

JUNE 2017 - FREE

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f Sydney Observer

# Sydney Observer

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**RACHAEL FINCH**

*on family, health and her BOD*



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## FROM THE EDITOR

Winter is here! And our June issue is bursting at the seams with all you need to know to get you through the cooler months – including a delicious Bowel Cancer Australia approved recipe to warm you up (43)!



Flick to the Education section for a fresh take on addressing peer pressure with your children (12-15) or turn over to the Winter Holidays pages for a spectacular glimpse into the incredible Jamala Wildlife Lodge (24-25). But if you're simply after some entertainment, check out our interview with former Australian Idol and all-round Aussie legend Shannon Noll about his latest music and upcoming nearby gigs (22-23).

Our cover star this month is health enthusiast and former Miss Universe Australia Rachael Finch. For more on what the natural beauty and mother of two is up to now head to our profile where she talks about her growing family, life lessons and how you too can get her BOD (16-19)!

Remember to embrace the cool change in weather and all that it brings – even if it is just an excuse to drink delicious hot drinks and wear chic winter coats!

Sydney Observer

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*Sabrina*

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**TWILIGHT**  
 AGED CARE

# Letters

I really enjoyed reading the skin care article, who knew there was so much to consider when buying cosmetics! Thank you for your welcomed advice.

- Anne Scott, Killara.

I thoroughly enjoyed reading the Pet Therapy For Seniors article. As a pet lover myself, I think it's great to see more health initiatives involving our canine friends gaining momentum.

- Jane Wilson, Pymble.



# Sydney Observer

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# Giveaways

## MyVoxSongs

MyVoxSongs is the brainchild of two parents who were conscious about the kind of content they wanted their toddler to be exposed to. The dynamic duo decided to create their very own fun nursery rhymes with matching animations, all fused together in wonderful, positive videos. They have since expanded their projects to include a website, iTunes album, DVD and even an iPhone app. The videos are now used by parents, child carers, nurseries and schools across the globe. MyVoxSongs is committed to bringing more uplifting, fun content to share with your youngsters!

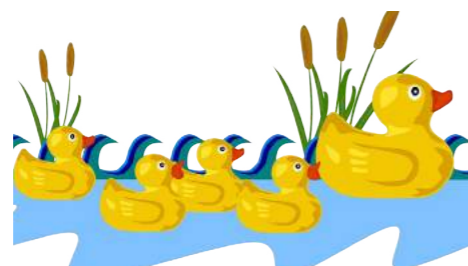
Five MyVoxSongs Nursery Rhymes DVDs to be won

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

### 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.



Aidan Wondracz and Aashray Narula

SNIPPERETS

**Ku-ring-gai Architectural Awards**

Ku-ring-gai Architecture and Urban Design Awards have announced the winners in Ku-ring-gai Council's inaugural biennial awards. The awards recognise excellence in architecture in the local area, which take a fresh take on design and developments that "support and enrich Ku-ring-gai's built environment."

Listed below are the five categories, followed by the winner and their winning work.

- Heritage Building Design—McCullum Ashley Architects; 'Rothiemay' in Wahroonga.
- Contemporary Design—Architectus; Shout Ridge apartments in Lindfield.
- Dwelling House Design—Sam Crawford Architects; Roseville House.
- Sustainable Building Design—Anna Vaughan Architects; Childcare Centre in North Turramurra.
- People's Choice Awards—Tribe Studio Architects; House in Roseville

Mayor Jennifer Anderson commended the winners for their glowing achievements. "We are so lucky to live in an area of such environmental beauty. It's important to work together to honour our surroundings with thoughtful, well-designed buildings," she says.

**Vacation Care**

The Ku-ring-gai council is partnering with Corpus Christi Primary School to offer a new vacation care service in St Ives. There are up to 60 places available between 7am and 6pm on Monday to Friday. The service will accept bookings for the upcoming winter school holidays (Monday 3 July to Friday 17 July) from 7:30am on Monday 5 June. The Mayor, Jennifer Anderson, stated the council would be hiring extra staff in the coming weeks in preparation for the winter school holiday vacation care program.

Enquiries about the new service can be made by calling the Council's children's services team on 9424 0903. For more information about Ku-ring-gai Council's childcare services visit [kmc.nsw.gov.au/childcare](http://kmc.nsw.gov.au/childcare)

**Ku-ring-gai council's draft budget for 2017-2018 open for show**

Ku-ring-gai council's 2017-2018 draft budget will be placed on public exhibition for comment until June 2.

Mayor Jennifer Anderson says the council will direct a "substantial investment" into long-term projects, including a \$54 million capital works budgets.

Other key investment highlights include:

- \$16.6 million into renewing roads.
- Close to \$10 million for upgrading playgrounds and parks at Gordon, Lindfield, St Ives Village Green, and Turramurra.
- \$1 million for drains and \$500 000 for footpaths.
- \$3 million for upgrading sports-fields and facilities including Primula Oval, Lindfield; and Norman Griffiths Oval, West Pymble.
- Continued master planning for Turramurra Community Hub and the Gordon Centre.

The draft budget and operational plan are available at any Ku-ring-gai branch library, the Council's customer service centre— 818 Pacific Highway Gordon—or the website, [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

**Northern Sydney councils raise awareness of pedestrian safety**

Hornsby, Ku-ring-gai, Lane Cove, Mosman, Northern Beaches, North Sydney, Ryde, and Willoughby councils have jointly launched a pedestrian safety campaign, 'Distracted...?'

Through print and various outdoor advertising, the campaign aims to tackle the high number of fatalities occurring on New South Wales' roads. Last year, the death toll stood at a staggering 70.

A figure that Chief Inspector Phillips Brooks of the NSW Police Force believes could have been prevented.

"Those pedestrians that continue to put others at risk by concentrating on their phone as opposed to the road, cutting across traffic, and taking risks will suffer the consequences of either an infringement notice, or being involved in either a serious injury, or a fatal crash."

**Ku-ring-gai's family day care ranked in country's top 20 per cent of early childhood care schemes**

Ku-ring-gai council has enjoyed praise after its family day care scheme ranked in Australia's top 20 per cent of early childhood care schemes.

Last month, the NSW Department of Education spent two days intensely assessing family care services across Ku-ring-gai. Local premises were inspected and care providers evaluated against seven nationally based criteria. All of which, were met with astonishing results.

Mayor Jennifer Anderson praises the rave assessment, believing that it reflects the integrity of staff and high-level of service provided.

"Our family day care educators all have a strong commitment to ensuring children and their families get high quality care and education."



PARLIAMENT OF AUSTRALIA • HOUSE OF REPRESENTATIVES

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



**In May the Turnbull**  
Government handed down the 2017-18 Federal Budget, built on the principles of fairness, security and opportunity.

This Budget contains a number of important initiatives which will deliver benefits to people in Bradfield. Young families in Bradfield will get

better access to childcare with an additional \$2.1 million in funding, while our Quality Schools package will deliver an additional \$214 million in Commonwealth schools funding for Bradfield Schools over the next 10 years.

The Budget contains important commitments to maintain and enhance key Government social programs. For example, we are restoring the Pensioner Concession Card for those formerly on a part pension who had it withdrawn when they ceased receiving a part pension earlier this year. The Pensioner Concession Card will give them access to discounted rates on State and council services. There is also a one-off payment which will help more than 11,600 Bradfield residents pay their energy bills this winter.

The Turnbull Government is determined to ensure that the National Disability Insurance Scheme is fully funded. This budget introduces an increase in the Medicare levy, from 2019, to ensure that the National Disability Insurance Scheme is fully funded for the 1400 Bradfield residents who depend on it.

Housing affordability, a key issue for many of my constituents, is being addressed in this Budget. We are introducing tougher laws on foreign investment and helping aspiring first home buyers through permitting the use of their superannuation fund to save for a deposit to buy a home.

The Turnbull Government has delivered a Budget which is designed to ensure the residents of Bradfield have better opportunities today and a secure future tomorrow.

**More information can be found at [budget.liberal.org.au](http://budget.liberal.org.au)**

*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 dealing with government – please do not hesitate to contact me.*

(02) 9465 3950  
[paul.fletcher.mp@aph.gov.au](mailto:paul.fletcher.mp@aph.gov.au)

# CWA GATHERS FOR ANNUAL CONFERENCE

Sabrina Muysken

In late May, the Country Women's Association (CWA) gathered together for their 95th annual conference on the Central Coast. The organisation is well known for their penchant for baking, however, at this meeting it was significant social issues that stole the focus.

As the largest women's organisation in Australia, since 1922 the CWA has been working hard to improve the living conditions and welfare of women and families. In this year's conference the empowered group set out to discuss an array of significant issues affecting women in communities across the state.

"There are too many to list individually but this year's important and highly topical issues are included such as gambling and online gambling, marriage equality, women's health, foreign land ownership, access to blood donations and coal seam gas," says Annette Turner, CWA of NSW president.

The conference aimed to bring members together to debate and discuss the organisation's policy via a list of motions proposed by branches throughout the state. Over 800 delegates, members, observers and visitors descended on the Central Coast to attend the meeting.

Held at the Mingara Recreation Club in Tumby Umbi, The event was officially opened by His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of NSW, accompanied by Mrs Linda Hurley, who also delivered the keynote speech.

"A loved venue and sunny warm weather made the members and their partners who travelled far from NSW and ACT to stay five to seven days on the coast a delightful break," commented Ros Hopwood, Member of Hornsby & District CWA Branch.

[cwaofnsw.org.au](http://cwaofnsw.org.au)



# WARM STYLE



## Road closure McCarrs Creek Road at Ku-ring-gai Chase National Park, Church Point

Roads and Maritime Services will carry out essential slope maintenance work on McCarrs Creek Road, 900 metres west of McCarrs Creek Reserve, Church Point.

McCarrs Creek Road will be closed for up to 20 day shifts and up to six night shifts with no access between Chiltern Trail and McCarrs Creek Reserve BBQ point between **Wednesday 14 June to Friday 25 August**. The day road closure times will be between 10am and 3pm and the night road closure times will be between 7pm from 6am from Monday to Friday. The road will be open with temporary traffic controls outside these times.

Variable message signs have been installed along the detour route to update motorists with specific dates for upcoming closures.

Motorists will need to divert onto Mona Vale Road at Terrey Hills and Pittwater Road in Mona Vale to access Church Point. The detour will add up to 30 minutes to travel times.

We apologise for any inconvenience and appreciate your patience during this essential maintenance work.

For more information contact DownerMouchel on 1800 332 660 (toll free). Outside business hours contact the Transport Management Centre on 131 700. For latest traffic updates visit [livetraffic.com](http://livetraffic.com).



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# EDUCATION NEWS

## A FUN WAY TO LEARN

'Launchpads' have officially landed at Hornsby Library! The educational gadgets are preloaded tablets that have many different themed learning apps available for children. The Launchpads are said to be grouped by age and school grade level.

Hornsby Mayor Steve Russell says, "The Launchpads are secure, easy to use tablets, loaded with many child friendly apps that are both education and fun... The Launchpads are ad free, durable, and can be passed on from one child to another."

Parents are also able to closely monitor how much time their child spends on the device as well as which type of learning their child undertakes. The child friendly design allows it to be convenient for both children and parents alike. Subject area packs include everything from English to math and science. The themed learning packs include princesses, animals, dinosaurs and much, much more!

The Launchpads are available for a two week loan period. To borrow yours today visit Hornsby Library.

[hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)

## FEDERAL BUDGET 2017 & HIGHER EDUCATION

In the latest Federal Budget the government confirmed there would be significant cuts made in higher education. University students in particular will be set to pay a considerable amount more as their student contributions will gradually increase to 7.5 per cent by the year 2021. On average, this will mean students will pay around 46 per cent, rather than 42 per cent, for the cost of their degrees. However, the government has claimed that the maximum any student will pay for a four-year course will be \$50 000. Going off past fee hikes it is unlikely that this will greatly affect enrolments.

