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CONTENTS

- 6. Giveaways
- 8. Local News
- 12. Education
- 15. School Holidays
- 16. Finance
- 17. Real Estate
- 18. Lifestyle
- 20. Food & Wine
- 28. Beauty & Wellbeing
- 41. Home & Garden
- 44. Travel
- 46. What's on
- 48. Clairvoyant

FROM THE EDITOR

Spring has finally Sprung!




Welcome back to our first issue to kick off the season of spring for 2017. To help lure you out of your cosy homes and get you into the swing of things we've put together a motivational Beauty and Wellness feature (28-40). With everything from expert weight loss advice to the dangers of overexposure to blue light, it will surely inspire you to ditch the smartphone and get outdoors. In line with September's Women's Health Week, we've also revealed how to heal your body post-baby and the top women-only health events.



If the cover is what enticed you, we don't blame you! This month we interview rising star, Chef Varun Gujral, on the successful expansion of his family's famous Indian restaurant Manjit's to one of Sydney's most prestigious dining locations. Also, be sure to head to our Food & Wine Special where we explore the hottest local eateries (20-27).

Enjoy the warmer weather!

Sabrina

 Sydney Observer
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33



47

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28



48



46



20



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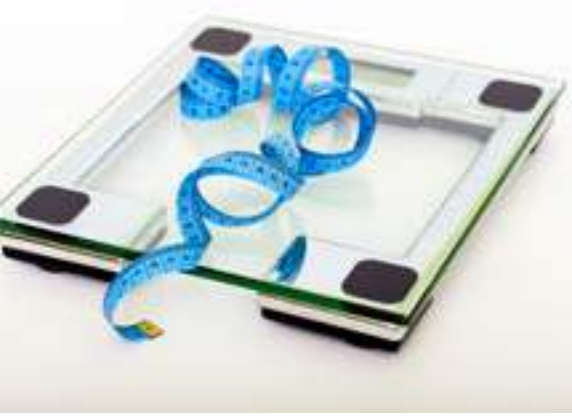
What great news that Ku-ring-gai Council and Hornsby Council will no longer be merging. Thank you for reporting.
- Richard, Roseville

Glad to see Sydney Observer is on board for the push to ban plastic bags. Keep up the good work!
- Jenny, Hornsby

I enjoyed reading about 'Seussical' the Musical in your August issue. It is great to see young people exploring creative pursuits.
- Helen, Lindfield.



Giveaways



'Interval Weight Loss' by Dr Nick Fuller
This book is the ultimate guide on how to trick your body into losing weight the scientific way – one month at a time. Containing meal plans, mouth-watering recipes and tips on organisation, the book details how Dr Fuller has helped hundreds of his patients lose weight and keep it off using 'The Interval Approach' – and how you can too! It's simple, based on the latest scientific findings and effective. So, if you've tried every diet under the sun and are still watching those scales go up, then you need to stop now and read this book. You have nothing to lose but the kilos!

One copy of 'Interval Weight Loss' by Dr Nick Fuller to be won.

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 with your name, address, and contact number by the 20th of the month.



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SNIPPETS

Tina Wu and Hanna Moore



New park in Turramurra

With population numbers growing rapidly in the North Shore, Ku-ring-gai Council is planning to build a new park on the corner of Allan Ave, Duff and Holmes Streets in Turramurra. The park is part of the Council's award-winning Open Space Acquisition Strategy and is scheduled to open late 2018. The park will be designed with separate playground areas for young and older children, shaded picnic areas with seating, a timed parking area and outdoor exercise equipment.

Ku-ring-gai Council is calling for community input on the concept design and name for the new park and those interested can contact the Council at conversation.kmc.nsw.gov.au



Students invited to explore their medieval side

In the lead up to this year's St. Ives Medieval Faire, Ku-ring-gai council have teamed up with history experts from Knight for Hire to offer free school incursions to explore medieval history.

These incursions will take place throughout September and will allow students to immerse themselves in the everyday life of Medieval Europe. Knight for Hire will be bringing the goods with replica swords, armour, costumes, and household items for the students to enjoy.

For the younger ones, Gordon Library will also be hosting educational programs for primary students throughout the week.

For more information, head to stivesmedievalfaire.com.au/education



New Fire Stations

New fire stations are being constructed in conjunction with the Hornsby Shire Council and the NSW Rural Fire Service (NSW RFS) at Berowra and Cowan.

These fire stations are intended to improve the current facilities for the Berowra and Hornsby Support Brigades.

"At Berowra we will now be able to accommodate three trucks at the same time, while the new location offers much better access to the freeway," says NSW RFS Commissioner Shane Fitzsimmons.

The previous demountables used by the local RFS Brigade will also be replaced by a permanent building.

"The upgrades to these stations will not only benefit those in Berowra and Support Brigades but provides assistance for the entire Hornsby area," says Hornsby State MP Matt Kean.

Way2Wellness

Ku-ring-gai council is encouraging people concerned about their mental health to utilise the Lifeline Harbour to Hornsby's new Way2Wellness phone service.

The service is a resource for those who may be anxious about work or day-to-day life, losing sleep, or concerned about the mental health of someone else, to name a few examples, and will complement the free services provided by the Ku-ring-gai council.

Mayor Jennifer Anderson says that "Addressing mental health issues in open, accessible ways, especially in young people, is important to our community."

The service is available to people of all ages, those wanting to use the service can call 1300 120 446 between 11am and 7pm Monday to Friday to talk confidentially to a supporter.



NSW Carers Award

The NSW Carers Award is currently open to nominations, celebrating carers and their hard work during an award ceremony during Carers Week in October.

This award acknowledges and appreciates the 900 000 carers in NSW. "The NSW Carers Awards aim to recognise and raise awareness of the valuable contribution unpaid carers make to the people they care for and the wider community."

The Minister for Disability Services, Ray Williams, is encouraging for anyone who knows a carer to come forward and nominate them online.

"I would urge anyone who knows a carer or who has witnessed best practice by an organisation in supporting carers to put forward a nomination so this tremendous work can be recognised."

Call to Nominate Recycling Venues

Member for Davidson, Jonathan O'Dea is calling on the community to nominate locations for the new 'Return and Earn' scheme.

Mr O'Dea says the scheme will deliver a 10 cent refund on eligible recycled products as either cash, electronic transfer or a voucher for in-store redemption.

"Eligible containers will include most glass, cans, plastic and paperboard drink containers between 150 millilitres and three litres.

"The new 10 cent Container Deposit Scheme should significantly reduce the impact of rubbish in the environment, including in our streams, waterways, bushland, parks and roadways," Mr O'Dea says.

Residents can nominate their suggested sites by close of business on Thursday, 24 August. Nominations can be made by emailing Davidson@parliament.nsw.gov.au

Qualifying containers can be returned for a 10 cent refund from 1 December 2017, when the 'Return and Earn' Scheme commences.

epa.nsw.gov.au



Funding for Bush Fire Safety

Northern Sydney will be even better prepared to face bush fires after receiving a share of \$6 million in funding as part of the NSW Government's Bush Fire Mitigation Funding Program.

The program, administered by the NSW Rural Fire Service (NSW RFS), supports important bush fire mitigation work such as hazard reduction and building and maintaining fire trails.

Member for Davidson, Jonathan O'Dea says, "The Davidson electorate has received \$268 312 in funding to help ensure fire fighting vehicles can access fire trails during emergencies and to reduce the intensity of fires through hazard reduction...I welcome this funding and the additional protection it will provide to the local area."

Minister for Emergency Services Troy Grant says the NSW Government is committed to ensuring land management agencies across the state are provided with the funds required to reduce the threat posed by bush fire.

"Volunteers firefighters selflessly answer calls for help every time their pagers go off and we want to play our part by making sure we have done everything possible to mitigate the risk they face before trucks roll out of their stations...These grants also support our goal to protect 600 000 properties and treat almost 750 000 hectares of bush fire prone land through hazard reduction by 2019."

St Ives Medieval Faire
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SNIPPETS

Hanna Moore and Tina Wu



RSA course available for Ku-ring-gai teens

Ku-ring-gai Youth Services are inviting young people aged 18-24 to get the Responsible Service of Alcohol (RSA) course on the 29 September.

The course will allow young people to responsibly sell, serve and supply alcohol within a licensed venue, as well as highlighting the effects alcohol can have.

The session will be run at Gordon Library and cost \$140, including brunch.

St Ives Medieval Faire for Kids

Kids will not miss out on the fun at the St Ives Medieval Faire with a range of child-friendly activities lined up this year. Children will be able to take sword-fighting and archery lessons, with a chance to participate in Archery Tag with inflatable bow and arrows. A petting zoo will also be onsite for the little ones, as well as juggling and acrobatic workshops for 5-12 year olds. For something more educational, the Medieval Library will return for kids to read up on medieval history and culture. For a full list of activities on the day, visit stivesmedievalfaire.com.au



History Week

To celebrate History Week, oral and visual interview records with elderly residents of the North Shore will be displayed at Gordon Library from 7 September. Coming from diverse backgrounds, interviewees will include a Polish immigrant, a British RAF pilot, and a Ukrainian resident with personal experience in WW2. The residents are aged between 61-94 and have lived in the North Shore for most or all of their lives. The records stretch as far back as the 1930s and audiences will be able to view the changed scenery of suburbs such as Pymble and St Ives, said to be filled with "orchards and market gardens".



Lightrail Breakthrough

Commuters will be able to travel to the Sydney Football Stadium and the Sydney Cricket Ground as the Light Rail construction reached a new milestone at Moore Park. The site has been excavated since April last year with more than 84 000 tonnes of fill being excavated and more than 2000 tonnes of Australian steel used to build the railway. More than 10 000 metres of track has been laid already. The railway will provide "a direct link between Surry Hills and the Moore Park precinct via the new Eastern Distributor Bridge and under Anzac Parade," says Andrew Constance, Minister for Transport and Infrastructure.

\$60,000 granted in local community sponsorships

The Ku-ring-gai council has approved a total of \$63 500 worth of sponsorships for one of its three annual community grant programs for the 2017-2018 financial year.

The program is aimed to assist organisations in providing events and activities for residents of Ku-ring-gai.

The Philharmonic Orchestra scored the largest amount of funding this year, with \$25 000 going towards their efforts.

A number of other organisations, including The Welcome Basket – an initiative aimed at welcoming new residents with gift baskets, and the Bare Creek Trail Run – a local fun run, are among the winners this year also.



SYDNEY HARBOUR SET TO GAIN AN ARTIFICIAL REEF

Environment Minister Gabrielle Upton

has recently revealed plans for an artificial reef alongside the Sydney Opera House with the aim of monitoring and boosting biodiversity in the Harbour.

Green marine and fisheries spokesperson Justin Field has welcomed the artificial reef trial but expressed his belief that the most effective form of protection for biodiversity and other challenges facing marine habitats would be a new Sydney Marine Park.

"The Greens welcome the NSW Government's evidence-based approach to improving biodiversity with an artificial reef trial in Sydney Harbour," he says, "The trial will tell us more about the role an artificial reef can play in improving life for the more than 600 species of marine life that call our Harbour home, yet it can't solve some of the key threats facing our iconic waterway."

"Our precious Sydney harbour and surrounding coastal areas, clean waters and coastal lifestyle are under growing pressure from pollution, climate change, stormwater and sewage runoff and other human impacts.

