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# Sydney Observer

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**GOLDEN  
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FEATURE**

## **Music Legend JON STEVENS**

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## FROM THE EDITOR

We're well and truly into the New Year now, and with that comes time for our annual Golden Years Feature (21-31). This year, we've jam-packed this section with all sorts of information from upcoming events (22 & 26), to managing pain and discomfort (23 & 24), to the best retirement homes in the area (28 & 31).






This issue, we also chat to a few locals, including heritage consultant and historian Sue Rosen on her latest book (10), and The Sawmill restaurant owner Susan Murdocca on their upcoming two year anniversary of being open for business (42).

Along with some local talent, we also got the opportunity to chat with former Noiseworks frontman and current solo-superstar Jon Stevens, currently on his 'Best Of' tour (12-14). Sharing details from his rollercoaster career and passion for live music, Jon reminds us that at the heart of it, music is always about connecting with an audience and having a really, really great time.

We also look back at the history of Roseville College on their 110th year anniversary (16-17), and delve into the best skincare products for mature-aged skin (36-37), so there's plenty of reading to choose from.

Happy Reading!

*Hanna*

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-  @Sydney\_Observer
-  sydneyobserver.com

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*(editor@kamdha.com)*  
**CONTRIBUTORS:** Brooke Fryer, Kerrie Erwin, Dr. Ian Sweeney, Sarah Wainwright, Liz Kraefft, Paul Fletcher, Deb Magill, Rejimon Punchayil, Glenne Clifford  
**SOCIAL MEDIA INTERN:** Natalie Di Paola  
**DESIGNER:** Harim Lee (Andie)  
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# SNIPPETS



Joan McKimm with Twilight CEO Lesley Jordan

## Twilight Aged Care resident turns 101

Joan McKimm, a Twilight Aged Care resident for the past 10 years, will be celebrating her 101st birthday at her Hunters Hill Village home on March 9 with family and friends.

Joan is a proud and loving mother who has outlived her two children and siblings. She says that her key to longevity is eating an orange a day.

Joan has kept active throughout her life by being engaged in memberships with golf and bowls where she was a champion in both sports.

## Online Community to help prevent crime in Ku-ring-gai and Hornsby

A new online service aimed at connecting the community of Ku-ring-gai and Hornsby to crime prevention measures has been implemented by Neighbourhood Watch.

The site has an index from A-Z of helpful information covering a variety of topics which have been provided by government agencies and not-for-profit organisations.

This initiative was made possible thanks to the Neighbourhood Watch Australasia 2017 Community funding program.

“Crimes have extended further into our lives through the use of technology, and a huge, crucial resource – the internet – was being missed,” says Ku-ring-gai/Hornsby Neighbourhood Watch Coordinator, Julia Eagles.

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

## NSW Government rewards local business creatives

Creative individuals and businesses are encouraged to nominate in the 2018 NSW Creative Achievement Awards.

The NSW Emerging Creative Talent Award offers a \$15,000 cash prize and recognises an individual, team or organisation that has shown originality and innovation.

The NSW Young Creative Award acknowledges a person up to 25 years of age who has demonstrated leadership in originality and innovation. This Award offers a structured mentoring program with a creative industry specialist from Creative Plus Business to the value of \$3,000.

Winners of the 2018 NSW Creative Achievement Awards will be announced in June at the Museum of Contemporary Art.

[industry.nsw.gov.au](http://industry.nsw.gov.au)

## Soprano Taryn Fiebig performs with Ku-ring-gai Philharmonic Orchestra



Taryn Fiebig

For their first concert of the season the Ku-ring-gai Philharmonic Orchestra is welcoming soprano Taryn Fiebig for a performance of Richard Strauss’s *Four Last Songs*.

Taryn Fiebig is an award-winning soprano and a principal artist with Opera Australia. She recently appeared as Musetta in *La Bohème* and Gudrun in *Götterdämmerung*. She is also well known to Sydney audiences for her performances with Pinchgut Opera and the Sydney Philharmonia.

A contrast to Strauss, Stravinsky’s thrilling *Firebird Suite* will also be played followed with *White Ghost Dancing* by distinguished Australian composer Ross Edwards.

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

## THE BODY SHOP – Drops of Youth Collection

This prize includes the Drops of Youth Gentle Foaming Wash, Drops of Youth Concentrate and Drops of Youth Bouncy Eye Mask. These products contain a unique formula combining three plant stem cells that target the signs of ageing, giving the skin a luminous and youthful appearance.



# GIVEAWAYS

## HOW TO ENTER

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

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

# GREAT NEWS FOR SENIOR AUSTRALIANS



Paul Fletcher MP  
Federal Member for Bradfield,  
Minister for Urban Infrastructure and Cities

Australians are living longer than ever. That’s great news!