Students won't be the only financial sufferers however, universities will also endure a direct cut of \$384.2 million over the next two years that will be labelled as an 'efficiency dividend'. Together with changes to how grants are indexed, the cuts come as a significant blow to the long-term prospects of both universities and students.



# Roseville's Musical Inspiration



**Simon Tedeschi, most certainly one of Australia's finest and most admirable musicians, has inspired Roseville College students in Years 5 – 12 with a unique Masterclass that combined his musical genius with a heartfelt message to inspire each girl to work hard to achieve her dreams.**

Three Roseville College Senior School music students, including two music scholarship recipients, also performed during the Masterclass.

"It was an honour to have Simon attentive to my performance," says Year 12 Music Captain, Wenny Qu, who expects Mr Tedeschi's guidance of her emotive and technical skills will help her as she approaches her HSC music performances.

Wenny, a Roseville music scholar, has played piano for 14 years and currently studies with one of Simon's past teachers. "It is incredible to have an opportunity like this at school".

Pianist and music scholar Elyssa Chien, Year 7, and fellow pianist Cynthia So, Year 9, also performed in the Masterclass. Despite being younger performers, both have set high standards for learning, self-improvement and discipline when it comes to studying piano. The girls agree that today's remarkable opportunity will have lasting impact on the depth and quality of their musical performances, as well as on their outlook to practise and learning – even beyond music.

Roseville College Learning Enrichment teachers, Mrs Annelise Woo Ruiz and Mrs Claire Rowsell, orchestrated the visit because they are committed to inspiring girls to embrace their natural gifts and abilities – whether in music, the arts, sports or academic pursuits, and to persevere through work hard.

"Simon is extraordinarily gifted musically, yet he had to work extremely hard at perfecting his ability to a world-class standard," explains Mrs Woo Ruiz, who says Simon tells his own story to expel the notion of 'easy giftedness' and credits his success to several things including a measure of good luck. Mrs Woo Ruiz thinks three of these in particular will resonate with Roseville College girls. "Firstly, the currency of hard work; it counts and it pays off. Next, appreciating the network of teachers and family who support (and nudge) you to stay focussed on your goal or dream. Lastly, the value of having balance in life; to nurture relationships and have a good sense of humour, and to enjoy a range of hobbies."

"Make the most of every opportunity you have to refine and extend your natural abilities, no matter what they are. Everyone's development process is individual; however, key characteristics that will help you achieve your goals are universal: resilience, perseverance, hard work and passion," said Mr Tedeschi.



At Roseville College, where every girl in Kindergarten to Year 12 is known and valued, students engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in all areas of life.

Established in 1908, Roseville College ranks among NSW's leading schools in HSC achievement, while also delivering world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9–10.

## AT ROSEVILLE COLLEGE THIS MONTH



Year 11 student, Sarah Leatherbarrow (left), received a Sydney University Academic Excellence Award for achievements in her Year 10 examinations.



Simon Tedeschi (above), one of Australia's finest musicians, inspired Years 5 - 12 girls in a unique Masterclass that urged students to work hard in pursuit of their dreams.

Inspiring Roseville College Year 6 swimmer, Erin Masters (left), will represent NSW at the 2017 Pan Pacific Championships.

## PERSONALISED TOURS

Tours with our Registrar, tailored to your daughter's specific needs and interests, are held weekdays during term time, by appointment. Please contact:

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

[www.rosevillecollege.com](http://www.rosevillecollege.com)

Roseville College is a school within the Anglican Schools Corporation

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- > STANSW Budding Young Scientist & Primary Young Scientist Awards, 2016
- > 1st & 2nd place in Dorothea Mackellar Poetry Awards, 2016
- > Gold, Silver & Bronze Medals in CIS athletics & swimming, 2016
- > 100% in Extension 1 Mathematics, 2016
- > Winner of HTA History Mastermind, Year 7, 2016

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# YOUR CHILDREN AND PEER PRESSURE

**T**he second school term is well underway with students finally easing into their study grooves for 2017 with parents assisting them in maintaining productive routines. However, if you've begun to notice a distinct change in your child's demeanour or personality it could be a sign of peer pressure at play. Inside the school gates peer pressure is reportedly more prevalent than ever. It is thought that a negative effect of the influx of social media accounts is that ill-behaviour is easily aided and spread amongst youth. Unfortunately, peer pressure is a destructive element that also exists within greater society and affects all ages. Therefore, regardless of whether your child is, has or is yet to experience this form of social pressure, it is increasingly important to educate them on how they can best move forward.

**OPEN LINES OF COMMUNICATION**  
Developing an open, honest relationship with your children that is free from judgement is paramount. This will not only give you the opportunity to develop close relationships with your children but will

also mean they are more likely to come to you when they are experiencing problems at school. A great way to encourage openness with your child is to share your own personal experiences from when you were their age. By entrusting them with your personal stories shows them that they can safely do the same and that you can also relate to their experiences.

**ADDRESS THE ELEPHANT IN THE ROOM**

Children are more intuitive than they are often given credit for. So when it comes to addressing the topic of peer pressure it's best to acknowledge their maturity and do so directly. Chat with your child about what peer pressure is, explain how it works and ask them what their understanding is. It is important to acknowledge that it is very 'normal' for them to want to fit in with other children their age or in their class, but to also explain at what point this may become a negative.

**ALLOW CHILDREN TO SAY NO**  
Allowing and encouraging children to say 'no' is a vital step in preventing peer

pressure. An important developmental phase is learning how to stand up for what you believe in and feeling comfortable to say no to what you disagree with or don't want to get involved in. Parents (and older siblings) can provide children with the perfect opportunity to practice using their voice. Try role-playing responses to various situations, providing your child opportunity to gain confidence in using the word no.

**ENCOURAGE POSITIVE RELATIONSHIPS**

The most effective way to help your child prevent situations of peer pressure is to encourage their development of positive friendships. The saying that there is 'power in numbers' has great meaning here because in a potential scenario where your child is being pressured by a peer or peer group having a friend to stand with will provide much needed support. It is also important to lead by example and show them what constitutes a good friend as children often look to adults and mimic their actions and behaviours.

# FOOD MONITORING: HOW MUCH IS TOO MUCH?

Aidan Wondracz

**An Australian mother** recently took to the internet to vent her rage when a Kindergarten teacher sent home her three-year old daughter with a warning note. The note reprimanded the mother for packing a chocolate slice in her daughter's lunchbox, which was there as a treat in addition to other healthier food, saying that the item belonged in the 'Red Food Category'. Naturally, the story garnered immense media traction as fellow Aussie mums also begun speaking out about their own confrontations with educators over their choice of lunchbox inclusions.

Currently, across the country, more schools are choosing to regulate the food-intake of their students by adopting the very same traffic light system diet. The different coloured lights aim to order food items based on their nutritional content – the green light indicates the most-healthy and beneficial foods, whilst red categorises the least healthy food that have been flagged as 'off-limits'.

Psychologist and mother of one, Juliette Thomson, takes issue with the idea that

food may be so easily categorised as it could stem into future eating problems for the students.

"The Eating Disorder Treatments Sector likes to talk about 'sometimes' food and 'all the time' food. No food is labelled as 'off-limits'," she says.

Raising a child to believe that some foods – such as a chocolate slice – are 'off-limits' can prevent a well-balanced and varied diet, Mrs Thomson believes.

"A child needs to understand that it's all right to eat certain foods in moderation. There is no 'good' or 'bad' food. Sending a note home drills it into their mind that he or she has done something wrong, and this can leave a lifelong impression on them."

Katherine Tomeski, mother of two, joins rank, believing that the method may bring about an overwhelming sense of guilt.

"I've had other mothers tell me that their children have been food shamed for bringing certain foods to class. They go through their entire day feeling humiliated

and thinking they've done something wrong when they haven't."

However, Mrs Tomeski does acknowledge the importance of schools playing a key role in what their student's eat but believes this could be done in a more subtle and positive manner.

"Initiatives like 'Package Free Mondays' encourages parents to pack whole foods and better food choices for their children. This is more of a voluntary thing, where parents can opt in or out without feeling pressured to do it."

Mrs Thomson also regards this sense of decision-making as a possible course that parents and teachers could follow in the future.

"Food is something that has to be discussed with the school, and parents and teachers need to be on the same page. But at the end of the day, a child's diet really belongs in the parent's domain. If a teacher is concerned at all for a child they can always talk to the parents in an acceptable way."



# Enrolling now for 2018

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**FREQUENTLY ASKED QUESTIONS**

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

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



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# RACHAEL FINCH

## DANCING TO HAPPINESS

Sabrina Muysken



Since winning Miss Universe Australia in 2009, Rachael Finch has captured the hearts of Australians with her natural beauty, down-to-earth personality and magnetic enthusiasm for life. Signed to Seven Network, Rachael regularly works as a popular media personality presenting a range of lifestyle, fashion and sports programs. You've most likely seen her infectious smile as she travels the country to co-host the popular travel show *The Great Outdoors* or when she is walking the catwalk as an ambassador for Myer.

Beyond her breathtaking beauty, Townsville-born Rachael has long been a passionate advocate for healthy and balanced living and has even gained qualification as a Certified Health Coach. This passion and her air of authenticity has subsequently seen her become Australia's favourite poster girl (or rather woman) for the wholesome and holistic lifestyle.

In 2010, viewers tuned in to watch as Rachael appeared on *Dancing with the Stars* and famously fell in love with her then dance partner and now husband,

Michael Miziner. Seven years later the pair have grown their brood to include daughter Violet, 3, and newborn son Dominic, who arrived in March this year. Looking back, Rachael admits joining the successful celebrity dancing show had been a daunting venture at the time.

"I had never done anything to do with dance before, which was quite exciting and interesting. I remember walking into the rehearsal studio for the first time on the show and thinking 'what the hell am I doing here'," laughs Rachael.

Not only did the chance partnership between Rachael and Ukrainian-born Michael, whom she affectionately calls 'Mischa', change the course of her personal life but it also ignited a deep-rooted appreciation for dance in her.

"We fell in love and I fell in love with not only Mischa but the dancing as well. Ever since I've incorporated dance into my fitness regime and life. I immediately fell in love with the way it made me feel and what it did to my body but also how it connected my mind to my body. That connection was paramount."

So in what seems a natural evolution, Rachael has recently launched her very own online health program – *Body of Dance by Rachael Finch* (BOD). Described as an 'energetic, four-week online lifestyle program that offers daily dance-inspired workouts, health meal peaceful meditation and affirmations', BOD is the ultimate culmination of Rachael's passion for health and her zest for dance.

"I've always admired the body of a dancer – their physique, their posture, the flexibility, the strength, the length – because they are very lean and versatile athletes. So I wanted to create a program that embodied that but also had the other elements that I'm passionate about, which is food, mindfulness and stretching.

"My whole life I've been trying to make exercise more fun and dance does that. I've tried the whole sticking it out on the treadmill for 60 minutes. You end up plateauing and it's quite boring whereas we are changing up content every week and month, mixing circuits with resistance and also incorporating fun exercises to address your mind and diet as well."

Having grown up within the modelling world means that from a young age Rachael has endured intense scrutiny from the public eye. Like many other young women, at one point her health became affected as she succumbed to the amounting pressure to fit into unrealistic ideals.

"I remember going through a phase where I was very restrictive with my diet, and I write about this in my book, I was thrashing it out on the treadmill, counting my calories and cutting out my carbs. I lost my menstrual cycle and went through some pretty terrible times but I slowly learnt how to educate myself on quality not quantity, adequate nutrition and proper training."

Rachael's experience has given her an added appreciation for health, making her a worthy role model for fellow Aussie women. The message she strives to pass onto younger generations is to focus on yourself and what your individual body needs rather than compare with others.

"Always run your own race. Always, always wake up every single day and

listen to your body. That mind element is so important because it contributes to our health just as much as fitness and food does. When it comes to mind and body, I don't think one exists without the other." advocates Rachael.