"If the Minister is serious about her commitment to "breathe life into what is already a really healthy harbour" then she must urgently create a marine park for Sydney... Marine Parks and dedicated and fully protected Sanctuary Zones are essential to build resilience in our marine environment to respond to pressures and help ensure fish for the future."

It is believed that a Sydney Marine Park would be something for everyone as it could dedicate specific areas to environmental protection whilst other areas as open for recreational and commercial fishing as well as other commercial activities such as scuba diving. Watch this space!



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BOOST TO TEACHER SKILLS DEVELOPMENT

The NSW Government's Quality Teaching, Successful Students initiative will provide primary school teachers in the Davidson electorate with financial assistance to further develop their classroom skills.

All local government schools with primary students will share a total of \$1 123 215 to improve teachers' skills with activities such as mentoring and coaching, and collaborative lesson planning and unit development to help teachers learn new skills from each other.

Member for Davidson, Jonathan O'Dea said the funding will help local teachers be better equipped to be more effective in their classrooms. Local schools will receive funding as per the attachment to this media release.

"Helping teachers learn and improve their craft is a vital part of providing the best education possible for our children," Mr O'Dea says.

"Each school will determine the best way to spend this funding on an area of most need, for example, more effective literacy and numeracy skills or better classroom management. I am pleased the NSW Government is delivering this important funding for our local community."

The \$244 million Quality Teaching, Successful Students initiative is part of the NSW Government's Local Schools, Local Decisions reform which has empowered schools to make local decisions about how to best meet the needs of their students.

Education Minister Rob Stokes said \$88 million will be dispersed under the initiative

in 2017, up from \$38 million last year and \$10 million in 2015.

"This will allow schools to implement evidence-based approaches to improve teaching and learning," Mr Stokes says.

Funding amounts are based on the number of students at each school, with additional loadings for students with special needs. Principals will work with their executive to decide on the best way to use the funding.

Funding for North Shore Schools

- Roseville Public School: \$106 733
- Lindfield Public School: \$132 766
- Lindfield East Public School: \$125 303
- Gordon East Public School: \$58 139
- St Ives Public School: \$84 519
- St Ives North Public School: \$156 021
- St Ives Park Public School: \$32 107

NSW NAPLAN SUCCESS

The NAPLAN results are in and NSW's Year 9 students have achieved first place for numeracy, leading spelling results, and an overall excellent performance across all year levels for 2017. All up, NSW students have scored above the national average and ranked in the top three for all tests for all years levels.

Premier Gladys Berejiklian and Education Minister Rob Stokes welcomed the strong results during a visit to Moorefield Girls High School today, which is one of 137 NSW schools participating in Bump it Up, an education strategy to increase literacy and numeracy.

"These results demonstrate the hard work by students and the dedicated teaching taking place in NSW classrooms," says Ms Berejiklian, "It is pleasing to see these improved results given the Government's focus on boosting back to basics literacy and numeracy skills."

"The results also show the NSW

Government's introduction of minimum standards has yielded outstanding results with students showing great improvements in literacy and numeracy... The results for Year 9 students are particularly outstanding as they mean more students than expected have now pre-qualified to meet the minimum standard of literacy and numeracy for the HSC."

NSW was the top-ranked state in the highest band in:

- Spelling, achieving top ranking at all year levels
- Grammar & Punctuation and Numeracy for years 5, 7 and 9
- Writing for year 5

An analysis of the data shows 68 per cent of NSW Year 9 students, or 61 015, received at least one test result in band 8 or above, 52 per cent (46 481) received at least two test results at band 8 or above and 32 per cent (28 403) attained band 8 or above in all three.

"NAPLAN is a useful diagnostic tool to

track students' progress in basic literacy and numeracy," says Mr Stokes, "Schools and teachers will use the results to provide additional support to those students who need it."

"A solid foundation in the basics mean NSW students will be well prepared to achieve their potential in learning and life after school."



Passion to equip the homeless

Year 6 student Arabella Smith's attempt to tackle homelessness has landed her an opportunity to present her school project to Mission Australia. Arabella has presented her ingeniously dubbed "Home in a Bag" project creations to the community service organisation, which will be distributed to homeless people across Sydney. "The orange outer dry-bag is waterproof, containing a sleeping bag and a poncho that doubles as a waterproof groundsheet," says Arabella. The invention was part of Roseville College's annual "Passion Project", which sees students choose and research an issue of interest or concern, or an area of "passion". "Students are free to choose their project and some decide to use the opportunity to make a positive difference in an area that matters to them," says Roseville College teacher, Miss Hayley Smith. Arabella says that she was particularly inspired by the movie "A Street Cate Named Bob", which made her reflect on the prevalence of homelessness and her own privilege. "I hadn't realised the significance of homelessness; that it was so hard – or perhaps, that my family and I had it so easy in comparison," she says. Arabella has distributed 25 of her "Home in a Bag" packs to Mission Australia already to reach Sydney's homeless.



Kindergarten students celebrate 100 days at school

Kindergarten students at Roseville College have taken the opportunity to practice numeracy while celebrating their 100th day at school. Kindergarten teacher Mrs Jos Dudley explains that this monumental day was a significant aspect to the College's numeracy and mathematics education. "While the 100th day at school is a wonderful celebration, it is also a practical and fun way to make numeracy relevant and attractive to five and six year olds," she says. The students celebrated by dressing up, applying basic engineering principles to build a self-standing structure made of 100 marshmallows and toothpicks, and explored fundamentals of trigonometry by creating triangular-shaped fairy bread covered with 100's and 1000's. "Over the last six months, the girls have counted – gradually – to 100 days, learning the predictability and rules of numeracy along the way to establish solid foundations for future learning, such as arithmetic," Mrs Dudley says. "It's our job to recognise and nurture learning moments for our students; such as when girls question something and resolve it on their own, or gain new revelations about 'why'. Personally, I love their excited impatience and curiosity about 'what's to come'."



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



2016 School Captain and College Dux, Zoe King (left and top right), is one of just 27 scholars – and the only Australian – from 60,000 applicants world wide to receive an elite Robertson Scholars Leadership Program scholarship in 2017. Zoe commenced tertiary studies at Duke University, USA, in August.



Year 6 student, Arabella Smith, presented the culmination of her Year 6 Passion Project to Mission Australia: 25 complete 'Home in a Bag' packs will now be distributed to homeless people across Sydney this winter.

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HOW DO WE STOP TEEN SUBSTANCE ABUSE? ICELAND ALREADY KNOWS THE ANSWER.

Emma Young

In Iceland, teenage smoking, drinking and drug use have been radically cut in the past 20 years. Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15 and 16 year olds who had been drunk in the previous month plummeted from 42 per cent in 1998 to just five per cent in 2016. The percentage who have ever used cannabis is down from 17 per cent to seven per cent as well. And those smoking cigarettes every day has fallen from 23 per cent to just three per cent. So what's their secret to putting a stop to teen substance abuse?

The way the country has achieved this turnaround has been both radical and evidence-based, but it has relied a lot on what might be termed enforced common sense. If it was adopted in other countries it is arguable that the Icelandic model could benefit the general psychological and physical wellbeing of millions of children.

Harvey Milkman, an American psychology professor who teaches for part of the year at Reykjavik University, says the key lies in addressing causes of stress and encouraging management strategies. Through extensive research Milkman has concluded that whether teens regularly chose to consume drugs was strongly linked with how they liked to deal with stress. He further proved a connection with the continuation of drugs to the idea that people were getting addicted to the changes in brain chemistry.

"People can get addicted to drink, cars, money, sex, calories, cocaine – whatever," says Milkman, "The idea of behavioural addiction became our trademark."

"The idea spawned another: "Why not

orchestrate a social movement around natural highs: around people getting high on their own brain chemistry – because it seems obvious to me that people want to change their consciousness – without the deleterious effects of drugs?"

In 1991, Milkman was invited to Iceland to talk about this work, his findings and ideas. He became a consultant to the first residential drug treatment centre for adolescents in Iceland, in a town called Tindar.

"It was designed around the idea of giving kids better things to do," he explains.

Milkman posed the question: what if you could use healthy alternatives to drugs and alcohol as part of a programme not to treat kids with problems, but to stop kids drinking or taking drugs in the first place?

Shortly after, using survey data and insights from research including Milkman's, a new national plan was gradually introduced. It was called Youth in Iceland. Laws were changed including it becoming illegal to buy tobacco under the age of 18, alcohol under the age of 20 and the banning of alcohol advertising. Links between parents and school were strengthened through parental organisations which by law had to be established in every school, along with school councils with parent representatives. Parents were encouraged to attend talks on the importance of spending a quantity of time with their children rather than occasional "quality time", on talking to their kids about their lives, on knowing who their kids were friends with, and on keeping their children home in the evenings. A law was also passed prohibiting children aged between 13 and 16 from being outside after 10pm

in winter and midnight in summer. It's still in effect today.

No other country has made changes on the scale seen in Iceland. Across the globe, rates of teen alcohol and drug use have generally improved over the past 20 years, though nowhere as dramatically as in Iceland, and the reasons for improvements are not necessarily linked to strategies that foster teen wellbeing.

Public wariness and an unwillingness to engage will be challenges wherever the Icelandic methods are proposed, thinks Milkman, and go to the heart of the balance of responsibility between states and citizens.

"How much control do you want the government to have over what happens with your kids? Is this too much of the government meddling in how people live their lives?"

In Iceland, the relationship between people and the state has allowed an effective national programme to cut the rates of teenagers smoking and drinking to excess – and, in the process, brought families closer and helped kids to become healthier in all kinds of ways. Will no other country decide these benefits are worth the costs?

Emma Young is an award-winning science and health journalist and the author of *Sane: How I shaped up my mind, improved my mental strength, and found calm. A former reporter and editor for New Scientist, working in London and Sydney, she now freelances from an attic in Sheffield. As E L Young (in the UK, Emma in the USA), she is also the author of the STORM series of science-based thrillers for kids.*

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UNDERPAYING EMPLOYERS MAY FACE JAIL TERMS

Tina Wu

Underpaying workers may lead to jail terms after a series of recent wage scandals wracked major businesses in Australia.

The NSW and ACT Labor parties have “unanimously” backed the Transport Workers’ Union’s (TWU) motion to provide punishment for underpaying employers at state conferences.

It would be deemed a criminal offence if employers “knowingly, recklessly or repeatedly underpay their staff,” said TWU in a statement.

A focus on greater deterrents has been placed on the motion after it was thought that the current consequences were not enough.

“When an employer refuses to pay

the correct rates, allowances or superannuation the worst that can happen is that the Fair Work Ombudsman asks them to pay it back,” said TWU National Secretary Tony Sheldon.

“This is not a deterrent: it’s an invitation to see what you can get away with.”

Major business chains such as 7-Eleven, Dominos and Caltex have all had to repay employees. After a certain incident that saw 7-Eleven paying their staff as little as \$10 per hour, the company has been asked to offer \$110 million in repayment.

The minimum national wage is currently sitting at \$18.29 per hour.

International students are amongst those most exploited by businesses, where it was found that 60 per cent of international

students were paid less than the minimum \$17.29 per hour wage in 2016. 35 per cent of 1400 students surveyed by the University of Sydney last year were paid only \$12 an hour.

Penalty rates and superannuation have also been hit, as despite the super guarantee of 9.25 per cent in 2013 (increased to 9.5 per cent in 2014), Industry Super Australia reported that businesses did not pay \$5.6 billion from 2013-2014 in super.

