with panoramic views of the Castle Hill Country Club golf course. Many suites feature private garden courtyards or balconies with a selection of suites for couples, relatives or friends to share.

Bella Vista Gardens offers several beautifully appointed lounge and dining areas as well as a range of lifestyle

services, including physiotherapy, massage and podiatry. A hydrotherapy pool, consultation suite and gym with premium, age-specific exercise equipment from Finland are located within the state-of-the-art Reflections Wellness Centre. The Leisure & Lifestyle team keep residents busy with a daily schedule encompassing exercises, games, art and crafts, in-house concerts, history discussions and seminars, outings to the local area and much more.

Cranbrook Care's cuisine has been commended at the state and national level by the Savour Australia Hostplus Awards for Excellence – a nationally recognised, independently judged awards program that recognises exceptional service and culinary talent across Australia. All meals are prepared in consultation with in-house Executive Chef Elvis Zhang and a nutritionist, and the daily à la carte menu can be tailored to suit individual preferences.

[bellavistagardens.com.au](http://bellavistagardens.com.au)

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[bellavistagardens.com.au](http://bellavistagardens.com.au)

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# APRIL HOTSPOTS

Rose Gresham and Erin Christie



## Wine and Dine Sydney

If you are between the ages of 24 and 45, interested in meeting members of the opposite sex and a lover of good food and wine, then Wine and Dine is the event for you! Wine and Dine evenings are held across Sydney on a semi-regular basis, and, on the 8th April, the speed-dating foodie phenomenon is arriving in Manly. One gender hosts the event, whilst the other roams across three different locations to enjoy three courses. After the meal, all guests are invited to an after party at Donny's Bar for an opportunity to chat to anyone they felt a connection with during the night.

[wine-dine.com.au](http://wine-dine.com.au)

## Sydney Korean Festival 2017

This year's Korean Festival will be held at the Tumbalong park in Darling Harbour, and will feature more delicious food stalls than ever before! The festival will run from 11am – 9pm on April 1 and 2, and will celebrate all things Korean. Not only will there be plenty of appealing cultural dishes to experience, this year will see the introduction of Korean Drama and Film Awards, as well as K-Talent. Entry is free and open to the whole family.

[sydneykoreanfestival.com.au](http://sydneykoreanfestival.com.au)



## AnnanROMA Food, Beer and Wine Festival

Taking place in the beautiful Botanic Gardens, Mount Annan on April 2, this festival is now the most popular food, beer and wine festival in the Macarthur region. This community event features food, wine and beer from the best restaurants, growers, vineyards and breweries local to Camden, Campbelltown and Wollondilly. Entry is free, as is parking onsite if you wish to attend. Although considered a fair trek from the city centre, this event will be overflowing with great tastes and good vibes; and will serve as a great break from the bustling Sydney area.

[macarthur.com.au](http://macarthur.com.au)

## Easter Long Weekend at Hunter Valley Gardens

Every year, Hunter Valley Gardens hosts a giant Easter-Egg Hunt for those visiting. Taking place among the Lakes Walk from April 14 to 17, children will be accompanied by the Easter Bunny and given a chocolate gift at the end of their hunt. Other activities will involve finding a golden egg to win an Annual Family Pass, plus gingerbread workshops and even hatching chicks to match the Easter theme. This is a great idea for a holiday over the Easter Long Weekend, as it will keep the kids entertained and thriving in Easter spirit while giving you the break from Sydney you deserve!

[hunervalleygardens.com.au](http://hunervalleygardens.com.au)



## Star 104.5 Toast the Coast

Taking place at Gosford City Rotary Club on April 1, '104.5 Toast the Coast' will offer many different arrangements of food, wine, beer and ciders, all sourced from and contributed by local growers and producers. This year will be headlined by popular cook and author, Julie Goodwin. She will be giving cooking demonstrations taken straight from her own cooking school. Entry to the festival is a gold coin donation, and the majority of funds raised will be donated to Coast Shelter, a safe haven for sufferers of domestic violence and abuse, making the event a very worthwhile cause.

[star1045.com.au](http://star1045.com.au)

## Mozzarella Cooking Class

Hosted by the experts from Vanella Cheese and located in the inner-city suburb of Pyrmont, the Cheese Lovers Mozzarella Masterclass offers an opportunity to learn a new skill over a glass of Italian prosecco. After a demonstration, guests will be invited to attempt their own mozzarella and make a Caprese salad to enjoy. Mozzarella is a delicacy best consumed on the day it is made, and so this invaluable masterclass will provide the knowledge required to make your own fresh cheese at home for pizzas, salads, panini and more.