This understanding has only deepened since Rachael welcomed her two children into the world.

"I definitely saw myself in a totally different light. I wasn't a girl anymore, I was a woman of my children and the mother of my children. It definitely changes things and your priorities shift in life."

As many mother's would agree, making time for your own health can often fall by the wayside of parental duties and this is something that Rachael's online guide aims to help solve by allowing its followers to workout anywhere at anytime.

"It's really important for mothers to look after themselves and have that balance. I think it is so necessary because no one can take from the cup if the cup

is empty. If you are not looking after yourself and ticking off those boxes of things you enjoy then you are going to become stressed, tired, exhausted, anxious, and it becomes this wheel of disaster. We need to take time out to enjoy the things we love, in moderation."

As for BOD's crowning mission?

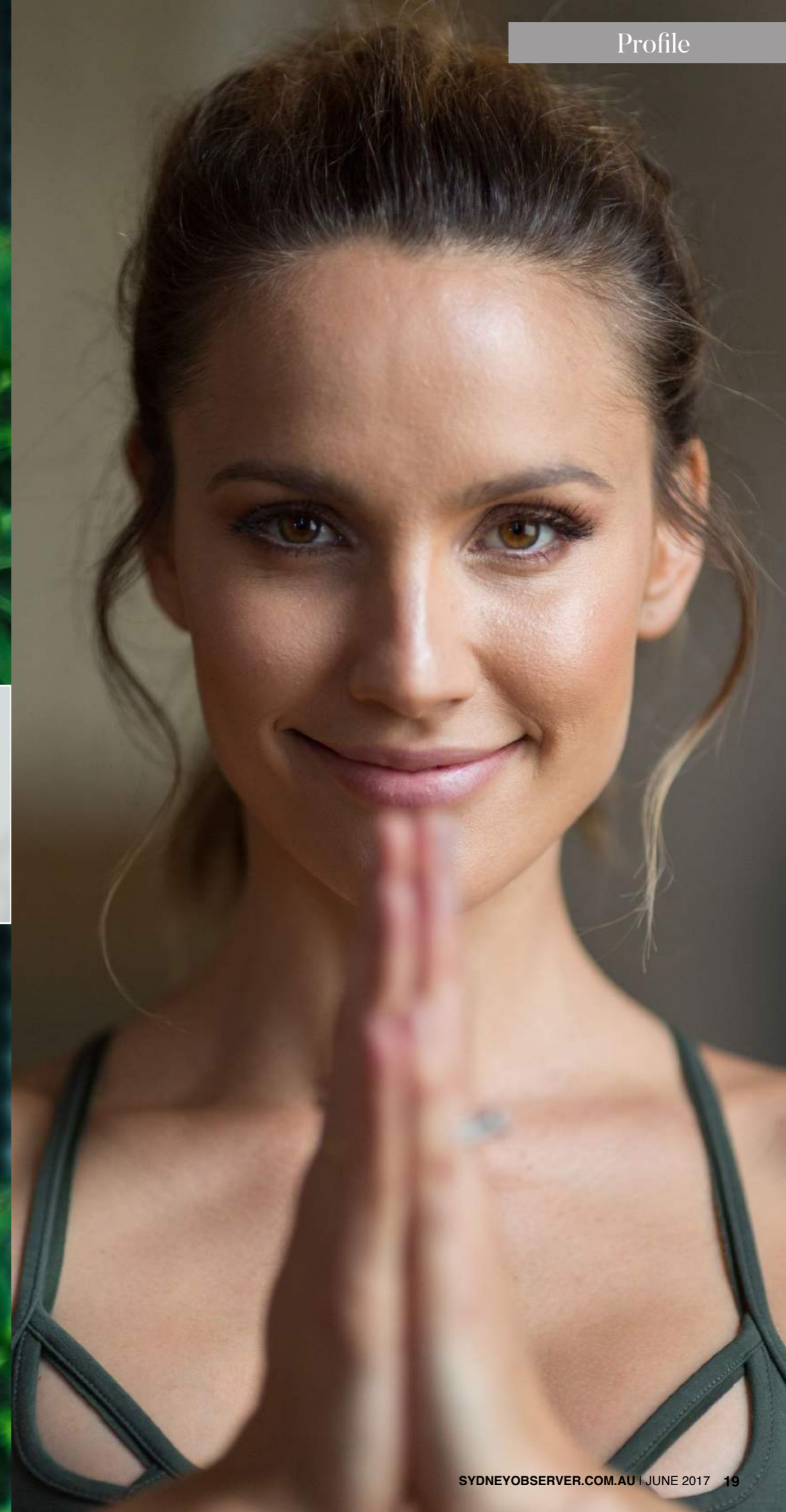
"I want people to jump on board with it and learn how to make those lifestyle switches long-term. If I can just touch one person and have them come back and say 'I've done this and feel so much better' or 'I wake up now and I have a smile on my face', that is my ultimate goal and true passion."

*'Body of Dance by Rachael Finch' offers a new way to get toned, lose weight and gain an overall healthy lifestyle. No experience or special equipment needed, just a joyful attitude and desire to move.*

For more visit [bodybyfinch.com](http://bodybyfinch.com)



**"It's really important for mothers to look after themselves and have that balance... No one can take from the cup if the cup is empty."**



# THE ELUSIVE WORK-LIFE BALANCE

Aashray Narula

**I**n an increasingly mobile and fast moving world, as individuals rapidly embrace the advances of technology within their daily lives, work-life balance has become a highly subjective concept. Certainly the importance of work-life balance is ever prevalent. The ability to prioritise one's health and wellbeing and maintain a balanced lifestyle, whilst sustaining a living through work has become a necessity.

Does that mean one way of achieving work-life balance is better than another?

No. Each individual will have a different understanding of what entails a balanced lifestyle through a difference in priorities and goals.

One theory suggested to lean towards a healthier work-life balance is a shift towards flexible work arrangements. Working from home and effectively utilising technology attempts to encourage individuals to work smarter rather than longer. In fact, a report from recruitment firm Hays revealed 86 per cent of employees consider flexible working options an important or very important factor for their engagement and more than half of Australians would drop their salary by as much as 20 per cent to be able to work from home.

Christina Chun, the CEO and founder of 1Scope, entrepreneur and social impact activist shared her thoughts on the difficulties of leading a balanced life style as an entrepreneur.

Despite the importance of work-life balance, the potential to bring about social change often results in long hours at work. For Christina, "making an impact on students' wellbeing and guiding the success of 1Scope takes greater priority" as she accepts that her "me" time may take a backseat".



"My snapchat is 'thebalancedceo' and it's highly ironic for those who know me. I know what's important to me and to those around me – my family, friends, my dog – so I try my best to make these things a priority," she said. However, the effects of being an entrepreneur are quite prevalent as she admitted, "Having an effective work life balance has never really been on the forefront of my mind. And the reason for this could be that the goal that



I'm trying to achieve – equal access to quality opportunities for students across Australia – is a big enough passion of mine to devote the many minutes to hours I do every day."

Similarly, the advancement of technology can be a severe benefit or hindrance to our work-life balance and often depends on an individual and their use of technology. Technology truly is a double edged sword where employees may struggle to find the balance between their work and personal lives. In fact, 70 per cent of respondents to a recent Accenture survey said technology caused work to creep into their personal lives.

"Yes, there is procrastination but it also has to be considered in light of the incredible advances that we're seeing in machine learning and other fields of science and education. I'm generally optimistic that on balance, we are better off. There was a time when people were worried about the internet corrupting students, but now it's part of the infrastructure. Having said that, I do agree that we have to educate students at a young age about the downsides of technology, and also to develop a sense of self and a focus on realising their goals," said Christina.

For parents, effective work-life balance may mean flexible work arrangements and having the time to take their kids to soccer practice and dance lessons. For entrepreneurs like Christina, much of their daily activities are influenced by their passions and the enjoyment they reap from working allows them to lead a healthy lifestyle. Each individual has a different understanding of a balanced lifestyle and different priorities and goals to tend to.

Ultimately, with the right mindset and effective utilisation of technology, work-life balance can still exist within the 21st century.



Luka Osborne

## Acorns

Acorns is an award winning investment app that links to your bank account. It's all about investment through automation. You make monthly or weekly contributions as well as 'round ups' – say you bought a Coca Cola for \$3.20, the app will automatically contribute \$0.80 to your account meaning that by spending you slowly but surely save money. Acorns also invest in stocks and you can choose your portfolio. The app does take a small fee, however, more than makes up for it in dividends. Worth a look for those not 'crash hot' at saving.

## Skip

Hate queues? Can't wait for your coffee? Skip to your warm brew. This app allows you to order your coffee ahead of time with participating retailers, so you can pick up your coffee up without a wait. Your profile also serves as a loyalty card, keeping track of your purchases and saving space in your wallet. It's also good for businesses as it offers better efficiency and reduces lines and... the barrister will never spell your name wrong again.

## Adobe Photoshop Fix

This is one for those with an eye for photography. Photoshop Fix offers many of the features of the original desktop software but offers them in an easy to use on-the-go format. The focus is on retouching photos, features like Heal, Smooth, Liquify, Lighten and more help you to make your images just right. If you have Adobe Creative Cloud at home you

can send them to your desktop for final touches on other Adobe products. Oh and the best thing – it's free!

## Nursery Rhymes

Something for the little ones, Nursery Rhymes is ideal for an iPad. It utilises big bright pictures of classic nursery rhymes and each picture can be interacted with in different ways that will make characters move and make noises. The words will even Rhyme aloud when prodded. There are three editions with all your favourite rhymes, Volume 1 is free and includes Hickory Dickory, Humpty Dumpty and Old MacDonald. This app is sure to keep an 18-month engaged and might even teach them a thing or two.

## Sleep Cycle Alarm Clock

Do you wake up feeling less than refreshed? The Sleep Cycle Alarm Clock may be for you. When you sleep you go through a cycle of light to heavy sleep, and when you wake up this cycle will determine how you feel. The app measures your sleeping cycle through the microphone and accelerometer and wakes you up during your lightest sleep over a 30-minute period, ending in your set alarm time. Used by millions and featured in the New York Times, Guardian and more you shouldn't hesitate on this one.

All applications are available for download from Android's Google Play Store and Apple's App Store.



SHANNON  
NOLL  
SOUTHERN SKY

# SHANNON NOLL: Soaring The Southern Skies



Luka Osborne

**H**ot off the trail from a nationwide tour with the likes of John Farnham and Keith Urban, Shannon Noll isn't waiting around to make his next move. Since releasing his new single 'Southern Sky', Nollie has kicked off a huge 35 date national tour. The Australian Idol veteran is also gearing up to release his fifth studio album later this year.

"I'm really excited about it because there's a bunch of songs that I've been working on for a while. There's an old saying that goes: you've got your whole life to write your first album and 12 months to write your second one."

"There's songs that date back a few years, it's more of a journey with this one. Most of these songs I've had more input and creativity with so it's a lot closer to my heart. I'm really proud of this one, I can't wait to get it out," he says.

The first single 'Great Southern Sky' represents everything that Shannon holds dear, his humble roots and a love of the land. The song has an anthemic feel and clearly demonstrates Shannon's national pride.

"I'm very patriotic mate; I'm absolutely about Australia. It's been a while since we've had a song like *Great Southern Land* out or anything like that. It's good timing to bring out a song that's celebrating this beautiful country and the wonderful people that live in it as well. Hopefully the song showcases that."

After growing up on a farm in Condobolin in New South Wales' central west, Noll caught a break after starring on Australian Idol in 2003. Almost overnight Noll went from farm hand to super star.

"Farming is in my blood mate and being in the bush is in my blood but it's hugely different when you're singing in front of a bunch of people and not the steering wheel of a tractor!"

Shannon has happy memories of the competition and showing his good nature, he has no hard feeling about coming second place.