This motion comes at a time when the controversial Sunday penalty rates have decreased from 175 per cent of the standard wage for hospitality employees and 200 per cent of those in the retail sector to 150 per cent for both this year.

SHOULD DOWNSIZERS RECEIVE STAMP DUTY REDUCTIONS?

Retirees who are looking to downsize in the future could end up receiving a reduction in or an exemption from stamp duty on their new smaller property purchases. It is thought that this incentive would also benefit families as it will likely increase housing supply of larger homes.

Member for Davidson, Jonathan O’Dea, endorses the potential stipulation as a means to help address the difficult housing affordability situation within NSW and, specifically, the North Shore. Mr O’Dea promoted the suggestion in his keynote address at the Housing Industry Association’s Industry Outlook Breakfast last month.

“To free up housing, especially in an area like Sydney’s North Shore, I believe there

is a real argument for a reduction in NSW stamp duty for those wishing to downsize,” says Mr O’Dea.

“Currently, the high cost of stamp duty inhibits empty nesters moving out of larger dwellings that are arguably more appropriate for growing families.”

Before now a larger portion of potential downsizers have considered selling the family home as an impractical move not because of a lack of desire but rather the steep costs associated with it. If these costs were reduced it could open up the property market triggering a positive effects for both retirees and young families.

“In such cases, a reduction in stamp duty

on smaller properties being purchased by retired downsizers would assist to free up the housing market and make family homes in growth areas more readily available,” says Mr O’Dea.

Full stamp duty would still be payable on the larger property being sold, potentially generating more government revenue and real estate activity, as the volume of housing transactions increased. Such a measure would complement the improved housing affordability measures already announced in the recent State and Federal budgets. It would be similar to a scheme that existed from 1 July 2010 to 2012, albeit subject to a now unrealistically low purchase limit of \$600 000.

nsw.gov.au

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CELEBRATE DAD THIS FATHER'S DAY



Hanna Moore

Historically, Father's Day celebrates fatherhood and the influence of fathers in society, and this often emphasises their financial contributions as a primary means of support. However, over time, the importance of the role of a father has emphasised the importance of emotional support as well.

So, this Father's Day, it may be important to keep in mind the work of the slightly less traditional role of the stay-at-home dad.

In Australia, the number of stay-at-home dads isn't drastically changing given the current state of paid parental leave. However, the number of dads working from home, to those who have simply chosen to stay home with the kids, is still present.

According to the Australian Institute of Family Studies, stay-at-home fathers make up around four per cent of two-parent families in Australia, comparatively to the

31 per cent of stay-at-home mothers.

For families with stay-at-home fathers, their role in the workforce is quite diverse and highlights how the experiences of the family unit cannot be contained in the expectations of certain roles.

For many families, whether the father or the mother is the primary caregiver, is entirely dependent on their specific circumstances.

The paid parental leave scheme in Australia entitles the primary caregiver to 18 weeks of paid leave. This currently includes a two-week payment for dads or partners called the 'Dad and Partner Pay'.

For a comparative example, Sweden offers expecting parents 480 days of paid parental leave at 80 per cent of their regular pay, with each parent being entitled to 90 of those days each. The rest can be split between each parent as they see fit.

The idea of exclusively giving the dad 90 days of paid parental leave is to encourage bonding between father and child during a time that is typically considered to be reserved for the mother.

This allows many parents in Sweden, and a number of other Scandinavian countries, to spend quality time with their children equally and in a way that suits their family best.

While this exclusive access may not be available in Australia, it is important to consider how we can incorporate the role of the dad in a way that suits the needs of the family, as opposed to appeasing certain social norms.

So spare a thought this Father's Day, when out buying your annual socks and jocks, for how we can appreciate the role of our dads as more than a breadwinner, and what the future might be for the role of the stay-at-home dad in Australia.

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FOOD & WINE

CHOCOLATE SALTED CRACKERS

Otherwise known as 'Christmas Crack', this recipe is simply far too delicious to wait until December!

Ingredients:

- 1 Box of Salada Salted Crackers
- 250g Unsalted Butter, Chopped
- 1 Cup Brown Sugar
- 1 Teaspoon of Sea Salt
- ½ Teaspoon of pure Vanilla Extract
- 250g Dark Chocolate, Chopped
- 1 Cup Toasted Nuts (Your choice!)

Method:

1. Preheat Oven to 175°C, cover a baking tray with ail foil and line with baking paper.
2. Cover the baking tray with a layer of Saladas.
3. Melt butter and sugar in a medium saucepan on medium heat and bring to boil. Stirring well.
4. Remove saucepan from heat and add vanilla and salt. Straight after pour the caramel over Saladas and spread evenly before it begins to set.
5. Cook in oven for 15 minutes. Keep an eye on the caramel to prevent any burning.
6. Remove the tray from the oven and sprinkle dark chocolate across the hot caramel. Leave it to melt for 5 minutes before spreading evenly with a knife.
7. Sprinkle toasted nuts over the top and leave to cool.
8. Enjoy!

Tina Wu

SEPTEMBER

Go Grazing: A Mudgee Wine + Food Festival Event

Feast on local produce, cocktail-style, with canapes and sparkling wine at Mudgee this September 9 at one of the most anticipated annual food and wine events of NSW. With a three-course meal prepared by top chefs and caterers, sip on award-winning wine while taking in Mudgee's small-town charm. This event starts at 6:30pm at the Mudgee Showground Main Pavilion, valued at \$120 per person with a booking fee. Buses will be running from the Mudgee Visitor Information Centre and on-site parking will also be available. Dress code is cocktail, so don't be afraid to look your best for a delectable evening sure to delight.

visitmudgeeregion.com.au

Hilltops Wine Show Tasting and Presentation

Try this year's entries into the renowned 2017 Hilltops Wine Show at NSW's Southern Highlands, including the Hilltops Wine of the Year. Delight all your senses by listening to live music performed by local James Cronin while tasting food created by Kerrie & Rob of the Pastor's Pleasure in Harden. This event will be held on 23 September from 4-6pm and is a strictly adult event. The wine tasting will take place at Young Town Hall in Young and all food and drinks will be included in the ticket price.

hilltops.com.au

Father's Day at Shangri-la

Celebrate this Father's Day on the weekend of September 3 at the extravagant Shangri-la Hotel in Sydney. A Father's Day BBQ will be held at the Lobby Lounge Terrace, featuring traditional Australian BBQ and handcrafted beers. This event will be priced at \$45 per person and \$22.50 for children aged 6-12. A Father's Day Lunch will also be happening at the hotel's Café Mix, presenting a sumptuous meat and seafood buffet with dessert prepared by Executive Pastry Chef Anna Polyviou. This event is ticketed at \$85 per person and \$42.50 per child. Both events will take place from 12-2:30pm and bookings are essential.

shangri-la.com

Parklands Food Fest

Western Sydney Parklands invites you to taste the culinary creations of celebrity chefs and local producers while immersing yourself into the multicultural palate of Western Sydney. Held at the Lizard Log Amphitheatre, Abbotsbury, the event will showcase over 50 food stalls with workshops and live music. Treat your taste buds to Vietnamese spring rolls, Lebanese falafels, Egyptian meat pies and Filipino soul chicken while enjoying artisan deserts such as macarons and gelato. What's more – entry is completely free. The event will be held on September 9 from 10am to 4pm, perfect for a weekend family fun day at the very heart of Western Sydney.

westernsydnyparklands.com.au

HOTSPOTS

ROSEVILLE'S BEST CHICKENS AND SALADS

Tina Wu

Opened 13 years ago as a family-owned food shop, Roseville Chickens and Salads on Roseville's Hill St has changed a bit since its inception. It's been renovated with new furniture and menu designs complete with hanging pot plants, giving the store a splash of freshness that complements the heat and steam of the kitchen.

One thing that hasn't changed, however, is the quality of the food and experience that the store brings to its customers.

Chickens and Salads sells exactly what its name suggests. Gourmet salads line up vibrantly along the counter, each one handmade fresh at the crack of dawn. The restaurant also prepares free-range chicken, a healthier and more ethical choice for poultry-lovers.

"It has changed a bit since then. It really didn't do many burgers, or bacon egg rolls, or wraps, which we do a lot of today," says shop owner John.

As well as chicken and beef burgers, the restaurant also serves coffee and your regular cakes and sweets.

The salads are now more gourmet than before, and so popular that sometimes needed to be remade two or three times a day. Most are gluten-free and vegetarian, with only four of the 13 salads containing meat.

Asked about what sets his store apart from other businesses, John says that it's always been about the quality of the restaurant. John admits that he and his family have always been "very, very keen on cleanliness and quality."

"When we get the health inspector... she says, 'I love coming to this place. It's perfect'," he says.

"We freshly prepare the salads. We freshly prepare chicken three times a week - that means we season them, we get them ready for cooking."

"Quality. Always, always quality."

Managing restaurants and food stores seems to run in John's blood. He reveals that his parents originally had an extremely successful restaurant at the Central Coast before he and his wife decided to move down to the North Shore to live closer to the city and "change the scenery".

John also says that keeping the business running is a "hard, hard job to do" with long hours and high responsibilities. He often wakes up at 2am to personally hand-select fresh market produce.

"I don't hesitate to pay top-dollar for something. Even though it's just a chicken shop, [and] it's not a restaurant, where they charge more for the food, quality's got to be number one," he says.

After closing at 7:30pm each night, John's only able to leave the shop by 9pm, ready for another early start the next day.

"Now, before my wife started working with me, it'd be myself and my parents, we'd start at around about 5am most days," he says.

"So it's a very long day. It's a lot of hard work, which many of our customers do know and do appreciate."

Responses to Roseville Chickens and Salads have been consistently positive.

"We regularly get comments on how good our burgers and our salads and chicken is," says John.



NORTH SHORE COFFEE LOVERS



Hanna Moore

Calibrate Coffee is nestled right next to Roseville station and its sleek, sophisticated interior is equally striking as it is homely and inviting.

Having only opened January this year, the chic wooden panelling, gold froth jugs and warm lighting sets an atmosphere that allows the small business to thrive in the sleepy suburb.

The Café, run by Sam Gabrielian and long-time friend Murat Kum, offer a new go-to for coffee-lovers and those looking for a fresh, creative take on Roseville's café culture.

Sitting over an expertly crafted cappuccino one of the managerial staff John, discusses how the owners incorporate specialty coffee making into their brand.

"We try to do each part of the business really well, we take pride in how much care we put into our coffee, with our food and everything is really clean - from the menu to the fit-outs. That's just the vibe

we've gone for."

The homely suburb-like Roseville has warmly welcomed the business, with each table in the small space filled and customers lining up for their take away coffee. This is an average day in the business however, John accounts,

"I think the North Shore has been waiting for some nice coffee, it has definitely been well received by Roseville."

Along with well-crafted coffee, the menu is an Instagram-aesthetic dream. Hosting a number of classics such as a bacon-egg roll and the chicken sandwich. The café also offers a number of specialty options that a very popular.

"Our chef does a lot of really unique pickling and relishes."

"The acai bowl is also a pretty big hit."

The beauty of Calibrate's location is its proximity to the train station. The bustling

suburbs of Chatswood or Macquarie Park are a short distance via train, but it doesn't always compare to the sleepy homeliness of these pockets of the North Shore.