[signorelli.com.au](http://signorelli.com.au)

Luka Osborne

**T**he delicate aromatics produced as

Thai basil dips through the surface of a beef broth resurrects memories of rice paddies woven into rolling hills. Ever since a family holiday to Vietnam, I have been captivated by the complex flavours of Pho and the satisfying crunch of Bahn Mi, locally known as a Pork Roll.



Alternatives to a Pho soup are the deliciously creamy Laska served with Wontons and a variety of meats or the Tomato Beef Soup – a spicy broth cooked with succulent melt-in-your-mouth beef.

For the vegetarians, there is a welcomed variety of dishes including the

Rice Vermicelli Salad – light fluffy noodles combined with pickled and fresh vegetables – as well as the Classic Papaya Salad – shredded green papaya with a tangy sauce.

Unfortunately Pho Ngon's desserts are somewhat limited, although a traditional rice pudding and ice-cream will likely appease a sweet tooth.

There is no need to travel to Ashfield or Cabramatta for an authentic Vietnamese experience as Hornsby's Pho Ngon is as good as it gets this side of Saigon. Tucked away under Hornsby's newly developing footbridge, Pho Ngon has a lot on its menu to offer.

## RESTAURANT REVIEW: PHO NGON, HORNSBY

Before even stepping inside, you will notice the front of the restaurant is a takeaway entity in itself. A large Bahn Mi stand sits to the right, which is often adorned by a cue of lunch-goers in the middle of the day. Accompanying this is a rainbow of gelato and ice-cream choices, freshly baked pies, bread and a pork bun steamer.

If you manage to make it inside the restaurant without already indulging your appetite, the modern layout will greet you openly. Booth style seating to the side provides a casual setting, whilst more formal party-sized tables are available towards the rear of the restaurant. Tasteful lashings of foliage and a few contemporary Vietnamese art pieces set a simple yet vibrant atmosphere.

The menu offers many noodle bar staples as well as some more adventurous choices. The home-made spring rolls filled with coriander and pork have an irresistible crunch, whilst the rice paper rolls served with a peanut dipping sauce are light and refreshing. For something different, try the crispy Vietnamese pancake – a wafer-thin shell housing bean sprouts, fragrant pork and prawns – that is rich, delicious and a great plate to share.

A Vietnamese meal would never be complete without a classic bowl of Pho. Every noodle bar has its own varieties and incarnations, Pho Ngon's speciality is as authentic as it is tasty. The broth has light notes of aniseed and cloves that subtly compliment the rare beef. For those more daring foodies, you can add tripe, tendons, beef balls and fatty beef to the mix.

With great value - all the dishes fall well under \$15 - Pho Ngon is a must-try restaurant for North Shore locals craving an authentic taste of Vietnam!

*Pho Ngon is located at 8-10 Florence St, Hornsby NSW 2077, or you can order online at [menulog.com.au/pho-ngon-vietnamese-restaurant](http://menulog.com.au/pho-ngon-vietnamese-restaurant).*





# PAINT THE MOOD

Luka Osborne

**C**olours have long been known to influence mood, but how can we use them in our homes to make the most of our living environments? With a few cans of paint, of course! Each room of the house has a different functionality and therefore should utilise different paint combinations to increase sleep, work and play.

Deborah Zimmer from the Paint Quality Institute recommends that before lathering a brush you should take note of the lighting of a room.

“During the daytime, a wall colour might appear to be in the pale green family, but at night, under artificial light, it may take on a yellow caste. Likewise, a light blush tint might gravitate toward pale grey in dimmer light.”

The living room is often situated at the front of a house, a multi purpose place where you may hang out, converse and entertain. Warmer colours are useful if it is a daytime space or for a dining area. Orange can create a feeling of reassurance and help socialisation while splashes of red can create excitement and enhance entertaining, as red is said

to increase the appetite. Restaurants will often feature red walls for this reason. Be sparing however as too much red can be overexciting and agitating. Black and Grey though dull in large amounts can balance exciting colours and create a smart outfit for a formal setting.

If your entertainment area is separate and you just need somewhere to relax, think about deeper sedated tones like maroon, lavender or brown, also consider green as it brings out feelings of nature and balance.