"Mate coming second, nothing wrong with that, I'm a huge Guy (Sebastian) fan and he's a good mate of mine and we support each other to no end. I'd be happy to come second again. We catch up for a great yarn from time to time."

Shannon has just finished a tour in open air venues across the country alongside some of his inspirations including John Farnham, Jon Stevens, James Reyne, Daryl Braithwaite and Keith Urban.

"That was a great tour to be a part of, to share the stage with some of the most iconic bands and musicians in the country. I grew up listening to John Farnham and Aussie crawl and all that sort of thing so it was great. You watch how they conduct themselves on stage and it's just inspirational."

Despite becoming a national star Shannon hasn't forgotten about the countryside. He often takes rural gigs and has been described as an 'Ambassador for the Bush'.

"I was Born and bred on a farm obviously mate. When you grow up on the farm and you want to see a gig it's not just the concert tickets you need but also a full tank of fuel and accommodation, so I try to take the band out to the bush so it saves them having to come and see us."

Demonstrating the Australian ethos of community and mate-ship, Shannon's current tour will include rocking the stage of the Airlie beach music festival to support the victims of Cyclone Debbie.

"Were just trying to raise awareness for the people up in those areas who got hammered by the cyclone. We need to get around them and support them, get up there and support them with holidaying and pump some money back into the economy. I can't wait to get back up there, it's a wonderful part of the country."

Shannon Noll's Southern Sky tour covers 35 shows from Cairns to Perth. Sydney fans should be sure to catch him at Rooty Hill RSL on the 14th of July.

For more info on tour dates  
visit [shannonnoll.com.au](http://shannonnoll.com.au)

## SCHOOL HOLIDAY FUN ON THE WATER

Looking for fun, exciting ways to get your kids outdoors and having fun these school holidays? Middle Harbour Yacht Club (MHYC) provides the perfect, safe and fun learning environment for junior sailing throughout the school holiday break.

School holiday programs cater for children from ages six to 18 who are wanting to learn how to sail. Courses are delivered as a four day holiday program from 9am to 3pm each day. Kids also receive a goodie bag and a certificate of achievement at the completion of the program.

The Tackers and Youth sailing programs are delivered in small groups by an Australian Sailing Qualified Instructor and Assistant Instructors. The next youth sailing programs are running July 3-6 and July 10-13, with three courses available.

'Tackers 1' is a great, fun way to introduce children to the basics of sailing through games on and off the water and uses the buddy system of two kids per boat. 'Tackers 2' introduces tricks and techniques to build participants abilities so that they can sail a boat on their own with lots of support and supervision. The final level is 'Tackers 3' and focuses on advancing sailing skills by educating participants on rules, wind and sailing skills.

For more details and registration  
contact (02) 9969 1233 or visit [mhy.com.au](http://mhy.com.au)



### MIDDLE HARBOUR YACHT CLUB School Holiday Sailing Camps

MHYC will once again be running our fantastic Holiday program these July School Holidays. The program provides a fun, safe and affordable introduction to sailing and the marine environment. Programs are tailored to age groups and conducted in the safety of Middle Harbour under the supervision of fully qualified instructors. The Tackers program will be run from **3rd - 6th July 2017 and 10th - 13th July 2017, 9am - 3pm**. Tackers is an introductory, fun, games-based sailing program designed for kids aged 7 to 12.

Also being run in the second week from **10th - 13th July 2017**, is the Youth Sailing program which is aimed at getting teens (11 - 18 year olds) into the sport of sailing. MHYC uses a three step process to teach the fundamentals of sailing (including spinnaker and trapeze use), based on the Australian Sailing, Discover Sailing Program. It's a great way to make new friends, adventuring around the Harbour and learning all the aspects to sailing.

Book online at [www.mhy.com.au](http://www.mhy.com.au) or call 02 9969 1244

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# JAMALA WILDLIFE LODGE

**I**f you are planning a winter getaway that will entice the entire family, or even a romantic break for two, then look no further than the incredible Jamala Wildlife Lodge! Just a short drive away, located in Canberra, Jamala offers the perfect oasis of the natural world but in total luxury. With something to be enjoyed by everyone this is an experience not to be missed!

Jamala offers the opportunity of experiencing the thrill of close encounters with some of the world's most dangerous and endangered animals, as well as relaxing in the unique atmosphere of its three individually designed five star accommodation hubs; Giraffe Treehouses, Jungle Bungalows and uShaka Lodge. The African inspired suits lie in the heart of the National Zoo & Aquarium in Canberra and epitomise style and comfort. The combination of opulent surroundings, incredible animal encounters and gourmet cuisine alongside Jamala's five star hospitality ensures that all guests share in a once in a lifetime experience during their stay.

Since opening in December 2014, the addition of Jamala Wildlife Lodge has been a significant step in bolstering the programs that are run by the National Zoo. The overarching mission is that the funds from Jamala will allow the zoo to continue to grow and support its breeding program. Jamala aims to have their guests appreciate the magnificence and importance of the animal kingdom and believe that the most effective way to do so is by getting them as close to the animals as the animals feel comfortable with.

*Sydney Observer* chatted to Jamala Wildlife Lodge's Business Manager, Russell Jackson, about why this overnight zoo experience is a must-visit for the whole family and how they are committed to protecting the future of the animal kingdom.

**What can a family expect from their stay at Jamala Wildlife Lodge?**

Families staying at Jamala will meet many of the most amazing and endangered species on earth and learn how they can help their survival. Our inclusive room rates include overnight accommodation, breakfast, afternoon tea, a five course dinner and exclusive tours.

Jamala's special "Family Fridays" cater for families with children four years and older. Kids can enjoy an earlier meal time then go on a fun Aquarium tour with one of our guides while mum and dad enjoy their meal!

**What sets Jamala apart from other zoo experiences?**

Jamala Wildlife Lodge is the ultimate overnight safari. The spectacular accommodation allows guests to enjoy breathtaking animal encounters and sleep next to some of the most endangered and powerful animals in the world, including lions, tigers, bears and giraffe.

**How does Jamala contribute to helping protect the future of the animal kingdom?**

The National Zoo & Aquarium is contributing heavily to a large number of breeding programs that can help save a number of animals from extinction. Jamala contributes funds that will allow the zoo to continue to grow its contribution to helping protect the future of the animal kingdom. Jamala and its programs have also been designed to maximise the opportunity to subtly impress on its guests that everything possible should be done to ensure these magnificent animals must survive in the wild.



## A ROOM WITH A ZOO...

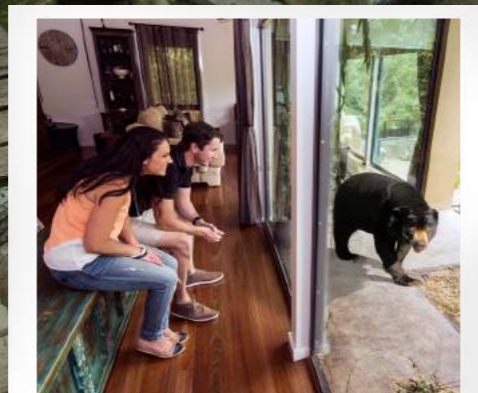


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Address: 999 Lady Denman Drive, Canberra ACT 2611



## GEN Y AND PROPERTY:

### Is it time for Millennials to walk away from the housing market?

Sabrina Muysken

**Gen Y'ers across** Sydney have been struggling to make the break into the inflating property market for some time now, but is it time they stopped trying and focused on other means of investing altogether? Many financial professionals are now advising those struggling to purchase their first-home to invest into their superannuation instead. Not only does this investment alternative provide similar returns on your hard earned deposit money but with so much concern around whether the property will burst it might actually be a safer option.

Although it might sound less exciting than owning your own apartment or home, investing in your super can provide great opportunity to save on tax both

in the short-term and long-term. Salary sacrificing (directing a specified amount of your pre-tax salary straight into your superannuation) is a lucrative form of forced savings and means you will pay less tax on your salary. This is because as earnings and gains on super investment is only taxed at 15 per cent rather than the full 40 per cent. In the longterm you'll also pay less tax if you withdraw from your super post-retirement as everything within it is considered 100 per cent tax free. In comparison, if you purchased investment property now and sold it in retirement you would have to pay a substantial capital gains tax.

Although the return could be much greater than investing in the property market, the

downside to investing in superannuation is that you'll be playing the long game before you see any returning money in your pocket. Another downside is that there are also limitations set in place on how much of your salary you can actually invest into your super account. Currently, super investments are capped at \$30 000 per year, which includes the mandatory super contributions from your employer.

There are risks and rewards to be thoroughly considered on any investment, however, with Sydney's current property market in a state of inflation it is becoming increasingly worthwhile for Millennial's to explore other opportunities for financial gain on their savings.



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## Should you really care about the Budget?

Peter Vickers, Chartered Accountant, Lindfield



**The Federal politicians** have done what they had been elected to do. They prepared a budget that looks pleasing to the

electorate. They have increased some taxes, extra 0.5 per cent for medicare levy and the levy on the evil banks. This is so they do not have to tackle the hard bit of reducing government expenses. They have handed out some goodies. Small business, which is now defined as those with a turnover of less than \$10 million, can write off any plant that is purchased before 30 June 2018 and first homeowners will be able to do a shifty with their super but for only \$30 000.

What have they missed in their thinking

and what do you as ordinary people need to know about this?

It is called the MARKET. Even Stalin who was able to kill millions to get his way stumbled. The Soviet Union subsidised bread for the poor. The consumption of bread went up dramatically. The pig farmers found it was cheaper to feed their pigs bread rather than more expensive grain.

Thus if the first home owner can get their hands on an extra \$30 000 they can then afford to pay that extra \$30 000 for a new home and the prices thus go up by that extra \$30 000.

So what about the levy on the big banks? There are four groups involved in a bank: Employees, depositors, borrowers and shareholders. The employees will not

take a salary cut. The other three will go elsewhere if they can get a better deal so the levy will be spread around all three. There is nowhere else that the money can come from. Remember that most of us are shareholders of the banks via our superannuation fund or the Future Fund. What the bank levy really is, is an indirect tax on the population like the GST. Hidden from direct view but still paid by ordinary Australians.

Speaking of markets, remember markets go up and then they go down. This applies to current interest rates and house prices. The first is likely to go up and the second to come down or at least stop going up for another ten years.

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

## SMASHED AVO OR A FIRST HOME?

For a generation told they could do anything, the financial reality says otherwise. Millennials are set to be the first generation of Australians to be worse off financially than their parents.

Given the daunting prospects of home ownership, made harder by shifting and shrinking employment opportunities, the need for financial literacy amongst young Australians has never been greater. Yet in reality, financial literacy has been declining. For a generation with an intuitive

grasp of all things digital, understanding something as simple as the magic of compounding should be easy (it's keeping them away from their phones that's hard).

**If you know or have any millennials in your house, encourage them to come to our seminar.** They'll hear how to save without meaning to, some simple and affordable ways to invest and a few other tips and examples. Matt, a millennial himself, has agreed to avail himself from his

smashed avo and seventh coffee to communicate with his peers. (who knows, they'll probably set up a whatsapp group or something...) Old people (> 30) are also welcome, but BYO glasses for the seminar.

**When: 6pm for seminar and Q&A 6.15-7.15pm Wednesday 12th July**

**Venue: 345 Pacific Highway, Lindfield**

**Speaker: Millennial Matt Vickers, Snowgum Financial Services**

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# CONTACT SPORTS AND ORAL TRAUMA

Dr Ian Sweeney



The winter school term traditionally marks the beginning of the football season. Contact sports like football and rugby are often typically associated with dental injuries. However, racquet and stick sports like Hockey and even tennis are responsible for their fair share of dental trauma too.

There is no better way to avoid dental injury than by wearing a well fitting mouthguard. Mouthguards are available in many different forms from the "heat and Bite" across the counter types to customised mouthguards.