"I love Roseville, because it's kind of tucked away - it's that place you'd drive by on the Pacific Highway, but when you stop you see how nice it is."

Like a lot of small business, regular customers drive the industry and make it a welcome addition to any place.

"We get a lot of really nice regulars."

"It's been really great to build some nice relationships with people you wouldn't have otherwise if we hadn't opened up here."

Take in the interiors, or nab a sunny spot on the outdoor dining and enjoy this fresh new café anytime from 6am to 3pm Monday to Sunday. Be sure to also check out their Instagram [@calibrate_coffee](https://www.instagram.com/calibrate_coffee) for updates.

Gastronomical Genius

Varun Gujral

Sabrina Muysken talks to the culinary talent behind Manjit's @ The Wharf about India's strong cultural ties to good food and how he gives their traditional dishes an exciting modern twist.

What's the family history behind Manjits Balmain and the opening of Manjits @ The Wharf?

The Balmain restaurant was established in 1987 and has become an institution on the peninsula since then. My parents had me working the dishes at 10 years of age, since then restaurants have been in my blood. What led to the opening of the new restaurant at King St Wharf was that Manjit's Balmain is an institution, I could tell you what customers are coming in on a Thursday night, where they will be sitting and what they will order. That's a great business but it was holding back my creative flair and I felt like I couldn't develop or invigorate Indian cuisine to more than butter chicken, rice and naan.

Has good food always been a key part of your family's life?

Food in general is a major part of our family, as Indians we aim to over feed you, its our way of showing love. Going back to my grandmother, anyone who would come over would be asked 'have you eaten?'. Even if the answer was yes there was going to be something offered. We live in an amazing country and very simply you can't make good food without good ingredients. It's why all of the world's top chefs want to cook or open restaurants here.

How did your passion and flair for cooking develop?

On Saturday mornings I would run down stairs to watch cartoons as a kid, and my grandmother would be roasting her spice blends and she would make me

Aloo Prantha (Indian flat bread filled with spiced potatoes cooked on an iron pan and served with a big slug of butter). It was heaven! So you can imagine as a kid I was a big boy! From there it sparked and it was more about Saturday morning playing with spice blends and if I did things wrong grandma would bring out the wooden spoon.

From there I studied Business Law at University and hated it, but I always kept my passion for food. I worked in some of the top restaurants where I refined my skill, and with the explosion of Molecular Gastronomy around the world I thought to myself, 'Why isn't anyone doing this with Indian?'. I guess that's why we have our new restaurant.

What would you say separates Manjits at the Wharf to other Indian restaurants?

Innovation with the flavours we know and love but presented in a different manner. It's a different experience than your standard Indian. I am there seven days and seven nights. We cook everything fresh. We don't have a big cool room or massive storage space so we are forced to keep produce fresh.

What does the process of creating and updating your menu involve?

I keep a pen and paper next to my bed. I play around with ideas, take old recipes, cook them the traditional way, de construct the process and try and do it my own way. I experiment every second day. I have some disasters and some not to bad

dishes, and then there is the WOW food. That's what I want to achieve – food you crave! That's the role of a good chef.

I try and change the menu yearly just to keep my mind fresh and stop boredom. It's unhealthy for a chef to be cooking the same thing over and over again. That's not the life I want to live or the way I want my restaurant perceived.

What do you think makes Indian food so unique?

India is unique. The colour, the vibrancy, the sights, the sounds – there is no other place in the world like India. On the food aspect, from Alexander the Great, the Mongols, Asian and Chinese influences to Portugeuse influences, India as one of the major spice capitals in the world has been a major trading hub for centuries. That is the beauty of India, go four miles down the road and you have completely different food.

In any given week just at home I will use more than 30 different spice varieties. From North to South, East to West the spices they use that are available to them is so extremely different and the method of cooking from steaming to tandoori roasting to flash frying to cooking under ground with hot rocks. There simply isn't anything similar to Indian foods. That is why it is so well loved and appreciated around the world.

Manjit's @ the Wharf is launching their latest menu September 27.

manjits.com.au/manjits-at-the-wharf/



STANDOUT DISHES

Entrées



Fish Malai
Lightly marinated market fish fillets tenderly roasted and served with the four signature chutneys of Indian cuisine.



Gol Gol Gappa
A contemporary twist on a classic street food delight. Crisp pastry filled with spiced chickpea and potato, served with tamarind and amchur caviar.



Bharrah Kebab
Lamb cutlets marinated with yogurt, garlic, ginger, lemon juice and red spices.

Mains



Baingan Takatak
Smoke-roasted baby eggplant mashed with onion, tomato and chilli prepared on the traditional "tawa" hotplate.



Malai Kofta
Homemade paneer and mix vegetable dumplings served in a rich tomato and cashew nut curry.

Desserts



Mango Pistachio Kulfi
India's favourite ice cream! A tall spire starting with a sweet mango cream on top, with an earthy pistachio on the bottom.



Kaala Jamun
The classic Indian doughnut, soaked in a sweet syrup spiced with cardamom and served warm with rose ice cream.



MANJIT'S @ THE WHARF

Authentic, high-end, and delicious. These three words perfectly surmise Manjit's at the Wharf. Located in arguably Sydney's most iconic dining location, King Street Wharf, Manjit's at the Wharf offers great Indian food in style.

The restaurant has capacity for 200 people (seated), and has a private dining room with water views that comfortably seats 15. For special occasions, Manjit's at the Wharf caters for set menus, stand-up canapés, buffet-style, or a combination of all three. The menu also offers dietary flexibility, with a range of gluten-free and vegetarian options available.

Behind the open display kitchen and tandoor ovens is the domain of Varun Gujral (see pages 24-25 for more on this rising culinary star). Following in the family tradition spanning more than 100 years, Varun has created a menu designed to bring modern Indian

cuisines a boost and reflect the creativity of modern Indian chefs.

Last month the Sydney Observer team had the great pleasure of sampling some of the extensive menu that Manjit's at the Wharf has on offer. We tried everything from classic Indian meals to modern fusion dishes with a truly unique twist. The verdict? Manjit's at the Wharf's menu is mouthwateringly good and comes highly recommended by our team.

From the arrival of the entrées through the spectacular mains to the trio of desserts, every dish was executed with incredible precision and treated all of our senses to a feast. The menu displayed versatility and a flair for modern reinvention whilst also paying homage to traditional Indian cuisine.

manjits.com.au/manjits-at-the-wharf/



Beauty & Wellbeing

RUOK?[™] A conversation could change a life.

Tina Wu

Sometimes it's as easy as starting a conversation. Mental health and suicide prevention is at the heart of national R U OK Day just around the corner on September 14.

The organisation encourages people to ask "are you ok?" to people they love on the day. Once a conversation begins, R U OK requests that the asker listen attentively and offer advice, or "encourage action" in a friendly, non-judgmental way.

Following the suicide of Barry Larkin, his family has attempted to address the increasing issue of mental health, leading to Larkin's son, Gavin, founding the organisation in a bid to raise awareness for this silent killer.

According to Dr Thomas Joiner, and American academic, there are three "forces" that can lead to a relationship disconnection when someone is suffering

from mental health.

"The first force is the person thinks they're a burden on others; the second is that they can withstand a high degree of pain; and the third is they don't feel connected to others," he said.

"It's this lack of connection (or lack of belonging) that we want to prevent."

According to a report by the Black Dog Institute, one in five Australians between 18-85 years of age suffer from mental illness in any one year. 54 per cent of people experiencing mental health do not access treatment.

"The World Health Organisation estimates that depression will be the number one health concern in both the developed and developing nations by 2030," the report said.

The success of R U OK Day 2016 can be seen in the various events held throughout the country for this cause.

Post-campaign surveys also showed that 78 per cent of respondents listened to someone talking about their mental wellbeing on the day and 62 per cent

revealed that they have asked whether they were ok face-to-face.

Those interested in being further involved can sign up to join events that the organisation will be participating in, such as marathons and fun runs. Physical challenges like trekking Kokoda on ANZAC Day and climbing Mount Kosciuszko in 2018 will also be available for signing-up.

ruok.org.au



Codeine and Chronic Pain Management

Hanna Moore

The Therapeutic Good

Administration (TGA) will be removing drugs containing codeine as an over the counter product as of 1 February, 2018. Painkillers such as Panadeine and Nurofen Plus, which contain codeine, will now require a prescription. This decision has been made in light of evidence of the harm being done to those who abused the drug, and therefore as a means of preventing this potential addiction.

This decision was made after it was reported that many people were using codeine as a means of chronic pain relief, often leading to addiction as the drug is not intended for treatment of long-term conditions. Some restrictions were introduced in 2010 to limit the amount that

can be purchased at one time. However, the amount of people treated for codeine addiction in Australia has risen from 2012-13 from 318 to more than 1000 a year.

The decision was also a controversial one with the Pharmacy Guild criticising the measure, calling it 'short-sighted' in that it will only make it harder for those who genuinely need the product to access it. This is also in conjunction with the argument that added pressure will be placed on GP's through the need for prescriptions.

In light of this decision, it is important to understand the needs of those suffering from chronic pain and the ways in which it can be addressed without the risk of drug

dependence. According to a press release issued by Discount Drug Stores, the organisation will be offering a new service designed to provide those suffering from chronic pain other means of managing their condition. Providing another source of pain management may also relieve the pressure on GP clinics; "One in five GP consults is because of persistent pain but it remains a neglected area of healthcare with only 10 per cent of people affected currently accessing effective treatment".

Discount Drug Stores in collaboration with Painwise Australia is offering those suffering with chronic pain a one-on-one session with a qualified pharmacist to address effective pain management through advice and referrals if necessary.

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health corner

Hanna Moore



Functional Foods

The growing interest in 'functional foods' has overtaken the tired obsession with 'superfoods'. Functional foods differ from the latter in that they're additions to processed food that provide benefits on top of nutrition.

One of the trendiest examples of this is turmeric. When eaten every day, research has shown that the spice can provide pain relief and disease prevention.

Given that it is inexpensive and easily found in grocery stores, incorporating this spice into everyday meals would seem like an easy option for those who aren't as keen on kale. Its appeal is that it is easy to ingest in everyday meals while ensuring nutritious food is still being eaten regularly.



Ending shame-based exercise regimens

The overall shifting trend in exercise has come from how it effects general physical wellbeing, to mental wellbeing as well. In-turn, training regimens are becoming more personalised to fight against the idea that good physical health is a one-size fits all lifestyle.

The move to wearable technology-based means of keeping track can also be utilized in this effort. That is, trainers can access the technology to help clients keep up with their efforts and ensure that they're meeting their personal goals in the most effective way.

This trend illustrates the importance of a well-rounded and educated approach to fitness that appears to be growing in the wake of a long history of shame-based means of losing weight.



Mobile Medicine

Keeping in-tune with the growing use of technology in wellbeing, it appears the pharmaceutical world is incorporating high-tech measures to monitor data specific to patient's needs.

Gone are the days of consulting the nebulous internet search bar and receiving ill-informed advice on what might be the problem. Instead, the lean towards partnerships with the pharmaceutical industry and big tech players such as Apple may mean a more accurate way of monitoring your own health.

Could this be a means of reducing strain on the current healthcare climate? Given that this trend is still in early stages it's hard to know how effective it may be, but it is interesting to witness how technology is being utilized by the wellbeing industry.