Yellow, known for energising and uplifting is particularly at home in kitchens, however be careful on its placement as it can also be over stimulating. Studies have shown that people are more prone to losing their temper in yellow rooms. Avoid yellow in infants bedrooms, it is said to make babies cry more often. Think about using pastels to slightly mute the exuberance.

An office space often requires different attention, a place where you can focus and have clarity of mind. Blue is recommended for offices as it reflects the expanse of the sky and the ocean, promoting calm, clarity and focus. It is no accident that Facebook

uses their signature blue to make users feel at home. Be careful of too much blue as it can make a room feel cold. Consider shades of purple to make a warmer and more creative atmosphere.

Bedrooms vary from person to person, but generally try to avoid bright stark colours. In feng shui schools of thought, red can invoke passion. To promote well being and sleep use calm green tones.

Deborah Zimmer from the Paint Quality Institute recommends also paying attention to tone qualities.

“Aside from the pure colour, or hue, of the paint you choose, keep in mind that tone, or brightness, also plays a role in creating mood. Brighter tones invigorate, while those that are muted (“toned down”) tend to be more relaxing.”

Its important to remember that paint doesn't have to be permanent and you should feel free to experiment. A change of mood could simply be just a brush stroke away.

[paintquality.com](http://paintquality.com)

# LIVING WORKS OF ART

Susan Potthurst of Elegant Outdoors, Turramurra Garden Centre

**To train a** tree to have height and width but not much depth is a technique called 'espaliering', which was developed in Europe in the 16th century to help temperate climate fruit grow in colder regions, utilising the warmth of sunny walls.

Today, espaliered plants come ready made for you in our garden centre, having been nurtured from a young age by skilled and patient growers. Those on lattice frames make for great courtyard and balcony space-savers and when planted in the ground and trained on wires, they transform a boring wall into a beautiful piece of art.

Citrus trees are hugely popular. Because of the smaller leaves that cumquats and mandarins have, the overall look is lush and dense and the orange skins look phenomenal against the foliage. Lemons and limes are firm favourites as these are

most commonly used in the kitchen and the leaves of Kaffir limes, which are of course used for culinary purposes, means there's absolutely no wastage when you're pruning! For plants that are evergreen & have fabulous flowers, I favour Gardenia 'Florida', Osmanthus and Camellias. Chinese Star Jasmine is commonly trained on wires in a diamond or criss-cross pattern on walls, but works just as well in pots.

To maintain your espalier, allow new shoots to grow 10-15 cm. Pinch out the tips that do not have flower or fruit buds then bend & secure these pliable branches into the desired position. Ultimately, what you need to achieve is a horizontal look which allows the sap to run horizontally and therefore discourages vertical growth. Use clips or flexible ties to affix the branches to the trellis or wire. Any branches that spoil this look should be trained back or trimmed off.



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# MINIMALISM

## (& HOW IT WILL CHANGE YOUR LIFE)

Sabrina Muysken

**I**t's the latest trend taking the world by storm – Minimalism. The imagery of someone discarding all their hard-earned belongings, resigning from their time-invested career, rejecting mainstream society and becoming a wandering nomad may initially spring to mind, and whilst this image isn't entirely incorrect it also isn't the only way to adopt this old-found ideology. In reality, minimalism is not really a trend at all but a way of life, which can be adapted to suit the individual seeking it.

Minimalism is thought of as a tool that can assist you in finding that seemingly illusive feeling of contentment we so regularly search for. Through streamlining our lives and decluttering, minimalism followers believe the practice shifts meaning back onto the important things in life; relationships, health, passions and personal growth.

Helping spread the powerful message worldwide is the enlightened duo *The Minimalists*. After the American friends discovered the life-changing way of living they made it their personal mission to

share their findings and help others to live 'more meaningful lives with less'. Through their website, books, podcast and Netflix documentary they have reportedly reached over 20 million people to date, having also been featured in *The New York Times*, *Wall Street Journal* and various other publications.

One half of the founding twosome, Joshua Fields Millburn, believes minimalism to be the only way forward in getting past the 'things' in order to make room for life's most important things – which aren't really 'things' at all.

"If we had to sum it up in a single sentence, we would say, 'Minimalism is a tool to rid yourself of life's excess in favour of focusing on what's important – so you can find happiness, fulfilment, and freedom,'" says Joshua.