Heat and Bite mouthguards are just that. You heat up a preformed rubber mould in hot water, place in into the mouth and bite it into shape. They do offer protection to teeth because the rubber acts as a cushion softening the impact force received. However, with a heavier blow the lack of force dissipation may still result in the front teeth being knocked out.

Professionally made mouthguards fit the mouth precisely as they are "made to measure" and are therefore generally far more comfortable than a "heat and bite" across the counter type of mouth guard. Custom made mouthguards vary depending on the age of the wearer as well as the sport involved. There is a difference in force generated between the under 7's soccer and a professional kickboxer!

Professionally made mouthguards are often laminated rubber with a firmer intermediate layer that is designed to help dissipate the force over as great an area as possible, so Lessening the impact force on individual teeth.

So, a relatively small investment in a professionally made mouthguard may save you thousands of dollars later.

In the event of a tooth being knocked out, the immediate first aid is to soak the tooth in milk. If milk is not available, wrapping the tooth in plastic with some of the patient's saliva will help prevent the tooth from drying out. Immediate dental

care is required to reimplant and splint the tooth. Teeth that have been knocked out can generally be "saved", however they will require further treatment. If the tooth is reimplanted quickly, the patient will avoid the inconvenience of wearing a denture to replace the missing tooth.

Sports drinks may also be problematic. Sports drinks are often recommended following periods of excessive exercise. From a dental point of view, excessive exercise causes dehydration and reduction of salivary flow. Saliva in the mouth works as a natural buffer, neutralising acid. As most sports drinks are both sweet and acidic, by consuming them while in a dehydrated state we increase the risks of both tooth erosion and decay. Drinking water or rinsing with water prior to consuming sports drinks will lessen the effect of the acidic nature of the sports drinks.

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

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



## MOBILE APP PROMOTES CERVICAL CANCER AWARENESS

The Australian Cervical Cancer Foundation's (ACCF) free mobile application educates and engages women about cervical cancer prevention. The application is available to download for free on Android's Google Play Store and Apple's App Store, and can be easily found by searching "ACCF".

The app focuses on educating women of all ages about their cervix, with content featured around what the cervix is, its role in the body, how to prevent cervical cancer,

the link to the HPV virus, and general tips for regular health checks. Additional features include a fun quiz to test cervical knowledge and a handy reminder service – Get the Pap Text – to ensure women never forget to be screened.

The application also helps women with support services including a Cervical Health Info Line and an option to read and share inspirational stories through the 'Faces of Cervical Cancer'. Joe Tooma, CEO of the Australian Cervical Cancer

Foundation, encourages all women to download the application as a way to 'keep their cervix healthy and reduce their risk of cervical cancer'.

"The free ACCF mobile app is a great way for women to learn more about their bodies, keep up to date on their cervical screening and read stories about the strong women and families affected by cervical cancer."

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

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- ☛ Fear Of Dentistry
- ☛ Anxiety In Dental Chair
- ☛ Failure Of Local Anaesthesia
- ☛ Surgical Procedures
- ☛ Patients With Gag Reflex
- ☛ Special Needs Patients
- ☛ Hoist Available

# BOWEL CANCER AWARENESS MONTH

Aidan Wondracz

## Bowel Cancer Awareness

Month is right around the corner. On June 1, Bowel Cancer Australia (BCA) will launch its month-long campaign to raise public awareness about the second biggest cancer killer in Australia.

"Every year, more than 15 000 Australian men and women are diagnosed with bowel cancer," BCA says.

It is traditionally believed that the cancerous tumour is more commonly found amongst 50 year olds and over. Though, new research has revealed a shocking change in trend.

"Over 1000 Australians under age 50 are diagnosed with early-onset bowel cancer each year."

The non-discriminatory disease is also known as colorectal cancer, which is a cancer in any part of the colon or rectum. Most cancer growths develop from tiny growths known as polyps.

"Most bowel cancers start as benign, non-threatening growths on the wall or lining of the bowel."

Generally speaking, polyps are harmless. Except it's the adenomatous (adenoma) polyp that one should be more concerned about.

"If left undetected, an adenoma can develop into a cancerous tumour."

Once a cancerous tumour develops, the chances of survival plummet dramatically.

"But the good news is that bowel cancer is preventable," says Professor Graham Newstead, Colorectal surgeon and Director at Bowel Cancer Australia, "And if detected early, can be successfully treated in 90 per cent of cases."

It's a message that Bowel Cancer Australia is committed to relaying across the nation in their campaign. They encourage you to keep a look out for tell-tale signs.

- Persistent change in bowel habits.
- Blood in the bowel movement or rectal bleeding.
- Severe abdominal pain.
- Unexplained anaemia causing tiredness or weight loss.
- A lump or mass in your abdomen.

BCA also encourages you to check your genetic history. Hereditary conditions such as Lynch Syndrome (HNPCC) and Familial Adenomatous Polyposis (FAP) can catalyse the disease. Even if your family doesn't share this history, it is still recommended that you visit your local GP.

The organisation has also provided a few, simple tips to greatly reduce the likelihood

of developing the fatal disease.

- Quit Smoking.
- Avoid processed meats and limit red meat consumption.
- Avoid weight gain and reduce waist circumference.
- Limit the amount of alcohol you drink.
- Eat naturally high-fibre foods.
- Make physical activity part of your everyday life.
- Participate regularly in bowel cancer screening.

"Being aware of bowel cancer, and the steps to prevent and detect it early are paramount," Professor Newstead says, "This may mean screening for bowel cancer by way of a bowel cancer screening test every 1 to 2 years, or a colonoscopy."

Bowel Cancer Australia urges the public to get in on the effort in tackling the disease. With the support of volunteers and monetary donations the organisation is confident they can help save lives.

They offer support to anyone currently battling the disease. For anyone seeking more information or service of support head over to [bowelcanceraustralia.org](http://bowelcanceraustralia.org)

**The Bowel Cancer Australia Helpline is also available, 1800 555 494.**



June is Bowel Cancer Awareness Month

# GET BEHIND IT!

Donate at [bowelcanceraustralia.org](http://bowelcanceraustralia.org)

# HEALTH CORNER

Aashray Narula

## AI predicts heart attacks

Self taught computer algorithms could save thousands of lives and improve our understanding of how our bodies work. Researchers at the University of Nottingham have developed a set of computer programs that could predict heart attacks better than doctors. The algorithms were trained on real patient records and developed criteria that outperformed the current guidelines set by the American Heart Association (AHA). The AHA criteria identifies several risk factors like age, high blood pressure, and obesity that increase a person's chance of suffering a heart attack. The best computer program was able to outperform doctors, making an additional 7.6 per cent correct diagnoses with 1.6 per cent fewer false positives. That extra accuracy could account for hundreds of thousands of lives saved every year. Just as significantly, these computer programs could help doctors better understand the complex causes of heart disease.

## Artificial Womb

Currently, premature infants weighing as little as a pound are hooked to ventilators and other machines inside incubators. Children's Hospital of Philadelphia is aiming for a gentler solution to give the tiniest preemies a few more weeks cocooned in a womb-like environment, which will treat them more like fetuses than newborns in hopes of giving them a better chance of healthy survival. They are creating an artificial womb of watery incubation to simulate how fetuses float in amniotic fluid inside their mother's uterus. Human testing is still three to five years away, though the team already is in discussions with the Food and Drug Administration.

## Smartphone & Diabetes

Currently, a diabetic must routinely self-administer shots to keep their insulin levels maintained. This is a difficult procedure that can also carry a risk of infection. Thanks to a new approach by a team of scientists, in the future it may be as easy as pushing a button on a smartphone. The newly developed method uses engineered cells and a smartphone-controlled LED light to inject insulin. The cells are designed to respond to a specific wavelength of red LED light through a relatively new process called optogenetics. Optogenetic techniques allow researchers to essentially turn genes on and off by exposing the cells to light. In this case, red LED light triggers the insulin-producing genes in the modified cells. The researchers then connected the LED to a smartphone app and were able to produce insulin at the touch of a button.

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# Redefining Success – Living Successful Lives

Vera Randall, Founder of Knitwit & owner of Just Better Care Northern Suburbs

**In her book** Thrive, author and co-founder of The Huffington Post, Arianna Huffington says that over time our society's notion of success has been reduced to money and power and that we need to add a third dimension to live the successful lives we want and deserve.

She writes about four additional things we need to support whatever level of success we achieve: wellbeing, wisdom, wonder and giving – and is emphatic that people are turning to activities that give life meaning.

Every day at Just Better Care, I see our community support workers doing just that, as they work toward successful outcomes for the people they serve and in doing so for themselves. As they care for people who are frail aged or living with dementia or disability, they take care of their own wellbeing to enable them to support others. They are wise about how they build relationships with their clients; they enjoy the wonder of listening to their life stories and most of all giving of themselves.

Giving can take many forms. It can be

a cheerful smile as they arrive at the door, paying extra attention to a task like light housekeeping, going shopping and preparing a meal or paying extra attention when prompting medication.

These are just a few of the ways our team of support workers live successful lives. Carrying out tasks to support others brings joy, and in doing so, they are adding to the third dimension Arianna Huffington writes about to support a successful life.

Yes, our support workers are redefining success in serving others, providing peace of mind to busy families and in doing so building up a bank of wellbeing and living successful lives.

If you are interested in exploring how you can join others redesigning success by becoming a community support worker send me a message. Maybe we could meet at our office at Gordon and talk about joining our team – casual work available.

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



# WEIGHT LOSS BATTLES

Alex Dalland

**Recent research from** the CSIRO suggests that while Australians are motivated to lose weight, many are unsuccessful – with 50 per cent having made more than six attempts and nearly 20 per cent of us trying to lose weight more than 25 times.

The CSIRO surveyed more than 28 000 Australians to identify the personality traits and behaviour patterns around eating and weight loss, as part of a new program that helps you plan your diet around your food personality.

“If you have struggled to maintain your diet after a few weeks, your personal diet type will shed light on what behaviours and habits are creating a barrier for you,” says Dr Sinead Golley, CSIRO Behavioural Scientist, “Knowing your personal Diet Type helps you maintain a healthy eating plan because you are more aware and equipped to manage moments of weakness.”

The most and least common of the five main diet personality types across the surveyed population were:

**The Thinker** – 41 per cent were classed as over-thinkers whose worries about failure leads to stress, which can derail diet progress.

**The Craver** – 25 per cent have uncontrollable cravings for delicious food and find it hard to stop, leading to overeating in tempting situations

**The Foodie** – 15 per cent of those surveyed are true foodies who love making, eating and experiencing food.

**The Socialiser** – For another 15 per cent flexibility is considered essential, meaning they won't let strict food restrictions stifle their social life.

**The Freewheeler** – Just 4 per cent admit to making spontaneous and impulsive food choices therefore find planning meals difficult.

“Successful weight loss requires a different mindset, focused on long-term total wellbeing. If you identify as a ‘thinker’, you can improve your eating habits by reflecting more on positive changes and rewarding progressive achievements towards your goal,” CSIRO Research Director and co-author of the Total Wellbeing Diet, Professor Manny

Noakes says.

“The large number of participants using the Diet Type assessment demonstrates Australians are highly motivated to understand their personal diet type and what drives their eating habits.

“Our goal with the diet type program is to connect people with a more personalised eating plan to deliver more sustainable, longer lasting changes in healthy eating habits.”