Orthodontics

Dr Ian Sweeney

Orthodontics is a branch of dentistry that is concerned with correcting the position of teeth. Orthodontic treatment generally involves wearing braces or an appliance such as a dental or orthopaedic expander.

Orthodontic consultations do not only involve looking at teeth and bite. The whole face including lip posture, smile and future growth potential are taken into consideration prior to any treatment planning.

Orthodontic treatment is often commenced around the age of 12-14 when most permanent teeth have erupted. There are however many exceptions to this. Early treatment may be required in the case of jaw growth discrepancies or damaging malocclusion particularly when permanent teeth may be damaged if treatment is not commenced.

There is no upper age limit on orthodontics. Adults may undergo treatment for anything from aesthetic improvement of a smile, improving the ability to clean a crowded mouth to improving functional position of teeth in complex reconstructions.

Treatment length for orthodontic cases may vary from a few months to a few years depending upon the complexity of the situation.

The type of orthodontic treatment used will depend on many factors. Braces may be Conventional- fixed to the outside of teeth, or Lingual-fitted to the inside or backs of teeth. Alternatively, Invisalign system may be used. Invisalign is a registered trade name for a series of clear, removable aligners that move teeth over time. Instead of wearing braces, the aligners are inserted, worn for a period of time, until the

next aligner is fitted.

Occasionally, braces on their own may be insufficient to correct a bite. In more severe cases, surgical intervention may also be required to correct teeth or jaw position.

Following orthodontic treatment, a small retainer may be used to hold the teeth in their new positions while the bone stabilises.

Do not hesitate to discuss any concerns you may have with your dentist who will provide guidance. If necessary they will refer you to an orthodontist for a consultation.

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

northsidedental.com.au

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Pip Coomes, Sydney Advanced Physio



If you've had a baby you might have noticed that when you try and do crunches or even sit up out of bed that your stomach looks a little bit strange. You might see something pushing up through the middle like there's a gap there now. That is your abdominal separation, otherwise known as a rectus diastasis.

When you're pregnant your stomach muscles have to stretch to allow more space for the baby as it grows. It's not just your 6-pack muscles that get stretched, it's every muscle in your abdominal wall. The 6-pack muscle (rectus abdominus) gets stretched and it separates so there is a gap down the middle of your stomach muscles that runs from the bottom of your rib cage to your pubic bone.

How wide this separation is does not have anything to do with your prenatal weight or weight gain during pregnancy. It happens to make room for the baby.

After you deliver your baby you may have been told that time and reducing your weight would mean your stomach would go back to normal. For the vast majority of women this is simply not true. Even after losing weight and giving your stomach a few months you might have noticed the skin on your stomach is loose and wrinkly, that people are still asking you if you're pregnant or that your back aches.

After such a significant stretch on your abdominal wall, where one side is often stretched a little more than the other side, your stomach muscles need some help to



get reorganised.

The tissue that runs down the middle of your 6-pack muscle is called the linea alba. This tissue is directly linked with one of your core muscles, a deep abdominal muscle called the transversus abdominus. Getting your separation to narrow and the tissue in the middle to feel nice and firm again is vital and will only occur if you can get a coordinated transversus contraction on both sides. If you can't generate tension along the linea alba this there is a very high risk of back pain, pelvic pain, prolapses and incontinence. There is even a risk of developing hernias.

The transversus not only acts like a natural deep back brace that supports your spine and pelvis without you being aware of it but it also directly attaches to your urethra. If you can't get a good transversus contraction it is even more important that your pelvic floor is functioning well so you're not leaking urine.

This applies regardless of what type of delivery you have had BUT if you have had a caesarean, because they cut through the abdominal muscles during the procedure, your stomach muscles might be a little bit more resistant to working properly. If you've had a caesarean it is also extremely important to see a physio, not only to help you recover your muscle function but also to help minimise scar tissue.

This all might sound a little scary but, with the help of a quality physiotherapist who



specialises in Women's Health, you can get your stomach muscles functioning properly, minimise any abdominal separation and significantly reduce the risk of back pain, pelvic floor issues or hernias.

A high quality physiotherapist should use a Real Time Ultrasound machine to teach you how to best active your transversus on both sides and then how to strengthen your abs properly. They should also be looking at the separation itself and making sure that the transversus contraction pulls the linea alba nice and tight and that you can also see your pelvic floor contract at the same time.

The best thing you can do to make sure there are no side effects of having a baby is to have a postnatal check like those at Sydney Advanced Physiotherapy in Lindfield. You need to make sure that your alignment is good, that your pelvic floor is functioning well, that there are no prolapse issues AND that you have a complete ultrasound assessment for your stomach muscles.

If you would like more information about how to get your body back after having a baby and to find out more about what types of exercises are safe, Sydney Advanced Physiotherapy is holding a **FREE** seminar led by one of our expert women's health physios at 11am October 18 in our Lindfield clinic. Seating is limited so please contact **9416 4410** to reserve a seat.

sydneyadvancedphysio.com.au



WOMEN'S HEALTH WEEK

Hanna Moore

The Jean Hailes Women's Health Week is an annual national event dedicated to women across Australia who want to make health a priority. This year it will be running throughout the first week of September and will cover a range of topics specific to women's health.

Jean Hailes for Women's Health is a national, not-for-profit women's health organisation dedicated to improving the lives of women. The organisation provides health information, resources and clinical care to women all over Australia.

The focus of this week is to bring awareness of how often the health of women can be put on the back burner in favour of caring for others, this organisation is a call for women to start putting their health first.

Women's Health Week is a free online event, offering practical tips, resources and tools, motivating videos and a number of health events held around the country. In 2016, more than 23,000 women participated in 621 events around the country and this year, the online event will address several issues specific to each day.

These issues include good heart health, the benefits of mindfulness, strong bones, physical activity and sedentary behaviour and how to achieve better sleep patterns.

In conjunction with the online events, many events will be taking place locally with launch events and information sessions being held nationally as a part of the 1073 Women's Health Week events all across Australia.

In its fifth year, the organisation aims to encourage women that investing more time in themselves and their health will enable women to better care for loved ones.

Those wishing to get involved can download promotional material from the Jean Hailes website and spread the message of good health to local community, workplaces and friends and family. Supporters can also host their own events with their free event guide and materials, or simply donate to organisation to help Women's Health Week continue to grow and bring more awareness to an important issue.

jeanhailes.org.au

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IS MY STRESS ADDICTION CAUSING DISEASE AND WEIGHT GAIN?

Emanuel Wollstein, Personal Trainer

Stress is one of the most serious health concerns currently affecting individuals across the globe. Not simply an intangible psychological construct, there are genuine physiological responses to stress such as increased incidence of heart disease, overeating, faster aging, insomnia and type-2 diabetes.

According to Pamela Peak M.D, author of 'Body for Life for Women', when we experience stress our body secretes 'fight or flight' hormones. These stress hormones (cortisol and adrenaline) flood the body, shunting blood towards our limbs to either run or fight, raising heart rate and blood sugars to fuel the muscles. Where as in caveman days this response might have been triggered by encounters with dangerous animals today's evolution of the 'fight or flight' response could simply be brought on by pressing work deadlines or confronting social situations.

As a personal trainer, a question I'm posed almost daily is 'What is the number one thing that will help me lose weight?'. This is often followed by 'Is it through diet or exercise?'. The answer actually lies in your ability to control your stress and mindset. Stress hormones increase

inflammation, impair your immunity and digestive system, and cause insulin resistance. All of these factors make fat loss increasingly difficult, particularly visceral belly fat in females.

Women are twice as likely to suffer from stress as men, according to the Australian Psychological Society. An interesting consideration to make is whether this relationship with stress could be self-imposed? Similar to adrenaline junkies craving excitement, is it possible that many of us have developed a tolerance to stress hormones? Experts including stress management specialist Debbie Mandel believe this to be the case. However, regardless of the cause it is vital to set in place stress management strategies.

Although you could seek prescribed medication from your doctor to treat any symptoms, it is always best to address the cause first and foremost. For example, you could see a doctor for acid reflux and be prescribed an antacid. Your symptoms will disappear but the acid reflux was likely a result of not producing enough acid or enzymes due to stress. Unless you treat the cause i.e. stress, the gut issues will most likely return and the cycle continues. If you think bloating, gas, tiredness or

nausea after a meal are normal symptoms, it is important to recognise that they are not. If you are suffering from any of these it might be time to look into managing your stress levels.

Engaging a positive mindset is a huge step forward in gaining control over stress as our thoughts and feelings can have a profound effect on our physical body. The best strategy I have come across for mindset was taught to me by Charles R. Poliquin, and that is to keep a gratitude journal. I practice this myself and encourage my clients to do so as well. It involves writing down three things every night that happened during the day that you are grateful for. By simply recognising the positive elements in our lives rather than focusing on the negative you can slowly but surely shift your entire outlook.

Be grateful, breathe, put the smart phone down, spend time outdoors and smile more. Research by Steven Bome M.D has proven that just the act of smiling, even when we are unhappy, will have positive effects on our brain chemistry. So when it comes to losing fat and avoiding some diseases, it could be as simple as stressing less and smiling more!

INTERVAL WEIGHT LOSS: Trick your Body into losing weight using this simple, scientific method

If you have ever gone on a diet only to be left with a heavier weight than when you started you'll be pleased to know that it might not actually be your fault. One of Australia's leading obesity researchers, Dr Nick Fuller, has recently discovered that we are all tuned to a set body weight. More specifically, this is a weight range in which our body feels most comfortable being. When you take your body out of that comfort zone, it will work back towards its starting point as a general defence mechanism.

This is where the concept of Interval Weight Loss enters. Interval Weight Loss hinges around the idea that to lose weight and keep it off we must redefine the weight that our body 'wants' to be, and convince it to become lighter and lighter. In his new book 'The Interval Approach',

Dr Nick Fuller provides professional guidance on how to trick our bodies into resetting their fixed weight ranges through diet.

The book advises readers to cut down on some specific indulgences such as:

- Coconut Oil – Opt for Olive Oil instead.
- White Bread – Multi-grain is best.
- Cheese – Avoid this cholesterol pest and look to skim milks for dairy.
- Alcohol – No surprise here! Alcohol is just wasted calories.
- Dried Fruit – Always choose fresh fruit.

Although you may have to make some dietary cuts, Interval Weight Loss encourages a balanced, full diet where individuals won't have to starve themselves in order to see results or go on any fad diets. In fact, according to Dr

Fuller, following the next fad diet will only make losing weight more challenging as you will likely end up 'dieting yourself fat'.

Jam-packed full of healthy meal plans, recipes and tips on organisation, 'The Interval Approach' details how Dr Fuller has helped hundreds of his patients lose weight and keep it off specifically using this method. Based on the latest scientific findings, interval weight loss is easy to follow yet extremely effective.

Published by Penguin, 'The Interval Approach' by Dr Nick Fuller is available for purchase from most online book retailers.

penguin.com.au



FREE SUNRISE WOMEN'S HEALTH HIKE

In celebration of Women's Health Week women's hiking group, Wild Women On Top, are hosting a free women's happy health hike on Friday 8 September at 7am.

Starting at Sydney's iconic Opera House, the 5km coastal hike will adventure through the Botanical Gardens in celebration of women walking with women in nature. The walk will highlight the health benefits of hiking, including the social element as well as the remarkable positive impact on physical and mental health.