Becoming a minimalist doesn't mean you have to stop shopping or take issue with owning material possessions. Becoming a minimalism is about pausing, reflecting and asking ourselves 'Do I really need this?'. If the answer is yes, then by all means purchase away. But if the answer is

no, it is important to address the underlying reason why so many of us are looking to consumerism to fill the empty voids that currently exist in our lives.

"Want to own a car or a house? Great, have at it! Want to raise a family and have a career? If these things are important to you, then that's wonderful. Minimalism simply allows you to make these decisions more consciously, more deliberately," says Joshua.

In the digital age, where buying a product comes as easily as the click of the button, we are creating and promoting a society of mindless consumers. The process of becoming a minimalist allows us to take a step back and reassess our core values.

As we head into the cooler months, why not take the opportunity to live a life focused on the important things?

As Spencer W. Kimball once said, "Love people, not things; use things, not people."

Take the full 21 day minimalism challenge at: [theminimalists.com](http://theminimalists.com)



# Sydney Observer's three steps for the beginner minimalist:

## 1. Write a LIST

Before you get onto the decluttering phase it is important to consider the reasons why you are trialling minimalism at all. We suggest jotting down a list of all the reasons you have decided to live more simply — from financial stress to less cleaning, include them all! Place the list somewhere you regularly see like on your fridge or bathroom mirror. This way when you are having a down moment you can re-read your inspiration and feel empowered to keep going.

## 2. Do a BIG cull

Work through one area at a time and purge anything that hasn't been used in years, isn't used frequently enough to justify keeping or simply no longer brings you happiness. Before taking the items to the tip consider donating them to charity, giving them to friends or family or even discarding them at the next council clean-up. Get your belongings down to the bare basics, that are not only used consistently but are also multi-functional.

## 3. Become a CONSCIOUS consumer

Becoming mindful of our purchases is the cornerstone of minimalism. Before bringing new items into your home stop and consider if you really need it. Instilling a two week rule is a great way to stop eager shoppers from purchasing unnecessary items. If after the two weeks is up you still want the item then buy away. We think you'll be pleasantly surprised by how many times you'll have either forgotten about the item or left no longer wanting it when the time-frame is up!

# D.I.Y. DUTIES

Luka Osborne

**In conjunction with** Bunnings the NSW Government has announced the roll out of the 'Healthy Homes' pilot program. The program includes D.I.Y. workshops aimed at helping older Australians better equip their homes to live independently for longer.

Minister for Ageing, Tanya Davies, attended the Healthy Homes pilot launch at Bunnings Alexandria on Thursday.

"While many older people want to stay in their own home for as long as possible, they are less confident they will be able to do so because their homes may not meet their physical and mobility needs," Mrs Davies said.

The pilot program will begin this April with workshops to be held at Bunnings Alexandria, Kingsgrove, Bankstown and Lidcombe stores, before being rolled out state-wide in 2018.