**For more information on the Total Wellbeing Diet visit** [totalwellbeingdiet.com](http://totalwellbeingdiet.com)



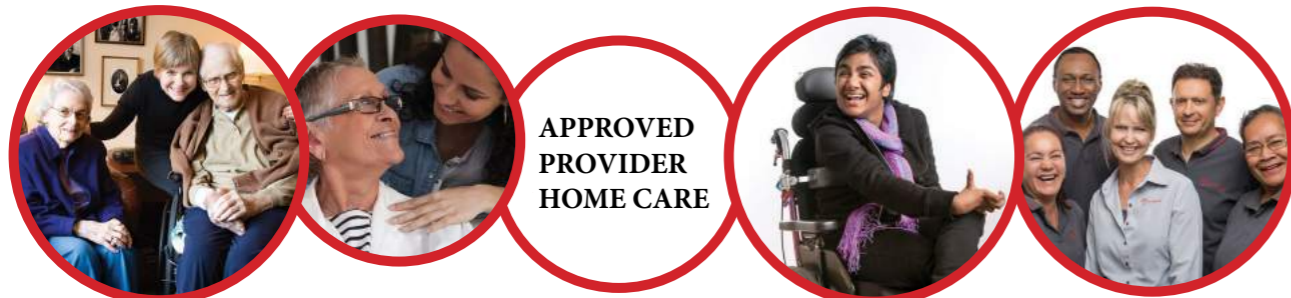
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# WHY ARE WE STILL WAITING FOR THE MALE PILL?

Despite decades of promising research, the many men who want their own contraceptive pill still have nothing. One of them, Andy Extance, looks at the obstacles – practical, political, economic – and meets the people hoping to make male birth control a reality.

**G**regory Pincus, who co-invented the female contraceptive pill, first tested the same hormonal approach on men in 1957, and various hormonal and non-hormonal methods have been explored since. And although attitudes among those who might use a male pill were once thought to be a daunting obstacle, it's now clear that many men want a new option.

Despite this, we're still waiting. Developing a method that men would accept has brought decades of frustration, yet researchers are as confident as they can be that they're close to overcoming the scientific barriers. But, crucially, drug makers' commitment to contraceptives has always been tentative, particularly when it comes to products for men – and today, the whole contraceptive industry is struggling. Now, the multimillion-dollar question seems to be: Who is actually going to make the male pill happen?

In 2005, researchers in Germany published a study asking over 9000 men from nine countries on four continents whether they'd use a contraceptive method "capable of preventing sperm production". Over half were willing, the proportion ranging from three-tenths to seven-tenths depending on the country.

Other surveys report similar attitudes. In 2011, Susan Walker at Anglia Ruskin University in Chelmsford, UK, published a small study including 54 men in an anonymous town in England. 26 of them said yes, they would take it. "They were not concerned about losing fertility – as long as they could be sure of regaining it," Walker stresses.

The survey also included 134 women, roughly half of whom would let their partners use a male pill. However, more than half were worried that men would forget to take the pill regularly, whereas just one in six of the men had this worry. "Of course, women have the experience of having to remember to take the pill," Walker says. One study from 1996, in which 103 women were given electronic pill dispensers that monitored what they'd taken, found that they missed 2.6 pills per month on average.

"The general concept is that there are men out there that would use it," says Richard Anderson, a professor of reproductive science at the University of Edinburgh. And some women would trust them –

although often media coverage might suggest otherwise. "Whenever there's a study published, a radio journalist will walk up and down the high street in their local town and ask women whether they'd trust a man to take a pill, and of course they all run for the hills. But if you ask a woman if they would trust their partner, who they share children, their bank account, and a bed every night with, then you're going to get a different answer."

Despite their being a demand for a male contraceptive, economically it is not viewed as favourable. Contraceptive drug companies have all drastically cut funding for new products. Coelingh Bennink,

founder of Pantarhei Bio, says "It's a disastrous world to develop drugs in. It's much more profitable to develop another cancer drug. Contraceptives are a retail business – it's a matter of selling a lot, and profit is low."

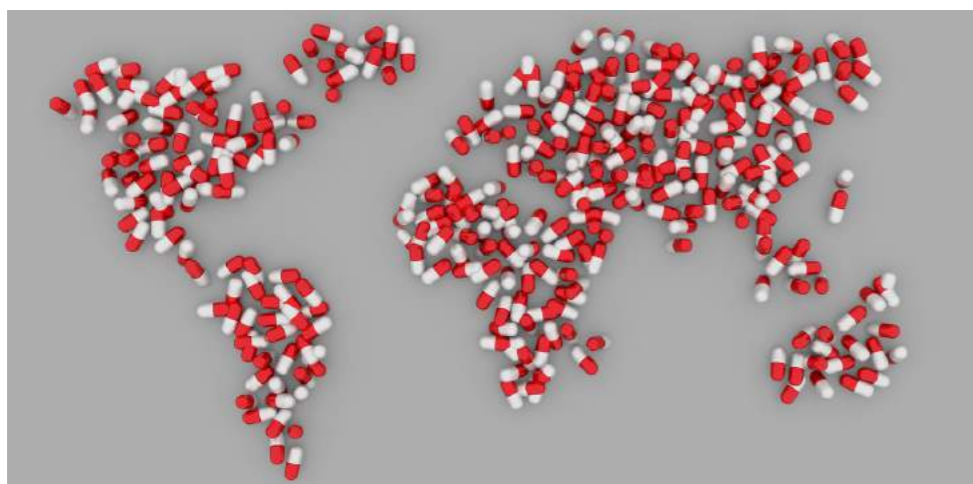
US-based Transparency Market Research estimates that people across the world spent almost \$16 billion on contraceptives in 2013. Roughly two-thirds of that was on contraceptive devices, including condoms, implants and intrauterine devices (IUDs, or 'coils'). Meanwhile, the IMS Institute for Healthcare Informatics estimates that in 2014 the world spent \$100 billion on cancer drugs, and that figure has been growing at 6.5 per cent per year. Contraceptive drug expenditure is set to grow at just 1.3 per cent a year. Add to this the risk of getting sued, and the continued belief that men won't take a contraceptive pill, and Coelingh Bennink believes no drug company will get involved. "This is a task for public organisations," he says.

The WHO continues to fulfil this role – but it too has hit problems. In

2011, another progestogen–testosterone trial on over 200 couples, run by the WHO and the non-profit research organisation CONRAD, was stopped early. CONRAD announced two serious adverse events as the reason, although full details are still to be published.

It is clear that what this field is really lacking is a champion with the financial means and enthusiasm. Thereafter you get industrial involvement.

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



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# BOTANICAL BEAUTY

All You Need To Know About The Beauty Industry's Favourite Buzzword

Sabrina Muysken

**Plant-based cosmetics** are celebrated for their powerful properties and quality ingredients. Yet despite having been available for some time, these botanical derived products have only seen significant market growth in recent years as many consumers are actively making the switch from synthetic to all-natural. But beyond the hype, are botanical beauty products really worth the inflated price-tag?

Regular research studies have been conducted to determine whether beauty concoctions made entirely from plant extracts and oils really do produce healthier skin in comparison to their unnatural counterparts. One clinical trial separated its trialists into two groups – those who used purely synthetic commercial brands and those who used 100 per cent natural blends. The study went on for a duration of five years and concluded with interesting results.

The findings revealed that in the short term skin did benefit more favourably from the synthetic commercial products, however, at the conclusion of the trial the subject group who had used purely natural blends came

out with an overall healthier complexion. So whilst natural products may take a little longer to show noticeable benefits, in the long run your skin will thank you for the extra care and attention, rewarding you with a more hydrated, glowing look.

It is thought that the reasons behind why botanical beauty products work so well can be attributed to basic human biology as essentially “the body recognises the synergistic molecular structure of their uniquely natural formulae and utilises rather than rejects it”, says leading Australian botanical skin care company Grown Alchemist.

Unlike other mobile species, the rooting of plants to the ground has allowed for these natural wonders to develop powerful defense mechanisms that ensure their evolvment and survival. It is therefore no wonder that these mechanisms can be effectively harnessed to protect and repair us also.

So regardless of whether you are looking to treat skin inflammation, acne, pigmentation, dryness or those pesky fine lines, there is a botanical ready to soothe

your ailment!

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**Fight Breakouts:** Witch hazel will become your new best friend as the natural antioxidant protects and heals acne-prone skin with its ant-irritating and antiseptic properties.

**Slow Aging:** Green tea is an incredible agent in reducing signs of aging as it contains caffeine that will actively work to limit puffiness and has anti-inflammatory properties that ward off free radicals.

**Soothe Sensitivity:** Camomile is well known for its miraculous ability to calm and relieve inflammation, irritation and redness.

**Heal Dryness:** Rosehip oil is a rich source of essential fatty acids including omega-3, 6 and 9, which easily quench dry or sun damaged skin.

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# POWER



# WINTER HOME TRENDS

Sabrina Muysken

**With the cooler** weather comes more time being spent indoors, leaving now as the perfect time to consider how to 'winterise' your home. Introducing layers of soft, warm fabrics and incorporating rich, deep colours are simple yet effective ways to ward off that winter chill and create a cosy space. Jennifer French, Interior Decorator and Colour Consultant at Inside Out Colour and Design, has shared her helpful tips on how to inject an extra sense of comfort into your home this season.

### Rugs and Accessories

To ensure your feet are kept warm investing in a few quality rugs is a must, especially if your home has timber flooring. Yet with so many colours, textures and sizes available choosing to right fit can be a challenge.

Jennifer says, "There are so many types available including rugs made from recycled denim, plain or patterned wool rugs, and those made from natural materials. Think about where you will place the rugs and whether you will be stepping on it in bare feet. If so, you will want something soft underfoot."

When it comes to purchasing accessories consider subtle additions like clusters of different sized candles to set the mood or a basket filled with winter pine cones to add some natural elements inside.

"When buying accessories for your home consider the price point first. Trends come and go, so sticking to colours and textures

you love rather than because they are on trend will ensure longevity from your purchase," suggests Jennifer.

### Rich, Dark Colours

Allowing for an enjoyable hibernation throughout the cooler months, adding darker colours in paint or soft furnishings is a great way to make a home appear instantly 'winter ready'.

"Inky dark walls, plum soft furnishing or deep green fabrics will all make the home feel and look warm and cosy. Winter often makes us reach for something soft and comforting like faux fur or thick knits. Cushion covers and throws in these textures are ideal as they make the couch more cosy. And let's face it, winter is all about lazing on the couch!" says Jennifer.

# THE COLOURS OF AUTUMN

Susan Potthurst of Elegant Outdoors, Turramurra Garden Centre

**As winter looms**, evergreen trees are able to keep their leaves during the colder months due to a waxy coating and "anti-freeze" chemicals in the leaf cells, but other trees with thinner leaves must save energy by reducing themselves to their toughest parts - their stems, trunks, branches and bark - and this means their leaves have to go! But, don't let this upset you because Mother Nature, as always, gives us something in return - glorious colours and free mulch!

Here's the scientific bit in a nutshell: During the growing season, trees create chlorophyll as fast as they use it so

leaves stay green but as the amount of light reduces in autumn and winter, the production of chlorophyll reduces until it stops. Thanks to chemical light receptors in the leaves, trees can register day-length changes resulting in the marvellous colours we see everywhere at this time of year. When the green pigment disappears from the leaves, other pigments hidden during the warmer months begin to emerge. Carotenoids produce yellow, orange and brown hues whilst anthocyanins give us strong reds and purples.

Fallen leaves play a vital ecological role

in releasing nutrients into the soil as they decompose, so once you've raked them up off your lawn, think twice about putting them in your green bin. Use them on your garden beds as a natural mulch or compost them to use in Spring.

I personally love deciduous trees as they provide much needed shade in summer and let plenty of light in the garden in winter. But the ultimate benefit for me is being blown away by those fabulous warm autumn colours, which change as the sunshine hits them in the afternoon.

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# Escape in Your Own Backyard: Creating Outdoor Spaces that Enhance Your Wellbeing

Rose Gresham



For many of us, everyday life is filled with countless jobs, activities, responsibilities and distractions. The importance of taking time out to relax and reconnect with nature cannot be understated, but we don't need to spend a fortune on exotic holidays to get the peace and rejuvenation we all desperately crave.

Anyone can find restoration in their own outdoor space, regardless of the size or cost restrictions at play. So how can we create our own haven of tranquillity at home? Here are a few simple tips to maximise your outdoor living.