"Hiking is even better for you than exercising in a gym and a whole lot more fun. When you're outside, you have the wind in your hair, sun on your skin, trees breathing, birds dancing and all those things that make you feel deeply good inside. And when you do it with friends, it brings pure joy," says Wild Women on Top Founder and Chief Adventure Chick, Di Westaway.

"It's essential for women to prioritise their health with daily physical activity because women are our primary nurturers and role models for the community. The main barriers to getting women outdoors are guilt, time, money, pain and family commitments. We want women hiking with friends because it allows them to integrate fitness and social connection and it brings natural exhilaration. Not only do they get fitter and stronger, but they also feel better." Get involved and register here: wildwmenontop.com



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POWER OF PURPLE GRAPES

Like humans, every plant contains stem cells. Unlike humans, every plant cell has the potential to dedifferentiate to a stem cell and grow into an entirely new, full plant. This regenerative ability to self-renew has been of significant interest to the beauty community for some time as it has been scientifically proven to stimulate human skin cell growth which strengthens, shapes and improves aesthetic qualities.

With the natural ability of plants in developing powerful defence mechanisms that ensure their evolvment and survival, even under the harshest of conditions, it is unsurprising that skin care companies are looking to botanics for inspiration. The reason why botanical beauty blends work so well lies in basic human biology. The body recognises the synergistic molecular structure of plant-based formulas and utilises it, rather than rejecting it.

One potent natural source of powerful skin healing ingredients is the purple grape. Not just for making fine wine, purple grapes contain a powerful blend of antioxidants, potassium, calcium, iron, phosphorus, folate, magnesium, selenium, and Vitamins A, C and B6, that have incredible benefits for our skin and hair. This unique ingredient helps to protect the skin from pollution and toxins while simultaneously repairing collagen and controlling the ageing process.

To best harness the power of grapes start by adding them to your diet. The benefits of increasing the amount you consume can include:

Weight Loss – Rich in saponins, grapes

helps to accumulate cholesterol and stop it from being absorbed into the blood stream.

Brain Power – Grapes contain resveratrol which has been proven to substantially increase the blood flow to your brains and improve your mental ability.

Natural Antibacterial – As grapes possess natural antibacterial properties they can help to protect you from infections and fight against some viruses.

For the full effect, consider implementing cosmetic products that utilise grapes as a key ingredient into your daily skin care regime. Having harvested the potent and nourishing benefits of the purple grape, fruit stem cell skincare brand, Enbacci, is one such brand.

At the forefront of biotechnology research and application, Enbacci have replicated large quantities of the grape's high-quality active ingredients to create a universally suitable three step range named Vitis Vinifera, which is the scientific name given to the humble grape.

Containing high concentrations of antioxidant-rich anthocyanin, the 3-step range which includes a gel cleanser, rejuvenating toning essence and moisturising essential crème, adapts to different skin type physiologies and is designed to offer a number of benefits.

Whether your concerns involve aging skin tone, protection from UV, acne reduction or dehydration, the powerful purple grape may just be exactly what your skin and body needs!

enbacci.com



Australia's First Commercial Medicinal Cannabis Harvest Completed

Melbourne-based Cann Group is reported to have recently completed harvest of its first cultivation cycle of medicinal cannabis at its Southern facility in Victoria. The production process, which includes the curing and drying of harvested material, has been completed, and approval was received from the Office of Drug Control (ODC) late last month to send sample for full analysis.

The plant material was harvested in the first half of August under Cann Group's cannabis research permits as well as its medicinal cannabis permit. These permits, received earlier this year, allow for the establishment of breeding plants for propagation purposes; a research program being undertaken with CSIRO to develop unique cannabis extracts; and the supply of plant material for manufacturing into medicinal cannabis products for

patient use.

"While this first harvest is relatively small, it has been important to validate our processes as we build up our capacity, and being the first commercial product to be harvested in Australia, this is a key milestone for both Cann Group and the developing medicinal cannabis industry in Australia," says a Cann Group spokesperson.



EXPOSURE TO #NOFILTER BLUE LIGHT

The average Australian household uses up to six different digital devices daily for two hours or more for work, school and leisure related reasons. As a society, it is safe to say, we have become majorly dependent on technology for our daily existence. But apart from the much talked about social and educational challenges this reliance has brought, a significant burgeoning area of concern is the harmful effects of prolonged exposure to devices on our overall eye health.

Specifically, the key issue of concern is overexposure to blue light. Blue light is ever-present in our environment. It is naturally produced by the sun, dispensed from fluorescent light bulbs and emitted by LEDs present in digital devices such as computer, screens, tablets and smartphones. Close to UV on the light spectrum and part of visible light, blue light comprises of wavelengths that range from 400nm to 500nm.

As our eye's natural lens is not designed for prolonged exposure to artificial blue light emitted from digital devices, the high energy blue light created by such technology penetrates the retina and places strain on the muscle that helps the eye to focus. As a result, this strain leads

to a reduction in contrast which ultimately leads to an array of health issues such as headaches, fatigue, neck/back pain, blurred vision and dry eyes. Additionally to eye strain, unnecessary exposure to blue light at night can also wreck havoc with our internal body clocks.

For these reasons it is becoming increasingly important to take measures to protect our eyes, such as:

Computer-friendly glasses

Purchasing a pair of specialised glasses that are designed to block harmful blue light from digital devices can go a long way in protecting your eyesight. Computer-friendly glasses have been proven to drastically reduce eye fatigue and strain, reduce glare and improve visual contrast.

And better yet, there are now a range of designer styles available that mean you can be kind to your eyes whilst still maintaining your style. The specialists in blue light filter technology behind



Exyra Eyewear have designed a range of glasses for both men and women that protects against blue light, glare and other environmental stressors.

exyraeyewear.com

Adjust your screen lighting

In regards to colour combinations on your screen, your eyes prefer black text on a white background. This is because the contrast is at its highest and generally easier to read. It's important to avoid low contrast text to background colour as much as possible when reading as it causes unnecessary eye strain. Another significant way to reduce your exposure to blue light is by monitoring your device's brightness. Try to match the brightness of the device with your surrounding workspace to give your eyesight some relief from continuously adjusting.

iPhone tip: If you own an Apple smartphone head to the settings menu and select the 'Display & Brightness' tab. From there you can go into the 'Night Shift' tab where you will be able to alter the colours of your display screen. The warmer end of the colour spectrum is best for after dark and, according to apple, "may help you get a better night's sleep".

SEPTEMBER

A recent report has found that Australia has made the top 20 laziest counties in the world. Whilst research carried out by September revealed that only one in three employees leave their desks for long enough to reach 10 000 steps a day. However, one in two said they would be much more likely to participate in workplace health activities if bosses and colleagues were supportive.

Of those who did reach the recommended 10 000 daily steps, significantly lower risks of cancer, type-2 diabetes, heart disease and dementia were reported. Whilst studies have also shown that regular exercise is linked to greater concentration, fast learning and a prolonged mental stamina, creating a more productive workforce.

With the arrival of spring, September

are encouraging Aussie to challenge themselves to take 10 000 steps a day for the month of September and sign up for the 28-day challenge with friends and colleagues. The initiative raises vital funds to help the 34 000 Australians living with cerebral palsy.

Take the challenge here:

september.org.au



BETTER HEARING AT AUDIOHEALTH

World renowned award winning singer and recording artist Kamahl improves his hearing during Hearing Awareness Week at AUDIOHEALTH!

AUDIOHEALTH are making better hearing affordable and accessible for everyone!

What better time to take action and improve your hearing than during Hearing Awareness Week which is exactly what Kamahl did. Kamahl recognized that his hearing was precious and fragile and in need of the best care he visited AUDIOHEALTH in the Gordon Village Arcade, where he began his better hearing journey by having his hearing needs and hearing levels assessed by Aaron Magee, director of the third generation family Practice.

Kamahl encourages anyone who suspects they have a hearing loss to take the first step and have a hearing check. Aaron makes the process easy by taking the time to understand the challenges you are facing and is able to offer a wide choice of solutions.

Kamahl was fitted with the latest hearing aid technology and was instantly impressed with the 'clear

sound'. The hearing aids are not only clear but are discreet and have the latest operating system utilizing a quad-core microprocessor enhancing speech, reducing background noise and reproducing music clearly. Consequently Kamahl is now able to fully appreciate the world of music that he loves again.

Worldwide it is estimated over 360 million people suffer from disabling hearing loss and according to a study by Access Economics hearing loss costs the Australian economy 11.5 billion dollars annually. In addition, people with hearing impairment can earn significantly less than their counterparts with normal hearing. This is only the tip of the iceberg, it does not take into consideration the medical, social, personal, family or community impact.

"At AUDIOHEALTH our clients have unlimited choice and access to any product available on the Australian market, explains Aaron. We keep our prices very affordable, often several thousand dollars less a set compared to our competitors. Private health funds offer rebates and as hearing aids are medical devices it may be possible to claim a tax rebate. We also make better hearing possible by offering

interest- free term repayment plans."

Should you have any old hearing aids AUDIOHEALTH would like your support in donating your hearing aids to the Starkey Hearing Foundation to allow under-privileged children enjoy improved hearing. AUDIOHEALTH encourage your support and in appreciation, will discount the purchase of new devices with the 'trade-in your hearing aid' program.

More education and awareness on what is available is essential as people often come to us with devices with thick old fashioned tubing and large cumbersome ear moulds. Often these have not had a professional clean or in-house service for years and are working most inefficiently if at all. Many people are unaware that they can access new products that are smaller more discreet options with better technology optimizing their hearing often at minimal expense".

Kamahl urges anyone suffering from hearing loss to take action now and call AUDIOHEALTH on 9418 1622 or freecall 1800 301 231 for an obligation free consultation. There's nothing to lose and a whole new world of sound to experience.

audiohealth.com.au

Enjoy the reliability of rechargeable hearing aids



Kamahl

*"I am eternally grateful to **AUDIOHEALTH** for making music sound richer and more beautiful than ever"*



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Euthanasia: Should We Have The Right To Die?

Tina Wu

From Q&A panels to documentaries, an unprecedented amount of attention is now focused on the topic of euthanasia in the world, and none more so than Australia.

A new model outlining the process of euthanasia has been approved to be put to vote in the Victorian parliament. If successful, the model will be effective in 2019, the first of its kind in Australia.

The plan states that only patients have the power to request assisted dying, with a process of several written requests and multiple witnesses, including an assessment by two doctors. Patients diagnosed with a disability or mental illness, particularly dementia, will be unable to apply unless suffering from another terminal illness.

Dying with Dignity Victoria (DWDV), an organisation that promotes policies for the legalisation of euthanasia, was pleased with the government's decision.

"We believe the approach the Victorian Government is taking to develop legislation provides a very strong opportunity for success in finally delivering safe and compassionate laws that allow the terminally ill, and those with an advanced incurable illness, control over their deaths," DWDV said in a statement.

The Australian Medical Association (AMA)

wishes to be a part of the process of refining this legislation.

"The medical profession must be involved in the development of relevant legislation, regulations and guidelines which protect: all doctors acting within the law; vulnerable patients...patients and doctors who do not want to participate; and the functioning of the health system as a whole," AMA Victoria said in a statement.

Australian states have tried to instate legislation for assisted dying at various points over the years. Both South Australia and Tasmania have had euthanasia bills pushed back while the Northern Territory had its legislation overturned in 1997 after legalising euthanasia for just two years.