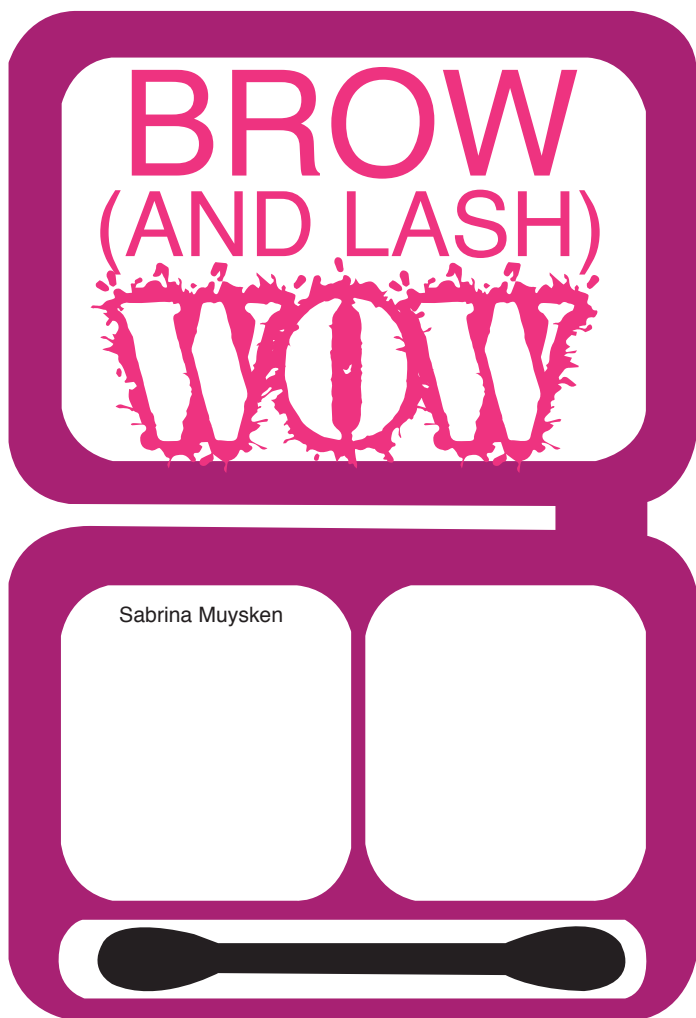


Bunnings Chief Operating Officer, Clive Duncan said Bunnings was pleased to offer the new program which includes how to guides, videos and practical advice from team members on simple low cost methods to improve safety and security, insulation and energy efficiency, home automation and assisted living.

"We have been providing free D.I.Y. information and advice to local residents for many years both in-store and online and we recognise that many customers want to make their homes more comfortable and suitable for their changing needs," he said.

The launch came on the eve of the NSW Seniors Festival, which spans nine days and involves numerous events where the NSW Government and Bunnings will both have an active presence.

[bunnings.com.au](http://bunnings.com.au)



The brow-revolution is in full throttle and the current trend is the fuller the better. Naturally wild and seemingly untamed brows are being perpetually uploaded to social media under the guise of being #OnFleek or #BrowGoals. We personally love that the natural look is back in fashion, but if you weren't blessed with perfectly arched, bold beauties or you are still recovering from the over-plucked look of the 90s keep reading! After consulting the beauty gods (AKA Sephora and The Body Shop) we have put together the ultimate list of brow and lash product heroes.

**RADIANT BROW-WOW**

**Anastasia Beverly Hills Tinted Brow Gel, \$40**

Just like a mascara but for brows, this super lightweight, tinted brush-on gel will subtly work to intensify and volumize your look. It is the perfect tool to deepen blonde brows, brighten dark brows, or conceal those pesky grey hairs. For extra wow-factor use on top of the Perfect Brown Pencil.



**WATERPROOF**

**Make Up For Ever Brow Gel, \$37**

An eyebrow corrector that with its highly-pigmented gel will work to enhance and reshape your brows to give a sleek, polished finish. Made with a superior waterproof formula, once in place this strong product is not going anywhere! A definite must-have for those in search of something a little more long-wearing.



**THE PERFECT ARCH**

**Anastasia Beverly Hills Perfect Brow Pencil, \$42**

A full-coverage pencil that effectively conceals brow hairs that are growing in, counteracts redness, and helps to create that sought-after clean, defined arch. It is also a clever multi-tasking buddy with formula that will double as an eye shadow primer over the lids.



**FOR PRECISION**

**IT Cosmetics Brow Power Super Skinny, \$38**



Developed with experts in facial symmetry, this intelligent brow pencil is the first-ever super skinny micro-tip actually designed and measured to perfectly mimic the exact width of real brow hair. With each stroke you will be left with truly natural-looking eyebrows. Plus it has been combined with universal transforming shade technology, allowing you to adjust your colour based on pressure so you get a perfect match to your hair colour in your colour range every time – Now that is high-tech fashion!

**SUBTLE & NATURAL**

**Make Up for Ever Brow Liner, \$28**

Lightly draw over your eyebrows with this liner for a subtly defined appearance. This pencil allows for accuracy in application to even out the brows, creating a clear-cut result. Created with a long-lasting formula this is a no-fuss product.



**LASH VOLUME & LENGTH**

**IT Cosmetics Superhero Mascara, \$18**



Formulated using powerful peptides and proteins, strengthening biotin, lash-lifting polymers and plumping collagen, this elastic stretch volumizing mascara is guaranteed to take your lashes to new heights! Coat your lashes in jet black to perfectly pair with your new, bold brows.

**PRE-TINTED BROWS & LASHES**

**The Body Shop Brow & Lash Gel, \$19.95**



Tame your eyebrows and lashes with a quick-drying, conditioning gel that will define, hold and set your look for all-day wear. It contains an integrated applicator brush and is Dermatologically and Ophthalmologically tested, meaning it won't irritate sensitive eyes and skin!