### Water for peace and stillness

The most popular water feature for Australian homeowners is undoubtedly a pool. Not only is it an attractive addition to an outdoor space, it offers the benefits that come with swimming and exercise, enables a cool-down in summer and brings native wildlife to the area.

"Water is proven to (have) a very calming element on humans, with



multiple studies showing it can help lower blood pressure, improve physical health and accelerate healing," says Matt Leacy of Landart Landscapes.

Matt recommends white or black tiles to create a calming and natural ambience and a mineral pool filtration system. If you are restricted by size and layout, try a rock pool, fountain or cascading pond.

### Flora for a Sensory Experience

Using plants and flowers that appeal to the senses, as well as incorporating those that bring health benefits, can bring your garden to life and offer much needed natural stimuli.

For Touch: Try textured plants like Lamb's Ears, Banksias and Adenanthos.

For Scent: Perfume your outdoor space with sweet alyssum, honey-scented white flowers, gardenia, jasmine and frangipani.

For Health: Grow Eucalyptus in a pot to scent decks and patios. Another top pick is the Aloe Vera plant, which can be used to



soothe sun-burns, stings and bites, and is also a natural insect repellent.

For Taste: Grow a Herb Garden or Veggie Patch. All round veggies like iceberg lettuce, snow peas and kale are great, or opt for aromatic herbs like basil, mint, rosemary and thyme.

For Sound: Grow banksias, grevilleas, bottlebrush, she-oaks and palms to attract natural wildlife.

### Design on an Open Plan

Landscape design is also a key contributor in impacting the way we feel when encountering an outdoor space. To enhance a free-flowing feeling, use fences that don't cut off landscapes or create the sensation that the space is closed off. Alternatives to traditional fencing could include boundary screening plants and slender weaving bamboo. Where possible, try to opt for winding paths rather than direct tracks or sharp lines as it is much gentler on the eyes and heightens relaxation.

# Kitchen Design: Scandy Style

Aidan Wondracz

With endless style choices to be made and an abundance of technical terminology, finding the right kitchen design for your home can often become a daunting task. This might be why so many budding renovators are now looking to Scandinavia for style cues, adopting their clean lines and simplistic approach. With furniture juggernaut Ikea having amassed a cult-like following since its humble Swedish beginnings, it comes as no surprise that this interesting style is gaining a worldwide following.

"What is quite trendy this year is the Scandinavian Style," confirms Jakob Gamborg, owner of DK Design Kitchens, "Or what we like to call, 'Scandy Style.'"

The European-influenced design incorporates an interesting blend of the natural world with that of the manmade. Imagine real granite benches that are integrated next to matte-white wooden cupboards. The unusual pairing aims to achieve a sense of harmony and subtle balance. The design style further adopts a minimalist philosophy by relying on fewer materials to create the desired effect –

something which ironically can be difficult to achieve, admits Jakob.

"Simplicity can actually be the hardest thing to design," he says, "You're trying to use less materials to say more."

The trick to effectively implementing a Scandinavian kitchen influence is two-fold. Firstly, a true Scandy Style interior is always very liveable and functional. This means every appliance and item should have a purpose, if not then it doesn't belong. Secondly, colour and materials are paramount. Swedish design tends to be loyal to white, grey and cool blue tones whilst using natural wooden materials. Nail these two elements and you'll be well on your way to achieving the desired effect.

For those who aren't mad on the Scandinavian way, Jacob suggests taking a look at the 'Hampton Beach Style' approach as it still incorporates the same sense of

simplicity yet with a more mainstream finish. With glass front cabinets placed against white tiled splash back walls, the look provides a spacious yet carefree atmosphere.

"The benches are also much thinner in this style, and are generally built of marble, corian, or other variations of stone," says Jakob.

Having a more established history in the North Shore Region, the Hamptons look also easily builds upon previous designs.

Whether it be a Scandinavian or Hamptons finish, it is clear that the underlying winner for kitchen design this year is simplicity!

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# JUNE HOTSPOTS

Aashray Narula

## Ballina Food and Wine Festival

Spanning from 30 June to 2 July, the Ballina Food and Wine Festival brings you three events over three days, showcasing the best produce, culinary expertise and entertainment the region has to offer, along with premium wines, craft beer, cider and spirits. In its eighth year, the festival will feature live entertainment and superb food, teamed with wines and craft beers on Friday night at the Ballina RSL Club. Friday and Saturday will feature a bus tour showcasing the best the Northern Rivers Region has to offer. Sunday is the main Festival Day, held at the Ballina Jockey Club, featuring exhibitors, information sessions, demonstrations and quality entertainment. Each year the proceeds of the festival are donated to worthy causes both local community and international projects.

## Good Food and Wine Show Sydney

Enjoy a fantastic day discovering new foods, wines, beers and latest products from hundreds of local and international exhibitors. As Australia's largest consumer exhibition, patrons have the chance to learn new recipes from some of Australia's best chefs and restaurateurs, participate in free wine tasting classes and experience a cheese appreciation journey amongst the various activities available. The Sydney Good Food and Wine Show returns to Darling Harbour at the International Convention Centre from 23-25 June. General admission tickets to access the free features of the show range from \$14 to \$140, with optional masterclasses available at additional costs.

## Hunter Valley Wine Festival

The fifth annual Hunter Valley Wine Festival will take place on 24 June from 11am to 5pm at the Crowne Plaza Hunter Valley. The Hunter Valley is Australia's oldest and most established wine region and major wineries and boutique producers will be represented at the Festival. Bring together the region's best wineries, alongside beer and cider tastings, fine local food and entertainment in a family-friendly atmosphere, the Festival is an ideal location to relax and discover the surrounding attractions of the Hunter Valley Region. There is plenty of onsite parking at Crowne Plaza Hunter Valley and a bus service will operate from Newcastle.

## Lovedale Pie and Wine Experience

The brand new Lovedale Pie and Wine Pairing Experience is being held daily throughout May and June from 9am to 5pm. During these two months, Lovedale chefs and winemakers are teaming up to produce a new wine and food pairing experience to celebrate the Hunter Valley Wine and Food Festival. Individuals have the chance to enjoy a delectable gourmet pie from the menu of Lovedale restaurants specifically chosen to complement a Lovedale wine. There are nine restaurants and cafés participating in the experience.

## RECIPE

CRUNCHY PASTRY  
TOPPED BAKED  
APPLE (LOW  
FIBRE, VEGAN)

BOWEL CANCER  
AUSTRALIA

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Serves:** 4

### Ingredients

- 2 tablespoons minute oats
- 1 tablespoon coconut flour
- 1 square ready-made puff pastry cut into centimetre thick strips
- 1 fresh lemon rind grated
- 6 peeled granny smith apples
- ¼ cup of honey
- ¼ teaspoon cinnamon (if desired)

### Method

1. Preheat oven to 190°C.
2. Peel apples as finely as possible.
3. Cut the tops off four apples and scoop or cut out the insides very carefully so the outside of the apple remains in tact.
4. Peel the remaining apples and chop into 1cm chunks.
5. Mix the chunked apple with honey, oats, cinnamon and lemon rind.
6. Place inside the apples to fill to the top.
7. Place strips of pastry over the top in a lattice work, press down gently.
8. Put all apples in an oven-proof dish.
9. Pour water in the bottom of the tray approximately 5cms deep.
10. Cover with foil, then bake for 20 minutes.
11. Take the foil off and bake until pastry is golden brown.
12. Serve with Green tea ice cream.



Visit the [Bowel Cancer Australia](http://BowelCancerAustralia.org) website for more recipes.

[bowelcanceraustralia.org](http://bowelcanceraustralia.org)

# CRUNCHY CREAMY

Luka Osborne

**W**e all know if something tastes good, but could you name the elements of flavour? Taste, smell and texture are the standard used by food marketers and manufacturers. However, according to researchers at Auckland University business school there is a fourth contributing factor – colour.

The evidence suggests that colour, of the food and of food ads, acts as a fourth dimension, interacting with the other three elements. Colour primes the taster to experience the other elements in certain ways

“Colour is such a ubiquitous quality, but because it’s everywhere you don’t necessarily think about it... People will talk about the taste, smell and flavour of food, but its only if something looks unusual that they’ll mention the colour,” says Gavin Northey, Lecturer of Marketing.

This is seen in an experiment where subjects were fed spoonfuls of red and blue custard with identical smell, texture and taste. The red repeatedly scored as creamier whilst the blue as less so and sometimes even as “crunchier”. Further, subjects who were asked to smell white wine with added red colouring consistently rated it similarly to actual red wine – some sommeliers were even caught out!

The study was conducted in three parts: The first showed mocked-up ads of food – a salad, biscuit and quiche – half with a blue filter and half with a red filter. Those

who observed the blue filter more often expected crunchiness in all foods.

The second study was built upon the last, with labels indicating creaminess or crunchiness. The ads with ‘crunchy labels’ made the subjects aware of the cross-modal effect of colour, whereas the ‘creamy’ inhibited the same effect.

“It seems that the concept of creaminess and the consumption of creamy foods is such a powerful, hedonic personal experience that it can interrupt automatic sensory-level perception,” says Dr Northey.

The third study fleshed out this interaction further, adding a ‘Need for Touch’ scale to find out if a subject felt compelled to touch the food. As the researchers hypothesised, colour influenced an individual’s tactile needs. People who expressed a high need for touch saw red as creamier than blue whilst the opposite perceived red foods as being less creamy.

Synaesthesia, or the confusion of senses, has often been thought to be a rare disorder, however Dr Northey’s findings suggest that synaesthesia actually lies on a spectrum.

“Brain scan studies have revealed neural pathways that enable different senses to ‘talk’ to each other. Rather than synaesthetes being the only ones to have a special, direct pathway between the senses, they have a heightened experience of pathways common to us all.”



# LONDON'S CALLING

Travel

**T**he city of London holds a certain charm. Magnificent galleries, theatres, architectural icons, trendy shops and cosy clubs all immersed by greenery fill the streets. The *Sydney Observer* team recommends visiting during the winter months as although it may be cold the iconic destination truly comes alive. Despite being a good six months away, now is the ultimate time to book!

## Monuments and the Christmas Spirit

London offers a vast variety of sights for all personalities, ranging from the shy to the musical to the sporty to the adventurous. The Big Ben and the Victoria Albert Museum – constructed in the 19th century – are famous monuments that must be visited, if only for the photo opportunity. The Westminster Bridge offers fantastic photo opportunities. As you venture towards Trafalgar Square in December, traditional carols resonate throughout the air. From cutting-edge drama to a Christmas pantomime’s nostalgic camp, London’s winter entertainment caters to every taste. The West End always has an incredible variety of musicals and plays showing. Furthermore, watched by millions of people around the world, British Football is iconic. Sport fanatics cannot turn down the opportunity to experience the atmosphere of a potential Manchester United v Chelsea match at Wembley Stadium.

A quiet, relaxing walk along the Thames provides the perfect opportunity to slowly absorb the beauty and tranquillity of the city, whilst the festive lights illuminating the shopping and dining zone around Oxford and Regent Streets offer an eccentric and vibrant atmosphere. Finally, a Yeoman Warder guided tour of the Tower of London is a delightful experience, where one’s muscles will become sore from too much laughing as one is entertained with tales of intrigue, imprisonment, execution and torture.



During the Christmas season, open air ice rinks pop up at various famous landmarks like the Natural History Museum and Hampton Court Palace. Christmas markets and craft fairs appear on the South Bank, offering delicious traditional delicacies. The family favourite Winter Wonderland at Hyde Park features rides, sculptures, a food and clothing market and Santa Claus himself. Hyde Park’s massive tribute to festive fun is a real treat for those feeling the spirit of the season and willing to listen to Mariah Carey’s “All I want for Christmas is you” on repeat.