At this stage, only five states in the US, Canada and several European countries have legalised assisted dying.

The rules throughout the world for applying for euthanasia all require patients to be under constant and unbearable suffering. In the Netherlands, however, this is not limited to physical pain, and in Belgium patients do not need to be terminally ill. Both countries also allow patients under 18 to apply for euthanasia.

Supporters of euthanasia has claimed that legalising assisted dying will allow their loved ones to be with them at the time of their death.

However, euthanasia is meeting resistance from prominent religious groups, particularly Catholic groups, who claim that Victoria's policy will normalise suicide and speed up the time of death.

Major hospital St Vincent's believes that focus should be placed instead on palliative care.

"The majority of people with advanced illness who may initially desire assisted suicide drop their request when they receive high quality palliative care," says Toby Hall, CEO of St Vincent's Health Australia.

AMA Victoria similarly supported alternatives to euthanasia.

"Any change to the laws must never compromise the provision and resourcing of end of life care and palliative care services."

Euthanasia has also been gaining traction in other media. ABC's Q&A panel saw a mix of opinions regarding the ethics of euthanasia in a topical episode in April, resulting in fiery exchanges between panel and audience members. Films such as the romantic comedy *Me Before You* and new Australian documentary *Fade to Black* both address this issue of choice, resonating with audiences that would no doubt inspire further debate on this subject.

PETS: PARALYSIS TICKS AND TRICKS

Coinciding with National Dog Day on 26 August was the start of the dreaded paralysis tick season for dog-owners everywhere.

On this day, NexGard and Guide Dogs Australia partnered with Bondi Vets' Dr Lisa Chimes to raise awareness for the effects of paralysis ticks and craters, which if left untreated can result in death.

"Maybe it's not just a coincidence that National Dog Day falls at the same time as the start of tick season," says Dr Chimes.

In response to the threat, NexGard has founded a Paralysis Tick Advisory Panel, which is comprised of 14 veterinary specialists. The panel has designed guidelines and recommendations for the most effective way of treating your dogs.

One of their key recommendations is to feed your dogs the NexGard once-a-month chew. NexGard contains the acaricide afoxolaner, which when

absorbed into your dog's bloodstream will not only kill the ticks, but also prevent them from laying eggs. NexGard is suitable for puppies aged over eight weeks that weighs over 2kg.

In addition, the Panel advises owners to check their dogs more thoroughly by doing a full-body pat-down.

"Start at the head and neck, including the mouth and ears. Continue to the front legs and paws, check between and underneath the toes and then search the chest, belly, back, tail and back legs and toes," says Dr Chimes.

Once you've found a tick, remove it with a tick-removing device, tweezers or fingers, and seal it up in a plastic bag to be identified by your vet. Some vets recommend that you kill the tick with insecticide before picking it out.

Paralysis ticks are often found in bush areas and suburban yards and are particularly populous in cities on Australia's

east coast.

Once a tick finds its way onto a dog, it will bite and feed on its blood and release a neurotoxin, paralysing the dog's major organs.

Other methods of preventing paralysis ticks is to fit your dog with a tick collar or applying a topical such as fipronil or permethrin. A fluralaner tablet, sold commercially as Bravecto, is also said to do the trick.

Though prevention is much more efficient than treatment, symptoms to look out for include a change in your dog's bark, a paralysis of its hind legs and vomiting or regurgitating food due to the weakening of its digestive organs.

It's estimated that around 10 000 dogs are affected by tick paralysis each year in Australia with a five per cent mortality rate, so look after your dogs this season and celebrate National Dog Day every day.



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HOW TO BECOME MORE ECO-FRIENDLY

Tina Wu

Insulation for homes instead of using electrics

Instead of racking up your non-renewable electricity usage (and your energy bills), keep warm during the winter and cool in the summer by insulating your home. This essentially uses a layer of material to create a barrier between your home and the temperature outside, using air to trap heat between the material. Two types of insulation exists: bulk and reflective. Bulk insulation uses material such as glass fibre and mineral wool. Reflective insulation often uses material such as aluminium to reflect heat and stop absorption. Check the R-value of the product for the level of heat-retention ability; the higher the value, the more insulating it is.

Compost

The most classic way of ensuring an environmentally-friendly way of reducing waste, why not spice up your compost with some DIY materials? A compost bin must be supplied with the necessary nutrients of nitrogen and carbon, as well as oxygen and water. Kitchen scraps such as leftover vegetables as well as lawn clippings can deliver nitrogen to your soil, and use branches and paper to provide carbon. Layer your compost bin by starting with mulch for drainage, followed

by nitrogen-rich materials and the carbon-providing plants on top, remembering to pour water over each layer. Sprinkle soil on top for a richer compost mix. To make your bin more interesting, consider reusing household items such as shower doors, milk crates and wine barrels.

Crop rotation

Crop rotation is a non-pesticide, organic way of replenishing the nutrients of your soil and keeping away soil-based bacteria. Many farmers use it while growing large-scale crops, but there's no reason why you can't adapt it to your home garden. Don't plant fruits and vegetables from the same family in the same spot every year and be sure to pair nutrient-loving and nutrient-fixing plants together. Plant your legumes, which both replenish the nitrogen in the soil while inhibiting soil-based bacteria with your nitrogen-loving leafy lettuces and tomatoes. You may choose to do a four-year rotation plan by first growing legumes, then leaves, followed by alliums such as onions and your root vegetables.

Fertilise your lawn with your grass clippings

Don't use chemical fertiliser for your lawn, as not only is this unhealthy for the plants, but may also result in

water pollution if it rains too soon after fertilising. A great way to use organic fertiliser while reusing materials is to recycle your grass clippings and feed it back to your lawn. This means that your fertiliser is eco-friendly by being waste-reducing. Grass clipping fertiliser also contain more nitrogen than organic fertiliser from the shops. When mowing your lawn, be sure to make your grass pieces as small as possible so that the grass will break down as efficiently as possible.

Unplug your appliances

Televisions, computers and microwaves are notorious for using standby energy even when they are "turned off". This can emit unwanted greenhouse gases such as carbon dioxide and according to Origin Energy, Australian households emit up to 2.6 million tonnes of carbon dioxide per year from standby power alone. Pull the plug out of the socket to cut off the electricity completely. If you're finding some power switches hard to reach, consider repositioning your furniture so that power plugs can be switched off more conveniently. Look for high energy star ratings when shopping for your next appliance as the star rating now factors standby power into the labelling process.

Let's Get Buzzy In The Garden!

Susan Potthurst of Elegant Outdoors, Turramurra Garden Centre

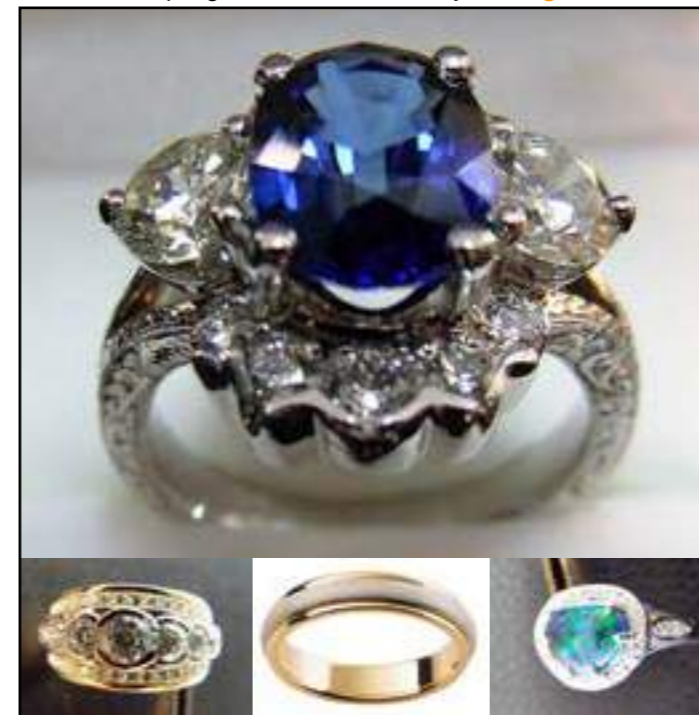
It's a sad but true fact that the bee population in Australia and indeed the world is on the decline — disease, overuse of insecticides and depleting natural habitats due to urban development are just some of the reasons for this. Lower bee numbers can lead to a reduction in crop production in both agricultural and domestic situations and in some areas of Australia where there aren't enough bees, farmers are introducing hives prior to the key pollination periods.

So, what can you do to attract and encourage them into your community? Firstly, make sure that lots of flowering plants feature in your garden, courtyard or balcony and also on the nature strips. Not only will the presence of all that delicious pollen lure the bees in, you will benefit so much from the kaleidoscope of flower colours and fragrances the plants will so graciously and unselfishly provide. Here in the garden centre we're always full to the brim with amazing flowering plants and now it's springtime there are so many

new varieties to choose from. We have our own Native Stingless Bee hive in which about six thousand bees are busy making honey for themselves. They are in seventh heaven in the nursery with so many perennials to gorge on!

If the bees don't seem to quite reach your garden on their own, there is a fabulous new product that has just been released by our friends at Amgrow called **Beekeeper**. It's Australian made for Australian bees in Australian gardens. This non-toxic liquid formulation contains honey bee attractant fragrances and controlled release formulation aids that makes bees give off pheromones, boosting their instinctive foraging behaviour which in turn attracts surrounding bees to perform the same task. Use it in your garden to enjoy loads more flowers and bumper fruit and vegetable crops — we have it in stock right now!

elegantoutdoors.com.au



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Travel to Japan

Tina Wu

Japan may often be known for its cherry blossoms during spring, but there are many other unforgettable experiences that you can be sure to enjoy throughout the year. From its snow-capped mountains in Hokkaido and rejuvenating hot springs in Mount Fuji, to the lively Summer Festivals and the bustling metropolis of Tokyo, Japan is bound to have something for everyone.

Tokyo

To the surprise of many foreign visitors, modern shopping centres and historical temples sit side by side. For thrift shopping and hipster clothes, be sure to check out the boutiques of Tokyo's Harajuku district, the city's youth central. Temples and shrines from the seventh century stand to attention, with the most majestic of them the Meiji Shrine and elegant Tennoji Temple.

If you're wanting to get away from the sprawling urban jungle, mountains and hiking trails are available not far from the capital city. Visible from Tokyo on a clear day, Mount Fuji is also known for its onsen, or hot springs. Several trails are also open to public climbing from July to August. Climbing the mountain to see the sunrise on the summit is also a coveted tourist activity, and this symbolic

act is made even more significant on New Year's Day.

Want something more family friendly? Don't miss out on Tokyo Disneyland. Theme parks can be found all around Japan and they are popular attractions for both tourists and locals.

Kyoto

The Summer Festivals of Kyoto are some of the best-known throughout the country. The Bon Festival and the Tanabata Festival are held from July to August, and require you to wear Japan's traditional summer kimono, known as the yukata. Enjoy an evening of lively Bon dancing, fireworks, writing wishes on strips of coloured paper, feasting on red bean paste pastries and familiar fete activities and games.