# A WEEK IN

## MUST-SEE LOCATIONS FOR THE TIME POOR

Rose Gresham



**On the world** map, Vietnam may seem small and manageable to the busy traveller. In reality, it is a country with significant cultural and historical depth, and, given its length and transportation difficulties, one that is not easy to cover in a short period of time. If you are looking to explore this unique and beautiful nation but don't have the time or the stamina to handle sleeper trains, long bus rides or backpacking, here are four must-see locations — along with some handy tips on how to make the most of your stay.



### Ha Long Bay: 1 Day

After flying into Hanoi, take a four-hour bus ride up to Ha Long Bay. Opt for a lunch cruise, an overnight cruise, or a kayak tour to see these spectacular limestone islands. Make sure to visit the beautiful Dau Go Cave hidden amongst the bay whilst out on the water, and prepare to take some magnificent photographs! Food options are scarce in the town, so if you would prefer to not take a cruise overnight, spend the evening relaxing at your hotel or take a trip to the cinema. The following morning, travel back to bustling Hanoi.

# VIETNAM

## Hanoi: 2 Days

Hanoi is the capital of Vietnam, and a hub of historical and cultural information. Visit the Ho Chi Minh Mausoleum to see this highly revered leader in his preserved state, before venturing to the adjacent museum and gardens to learn more about his life and legacy. Visit the Vietnam Military History Museum and the Hoa Lo Prison for some insight into the experience of the Vietnamese people through numerous wars and revolutions. On your second day, wander through the bustling Old Quarter for a shopping experience like no other, before enjoying a Water Puppet Show at the Thang Long Theater. Afterwards, grab a bite to eat at the numerous fine restaurants in the quarter and stroll around Hoàn Kiếm Lake to escape the crowds.

## Saigon (Ho Chi Minh City): 2 Days

On arrival in Saigon, explore the buzz of this intense and bustling city, whilst trying to avoid the motorbikes! After dinner, visit the Saigon Skydeck for classy cocktails before finding a Vietnamese pub or bar to truly experience the nightlife. The next day, take an hour long bus ride to the Cu chi tunnels- one of the tunnel systems used by the Vietcong during the Vietnam War, and a fascinating glimpse into a turbulent part of history. After returning to the city that evening, enjoy a massage or some retail therapy — there is plenty to see, do and purchase! Before flying out the following day, take a Rickshaw tour through the city to see the War Remnants Museum, the Basilica, the Independence Palace and more.

## Hoi An: 2 Days

Take a flight from Hanoi to Da Nang, before enjoying a 40-minute bus or taxi ride along the scenic coastline and countryside before arriving in Hoi An. Hoi An is known as the town of tailors, so spend the morning ordering yourself some custom-made threads. For the Top Gear fans amongst us, try Yala Tailors. Yala were featured on the 2008 Vietnam Special and provide exceptional service as well as top quality garments. Once you have finished shopping, explore Hoi An Ancient Town, a well preserved example of a Vietnamese trading port that has been listed by the UNESCO World Heritage Centre. Enjoy dinner in the Ancient Town before walking along the bustling streets. The following day, hire a bike and take a ride through the rice paddies and beautiful countryside of the Quang Nam province, or ride over to Cua Dai beach to relax under palm trees. Journey back to Da Nang to catch a flight to the energetic metropolis of Saigon.



*Tours and flights can be organised via travel agencies. In order to enter Vietnam, Australians require a Vietnamese Visa. Apply for a visa online or visit the Vietnamese Embassy in Edgecliff.*