## Shopping and Food

Harrods is London’s most famous department store. The luxurious store has a magnificently decorated interior and offers a wide assortment of luxury goods. It could very well be referred to as “The father of Myer”. Backstreet boutiques filled around London offer big discounts during December and January as shopper’s rush to stock their cupboards for the coming year.

The area around Covent Garden is filled with a range of restaurants from a variety of cuisines and each corner is accompanied by a cosy pub. The bustling nightlife of London must be seen to be believed.

## Useful Tip

Whilst the Underground and city buses are handy, they can get crowded in winter as commuters seek to escape the cooler temperatures. For a fresher perspective, explore the streets of London by foot and experience the hidden gems filled around London. The monument to the great fire of London may not be well known, but offers the chance for breathtaking views of the City – after climbing 311 steps – without the exorbitant expenses and queues of the London Eye.

Simply put, London in the winter must not be missed!



# JUNE

26 May - 17 June

## Vivid Sydney

Where: Across Sydney

Cost: Free

When: Monday - Sunday

Contact: [vividssydney.com](http://vividssydney.com)

7 June

## Opening Night Gala: We Dont Need A Map

Where: State Theatre, Sydney

Cost: \$28-\$130

When: Wednesday 7:30pm-11pm

Contact: 1300 733 733

7 - 18 June

## Sydney Film Festival

Where: State Theatre, Sydney

Cost: \$15.50-\$19.90

When: Monday - Sunday

Contact: 1300 733 733

8 June

## Cabernet wine tasting dinner

Where: Darlinghurst, Sydney

Cost: Earlybird \$135

When: Thursday 6:30pm-10pm

Contact: [elvino.com.au](http://elvino.com.au)

11 June

## Evolving a Tasty Niche

Where: Museum of Contemporary Art, The Rocks

Cost: \$66

When: Sunday

Contact: (02) 9931 1111

11 June

## Parent and Child riding workshops

Where: Sydney Park Cycling Centre, Alexandria

Cost: \$10

When: Sunday 1-4pm

Contact: 9265 9333

17 June

## The Hungry Jack's Ice Hockey Classic

Where: Sydney Olympic Park

Cost: \$70

When: Saturday 7:30pm-10pm

Contact: [ticketek.com.au](http://ticketek.com.au)

17 June

## Glebe Artisans Market

Where: Glebe, Sydney

Cost: Free

When: Saturday 10am-3pm

Contact: 0413 275 455

21 June

## Refugee Week

Where: Sydney Town Hall, Sydney

Cost: \$10

When: Wednesday

Contact: (02) 9078 1900

22-24 June

## Underground Cinema: Dream

Where: CBD, Sydney

Cost: \$70

When: Thursday - Saturday 7pm-11pm

23-25 June

## Good Food & Wine Show

Where: Convention Centre, Sydney

Cost: \$25-\$140

When: Friday - Sunday

Contact: [goodfoodshow.com.au](http://goodfoodshow.com.au)

28 June - 22 July

## 1984- Orwell's Dystopian

Where: Roslyn Packer Theatre, Dawes Point

Cost: Adult \$61-\$84

When: Monday - Saturday

Contact: 9250 1777

# Community Noticeboard

3rd June

## Aboriginal Heritage Talk and Walk

Where: TBA, Roseville Chase

Cost: Free

When: 10am-12pm

Contact: [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au)

4th June

## Wonderful Waterways Tour

Where: TBA

Cost: Free

When: 9.30am-12.30pm

Contact: [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au)

9th June

## Northside Riding Club Show Jumping

Where: St Ives Showground

Cost: Free

When: 9.30am-12.30pm

Contact: [northsideridingclub.org.au](http://northsideridingclub.org.au)

13th June

## Talk on UNESCO World Heritage

Where: St Andrews, South Turramurra

Cost: Free

When: 8pm-10pm

Contact: [secretary@step.org.au](mailto:secretary@step.org.au)

16th June

## Be Scam Aware - NSW Fair Trading

Where: Turramurra Library

Cost: Free

When: 10.30am-11.30am

Contact: [turra.library@kmc.nsw.gov.au](mailto:turra.library@kmc.nsw.gov.au)

26th June

## Seniors Seminar - Dementia Awareness

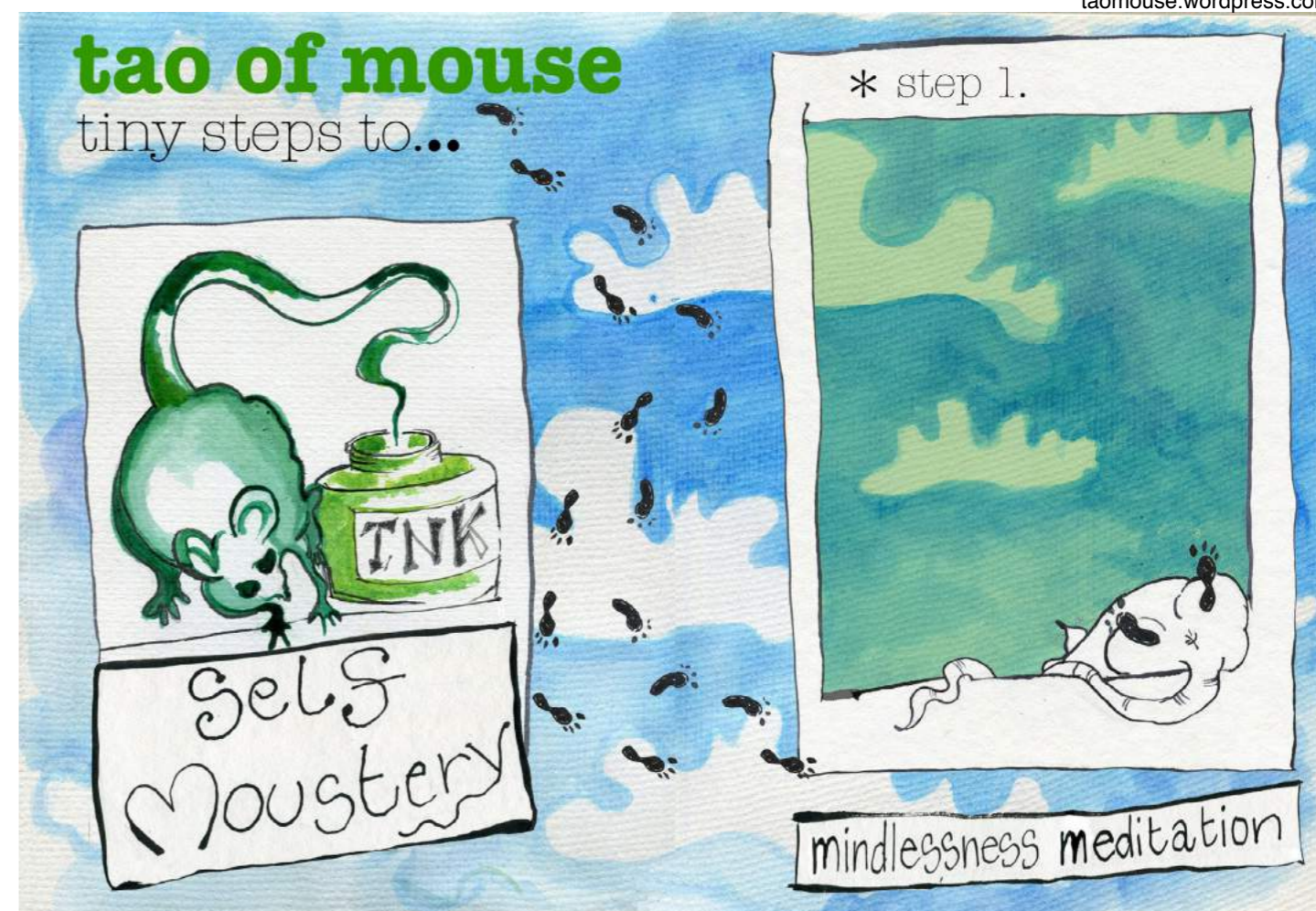
Where: Ku-ring-gai Council Chambers

Cost: \$10 (includes morning tea)

When: 10.30am-12pm

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# MEET THE ARCHANGELS Part 4



Kerrie Erwin, Psychic and Medium

**A**rchangel Raphael is the angel of healing and protection as his name means God heals. Raphael teaches us that we can shift our consciousness and heal ourselves if we believe, as God is within all of us and every living thing around us. This angel is also known as the patron of healers and those in need of healing. It is believed that this mighty Archangel is able to fearlessly move into whatever area is needed in healing, bringing a host of Angels with him to accomplish this. I affectionately call this energy my miracle angel because any problems you may be having with health, money or other issues will clear almost immediately in most cases if you call on Raphael. Invoking this angel also brings peace to others and he is often invoked by light workers all over the world, counselors and anyone that works with energy and the power of love and light.

When travelling through southern Europe last year, my husband and I saw this patron of the saints almost everywhere we went, not only in churches but also in the architecture of the majority of buildings and surroundings. To me it was a personal signpost, that I was safe as I was in alignment with my inner faith, ideologies and beliefs. Raphael knew I was not a good traveler, as different people, experiences and energies affect me so much so he was sending me extra protection and joy so I could enjoy this wonderful time with my husband. When I became violently ill with severe agonizing headaches and allergies, from the dirty towns and cities, while travelling through southern Europe, I prayed to this angel for help and within no time got the assistance I needed. The city hotel we ended up staying in for a few days had a lovely receptionist who saw how much pain I was in and suggested I should go and see her own doctor who she highly recommended and went to all the time. The woman I ended up seeing on such short notice, was a Homeopathic practitioner that practiced mainly in allergies. When I told her what my problem was she kindly gave me the right medicine and my allergies cleared up within a week. When we started chatting after the consultation and she asked me what I did, we found out we had both trained with the same Naturopath Doctor, from Berlin but who lived in Norway when I was there living so many years ago. Talk about coincidences ... hmm I don't think so.

## EXERCISE: Creating an Altar

Throughout my life I have created many alters. I now have one in my place of work, my meditation room and my bedroom. My intention has always been to create portholes of divine light into these areas, welcoming in my guides and my angel helpers. Love, protection and light are now generated in my busy office, my beautiful meditation room and my bedroom to help me with my dreams.

To build your own altar, find a small table; or bench. Next decorate it with fresh flowers, pictures, statues of angels, animals and fairies, crystals, rocks, shells, feathers, icons, incense burner, candles, whatever suits your fancy and ask your angels to join you as you create this special and beautiful work of art. I always use incense and essential oils for a special aroma. Harps and flute music attracts loving angels into your sacred space, or bells, but any calming relaxing music will do. If ever my space needs to be clear I will always give it a good sage and gently filter the smoke through with a feather.

**Blessings and Love Kerrie**  
[pureview.com.au](http://pureview.com.au)

## 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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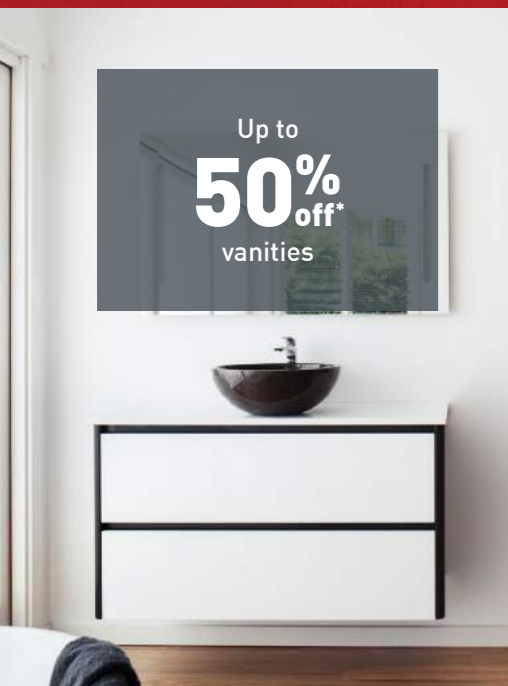
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