Hokkaido

Home to one of the most famous ski resorts in Japan, Hokkaido makes up the northernmost island of Japan. Known for its snowy winters and temperate summers, this is the ideal location for indulging in your winter sports, something significantly lacking in Australia's own landscape. The Niseko resort in Hokkaido has been popularised by Australian skiers and snowboarders. Cyclers, campers

and hikers can also be found during the summer months of June-September. The Snow Festival in Sapporo, Hokkaido's capital city, is also a must-see, showcasing gorgeous snow and ice sculptures in February.

Transport

The transport system in Japan is one of the most sophisticated in the world, with its underground subway and bullet train systems running speeds of up to 320km/hour. Single tickets can be bought at ticket machines and train passes are available to cover all travel expenses. Remember that it is forbidden to make phone calls while riding the train, and that carriages in peak hour in Tokyo will be highly packed.

Costs

Travelling in Japan is relatively more expensive than other Asian countries. The local currency is the yen, and the current exchange rate is 1 AUD to 86.88 JPY. Budgets range from 8000 yen to 20 000 yen per day. Most Japanese shops require cash, particularly in rural areas, and payment in large bills or card is often frowned upon. Coin values include one yen, five yen, ten yen, 50 yen, 100 yen and 500 yen. Notes come in 1000 yen, 5000 yen and 10 000 yen.



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SEPTEMBER

1-30 September
Sydney Fringe Festival
Where: Sydney
Cost: Subject to individual events
When: All day
Contact: sydneyfringe.com

2-3 September
Taste of Coogee Food and Wine Festival
Where: Coogee Oval, Coogee
Cost: Free
When: 10am-7pm
Contact: facebook.com/tasteofcoogeefestival

6-10 September
Sydney Contemporary 2017
Where: Carriageworks, Eveleigh
Cost: \$11-\$150
When: Subject to festival events
Contact: sydneycontemporary.com.au

7-11 September
Sydney Latin American Film Festival 2017
Where: Dendy Opera Quays Cinema, Circular Quay
Cost: From \$19.90
When: Subject to festival events
Contact: sydneylatinofilmfestival.org

9 September
HK20 Fun Fun Carnival
Where: Tumbalong Park, Darling Harbour
Cost: Free
When: 10am-4pm
Contact: hkaba-hk20.com

Until 10 September
Halò – the Bayanihan Philippine Art Project
Where: Mosman Art Gallery, Mosman
Cost: Free
When: Daily from 10am-5pm
Contact: mosmanartgallery.org.au

10 September
Sydney Colorfest 2017
Where: Sydney Olympic Park, Homebush
Cost: From \$30
When: 11am-4pm
Contact: colorfest.com.au

17 September – 3 December
Beautiful: The Carol King Musical
Where: Sydney Lyric Theatre, Pyrmont
Cost: \$60-\$165
When: Tuesday – Sunday
Contact: beautifulmusical.com.au

20 September-11 Nov
The Big Anxiety Festival 2017
Where: All around Sydney
Cost: Free entry
When: Subject to festival events
Contact: thebiganxiety.org

Until 22 September
Titanic the Exhibition
Where: Byron Kennedy Hall, Entertainment Quarter, Moore Park
Cost: From \$18
When: 10am-4:30pm
Contact: titanictheexhibition.com.au

23 September
Greek Street Food Cooking Classes
Where: Macquarie Shopping Centre, North Ryde
Cost: \$40 plus booking fee
When: Either 10:30am-12:30pm or 1:30-3:30pm
Contact: eventbrite.com.au/e/greek-street-food-cooking-class

30 September
Candu Polymer Clay Jewellery Workshop
Where: Victoria Avenue, Chatswood
Cost: \$130 per person
When: 11am-3pm
Contact: candu.com.au

Community Noticeboard

5 September
Making Comics as a writer
Where: Gordon Library, Gordon
Cost: Free
When: 6:15pm-7:45pm
Contact: kmc.nsw.gov.au/Home

7 September
Mixed Media Youth Art Class
Where: Turramurra Youth Centre
Cost: \$60
When: 4pm-6pm
Contact: youth@kmc.nsw.gov.au

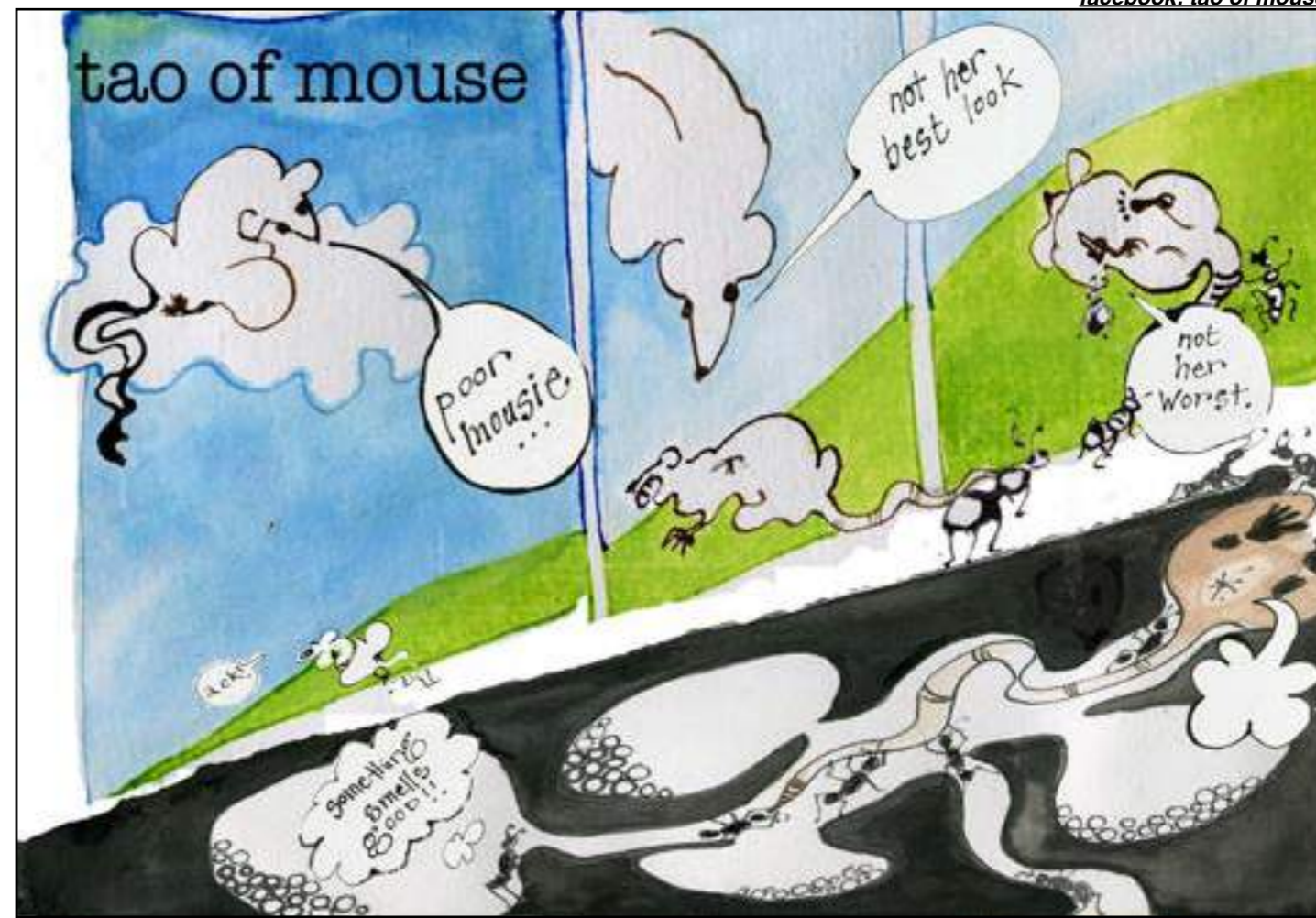
9 September
Waringah Community Markets 2017
Where: Waringah Church, Beacon Hill
Cost: Free entry
When: 10am-3pm
Contact: facebook.com/WaringahCommunityMarket

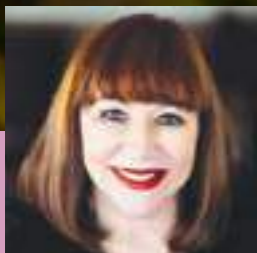
17 September
That Great Market (TGM)
Where: East Lindfield Community Hall/Club Willoughby
Cost: Free entry
When: 9am-2pm
Contact: thatgreatmarket.com.au

23-24 September
St Ives Medieval Faire
Where: St Ives Showground
Cost: \$17-\$135
When: All day events
Contact: stivesmedievalfaire.com

25 September
Study Stress Management Workshop
Where: KYDS Youth Development Service INC, Lindfield
Cost: \$25
When: 10am-2pm
Contact: kyds.org.au

facebook: tao of mouse





BUTTERFLIES

Kerrie Erwin, Psychic and Medium

‘So precious, playful, colourful and rare, like tiny little jewels in the air...’

To most people the butterfly is a symbol of playfulness, freedom, magic, lightness, beauty and fragility. Its colour is associated with aliveness and brightness for the soul.

Some of us see it as a signpost for powerful transformation and changes in our life, as we move through different cycles in our life.

It is also a symbol for renewal and rebirth and many people associate the butterfly as a message of love from their loved ones in the spirit world. This within itself is a healing as it reminds us to step out of the sorrow and bring more joy into our lives and lightness of being.

Every time I see a beautiful butterfly I think of all the brave and courageous spirit children I have ever worked with over the years.

In my line of work I have worked with many spirit cases of childrens death from disease, murders, abductions, accidents and suicides. None of them are easy but

the good thing to know is that in most cases the soul will leave the body of the person or child before the impact of death.

For example, say if a person was to jump into a train, they will not remember the impact and the pain associated with such an act.

In the case of suicide, spirit children will often say they did not belong here or fit in and the realities of this world were often too harsh for them to bear and it was easier going back to the spirit world.

In tribute to them all, I run a show called the Rainbow Show where I donate all the proceeds to children with cancer, as it gives me great satisfaction, healing and pleasure to do something to help their precious souls. When children die I always try and remember these very brave souls have chosen this spiritual contract to help them with their karma and to raise their consciousness for their next life. I have experienced meeting many spiritual children in my work as a medium, especially when I sit in a physical mediumship group, as these are the first spirits that come in. It always makes me smile when hear them laughing, singing

her mind and that you need to forgive her as she is very lost and has always been that way. I feel in many ways you are just paying back old spiritual debts and I feel her time is soon coming to an end as I get breathing and heart issues. You don't need to see her as she doesn't have any idea who you are as a soul. Your grandmother

songs and carrying on as they are delightful to be around.

I can't imagine what it would be like to lose a child myself, but I have been a witness to this many times in my life through my work and had a good cry with the parents and families. The good thing is, once I have made contact, the spirit in question will always say that they are happy in the spirit world and want their parents to know that they are safe, happy and how much they miss the family. Unfortunately as the story goes, it's the parents left behind that have to pick up the pieces and want to know why this happened and why they did not see the signs their child was leaving.

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Kerrie

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A: I feel this woman is very ill but is looked after properly by kind people so she gets the best care. Your grandmother is telling me she has always had problems with

who is in spirit is telling me you are her child and you are very much loved, so much more than you can ever imagine.

Response: Your reading gave me comfort. My grandmother raised me and I consider her my mother, I miss her. Your advice has soothed my soul and feelings. I can't thank you enough.

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