# APRIL

**9 March – 8 April**

**The Bleeding Tree by Angus Cerini**

**Where:** Pier 4, Hickson Road, Walsh Bay

**Cost:** Adults \$55

**When:** Monday - Saturday

**Contact:** [sydneytheatre.com.au](http://sydneytheatre.com.au)

**24 March – 23 April**

**Handa Opera on Sydney Harbour: Carmen**

**Where:** Fleet Steps, Mrs Macquaries Point, Sydney

**Cost:** \$99 - \$359

**When:** Most Nights

**Contact:** [opera.org.au](http://opera.org.au)

**27 March – 2 April**

**Sydney International Rowing Regatta**

**Where:** Castlereagh Rd, Penrith

**Cost:** \$20.40 - \$45.90

**When:** Monday - Sunday

**Contact:** [rowingdownunder.org](http://rowingdownunder.org)

**1 April**

**Sydney Colourfest**

**Where:** 450 Mona Vale Road St Ives Showgrounds

**Cost:** \$15 - \$60

**When:** From 11am

**Contact:** [colorfest.com.au](http://colorfest.com.au)

**1 – 8 April**

**The Championships: Horse Racing**

**Where:** 77-97 Alison Road Royal Randwick Racecourse, Randwick

**Cost:** \$40

**When:** All day

**Contact:** [australianurfclub.com.au](http://australianurfclub.com.au)

**1 – 23 April**

**Artexpress: Student Artworks from the 2016 HSC**

**Where:** Art Gallery Road, Sydney

**Cost:** Free

**When:** Daily, 10 am - 5 pm

**Contact:** [artgallery.nsw.gov.au](http://artgallery.nsw.gov.au)

**1 – 30 April**

**Rozelle Collectors Markets**

**Where:** Rozelle Public School, 663 Darling Street, Rozelle

**Cost:** Free

**When:** Saturday & Sunday, 9am - 3pm

**Contact:** [rozellecollectorsmarket.com.au](http://rozellecollectorsmarket.com.au)

**1 – 30 of April**

**Egyptian Mummies: Exploring Ancient Lives**

**Where:** 500 Harris Street Powerhouse Museum, Ultimo

**Cost:** \$16 - \$65

**When:** Daily 10 am - 5 pm

**Contact:** [maas.museum](http://maas.museum)

**1 – 30 April**

**Sweet Addiction: The Botanical Story of Chocolate**

**Where:** Mrs Macquaries Road, Sydney

**Cost:** \$9.50 - \$15

**When:** Daily 10am - 4 pm

**Contact:** [thecalyx.com.au](http://thecalyx.com.au)

**1 April – 26 May**

**El' Circo: Nine Course Circus Degustation**

**Where:** 41 Oxford Street, Darlinghurst

**Cost:** \$109

**When:** Saturday and selected Friday nights

**Contact:** [slide.com.au](http://slide.com.au)

**6 – 19 April**

**Sydney Royal Easter Show**

**Where:** 1 Showground Road, Sydney Olympic Park

**Cost:** \$22 - \$99.50

**When:** 9 am - 9 pm

**Contact:** [eastershow.com.au](http://eastershow.com.au)

**15 – 27 April**

**Spirit of Anzac Centenary Experience**

**Where:** Darling Drive, Sydney International Convention Centre, Darling Harbour

**Cost:** Free, booking recommended

**When:** 11 am - 5 pm

**Contact:** [spiritofanzac.gov.au](http://spiritofanzac.gov.au)

# COMMUNITY NOTICEBOARD

7 April

**Sydney Mozart Society: Piano Quartet**

**Where:** Concert Hall, The Concourse, Chatswood

**Cost:** \$15.30-\$45.90

**When:** 7 pm

**Contact:** theconcourse.com.au

8 April

**Lah-Lah's Big Live Band: Having Fun!**

**Where:** North Sydney Leagues Club, 12 Abbot Street, Cammeray

**Cost:** \$25.50

**When:** 10:30 am, 11:30 am

**Contact:** norths.com.au

13 April

**North Sydney Bears vs Wests Tigers**

**Where:** North Sydney Oval

**Cost:** Varies (see gate)

**When:** 5:00 pm

**Contact:** northsydneybears.com.au

25 April

**Sydney Comedy Festival: Cracker Night**

**Where:** The Concourse, Chatswood

**Cost:** \$66.20

**When:** 7:30 pm

**Contact:** theconcourse.com.au



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# Meet the Archangels: Part 2

Kerrie Erwin, Psychic and Medium



**S**o many of us go through terrible troubles, with work, relationships, illness and sickness. We feel so overwhelmed at times that we think we are not able to cope. The power of prayer can create miracles as we always have angels all around us, to assist us, but living in another dimension. Besides our own guardian angel

who is always with us from birth until we die, we have the four Archangels that are very powerful and can be called in for certain things that may be troubling us. All we have to do is pray or ask for assistance and thank the angels afterwards.

## ARCHANGEL URIEL

This angel means Light of god, bringing divine light and healing to painful burdens from the past into our lives. I call this angel the Archangel of forgiveness as its energy helps release anger, resentment and past memories, which can cause mental pain and illness.

Years ago while working as a young nurse I used to take cancer patients from the hospital I was working in, in a small bus to a cancer clinic in Sydney to receive radiation treatment. My job was to help and assist these lovely but very sickly patients. We spent so much time together, a number of them gradually opened up and not only told me all their problems but went on to describe very sad stories that they were never really able to get over. Often I was reduced to tears and would think that the cancer that they developed might be caused by their often strong and painful emotions they could not seem to let go of.

This is a good energy to use when you want to surrender, as you are invoking pure love that will soon fill your soul with balance and peace. The energy helps you to anchor spiritual understanding as it brings harmony to often-chaotic situations and an easier path in the healing process. I also ask this angel to help me with my goals and dreams, and to keep my faith, which is often tested through other people who try and sabotage me or misunderstand who I am. It is also said that this energy supervises the Nature Spirits, those fairies and spirits that inhabit the elements of the earth, air, fire and water and help create the beauty of nature.

Love and Blessings,

Kerrie Erwin

[pureview.com.au](http://pureview.com.au)

## READER QUESTION

**Janet, 1958 – Can you please tell me if I will have any insurance and compensation money coming in soon? And, is my health ok?**

Stop worrying your money will come, but there has been delays – typical in your situation as they never make it clear. Keep your mind clear as positive energy can change many aspects of your life, mindset and situation. I see you need to move away from negative people and situations, and there may be changes coming up around the end of April. Meditation would be good. You are at the end of a cycle of setbacks and disappointments. I have an older woman in the spirit world telling me you will get what you want and it's difficult to get older.

## INTERESTED IN A PSYCHIC READING

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your **name, D.O.B** and **question** for our resident Clairvoyant Kerrie Erwin







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# Chatting with Sergio

**Sabrina Muysken** chats with talented violist Sergio Insuasti, former Barker College student and North Shore local, about his upcoming global tour with The Sydney Youth Orchestra (SYO).

## Tell us about your involvement in the upcoming tour?

"I will be participating in the upcoming international tour as Principal Violist as well as representing SYO in Copenhagen, in collaboration with the DUEN ensemble."

## What can the audience expect from the upcoming farewell show in Sydney?

"The audience should be ready to see a program that takes them on a rather unique voyage. From the several paintings adapted and exhibited in pictures at an exhibition, to the musical tour through the orchestra in Dvorak's Symphonic Variations, the audience should expect to find themselves to be taken to a variety of places, all whilst staying in the same place."

## When and how did your passion for music begin?

"I began learning music at the age of six but it wasn't until I started learning the viola at around 14, that was when my passion for music drove me to make it a living. Since being Principal Violist of SYO, my passion in music has allowed me to expand my knowledge as a violist."

## What involvement have you had in the local music community?

"I was a student of Barker College from 2004-2013, where musical opportunities were in abundance. I was involved in the schools chamber orchestra, symphony orchestra, musicals and even the senior school choirs! After Barker I was also Principal in the Ku-ring-gai Youth Orchestra until early 2015."

## What are you excited most for in the tour ahead?

"Apart from the upcoming collaboration in Copenhagen, I am most excited to play this upcoming concert's repertoire in Vienna, in a masterclass with Tobias Lea, Principal Violist of the Vienna Philharmonic. He is an absolute role model and idol of mine! To finally meet him in person in Vienna and to have the chance of a lesson with him is nothing short of amazing!"

*The Sydney Youth Orchestra's farewell show is at 2pm, 2 April 2017 at Verbrugghen Hall, Sydney Conservation of Music.*

[syo.com.au](http://syo.com.au)





“  
If you look into my eyes  
you will see a young  
person who has lived for  
many years.

*I may have aged but try  
not to think of me as  
old or spent.*

*I am you, a few short  
years from now.*

*I don't want or need to  
be “accommodated”.  
Like you, I just want  
somewhere I can call  
home. My need to love  
and be loved is as  
strong as ever.*

*Do not diminish me.  
Never doubt my worth.  
I remain the person I  
have always been.”*

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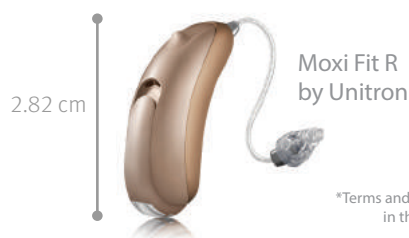
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