But with older Australians a bigger share of the population, it is important that the Government does everything it can to help our seniors. This is a real priority for the Turnbull Government.

We’ve introduced a new option to help older Australians wanting to downsize from the big family home. The downsizer’s concession allows individuals 65 and over to contribute up to \$300,000 tax-free to their superannuation when selling the home they have lived in for more than 10 years. For a homeowner couple living in Bradfield, this means up to \$600,000 from the sale of their house can be put into their retirement tax-free.

We are also working to deliver the National

Disability Insurance Scheme (NDIS) and make sure it is fully funded. That is why the Turnbull Government has committed to a 0.5 per cent increase in the Medicare Levy to fully fund the NDIS. This is crucial for Australian seniors as research by the Australian National University estimates seniors will be the biggest group of NDIS participants by 2028.

The Liberal Party has always been the party that works hardest for seniors; indeed, it was the Menzies Government who established the Aged Pension scheme. The Turnbull Government is working to ensure that legacy endures, that those who have built Australia through decades of hard work and civic duty are supported by the younger generations who are benefiting from the Australia that older Australians helped to build.

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# CHATTING WITH: SUE ROSEN



Sue Rosen is a history, research and heritage consultant based in Sydney's Northern suburbs. Sue sat down with *Sydney Observer's* Hanna Moore to discuss her latest work, *Scorched Earth*.

Following the attack on Pearl Harbour and threat of further Japanese advance in 1942, Prime Minister Curtin ordered state governments to prepare, pulling together plans for a strategy and preventative measures in the event of Japanese invasion.

Whilst researching a separate project, Sue Rosen stumbled across a file that detailed the actions Australia would take in the event of this invasion - in a box of the Forestry Commission records, nonetheless.

It was this remarkable find that started the production of *Scorched Earth*. The novel delves into the policy, presenting it in a clear, concise manner never before seen by the public. Different from Sue's previous work, the policy was articulately placed throughout the novel, so to allow the language to speak for itself.

"It's such a fantastic document in terms of the language, it's like a window into 1942 in the sense of urgency and the imperative; 'we must act,'" says Sue.

"This book, it's really just a facsimile, it's just the policy and all I've done is write introductions and set the context because I wanted it to be used as a teaching text."

Unlike the books Sue has previously worked on, this

find didn't need to be extensively proving itself in the same sense *Australia's Oldest House: Surgeon John Harris and Experiment Farm Cottage*, one of Sue's previous historical works, had to be.

"As a historian, when you come to your conclusions, you've got to prove them."

"When I was trying to get it published [*Scorched Earth*], there were some publishers that just wanted me to write about it, and it's not that complex, I think it's better when people explore it for themselves," says Sue.

Apart from the work Sue has done in researching and writing her books, Sue is also a heritage consultant working with teams of architects, archaeologists, local government and government instrumentalities such as hospitals. This has given her a wealth of diverse experience and learning opportunities within her field.

"A lot of the heritage companies are mostly run by architects, planners and to some extent archaeologists, but there's not that many run by historians."

"Historians bring another layer of depth, especially with the research that we can bring to the studies," says Sue.

"99 per cent of what I do is pretty tedious and boring, but then you have these fantastic finds that are really exciting."

*Sue will be delivering a talk at the Ku-ring-gai Historical Society on March 17, 2018.*

*Visit [khs.org.au](http://khs.org.au) for more information about the event and contact details.*



## THE COUNTRY WOMEN'S ASSOCIATION '3-IN-1' DAY

Members of the Hornsby and District Branch of the Country Women's Association (CWA) of NSW celebrated a fun and informative day on the International, Agricultural, Environmental and Cultural portfolios of the organisation.

The CWA of NSW is an organisation that, when formed in 1922, aimed to provide help for women fighting isolation and lack of health facilities in country areas. Today, the organisation continues to be unified in advocating and initiating quality services and facilities for women.

Much of the work of CWA is providing all women and families with a network of support, and voice with which to act, and the recent event demonstrated the importance of the association for maintaining friendships and learning about new issues.

Warm welcomes, 'Dzien dobry, Witamy' ('Welcome and thank you for coming' in Polish) were extended by the CWA President Lee Long to guest speaker Peter Skrzynecki, a renowned author and poet, known

for extensively chronicling his experiences as a second-generation migrant, landing him on the NSW Higher School Certificate reading list for some years. Skrzynecki's appearance tied in with the Polish theme of the event, adding a layer of depth to the conversation.

Another guest speaker, Beth Mott, who works with the Powerful Owl Project in collaboration with BirdLife Australia to educate the community about powerful owls in the area also spoke about her work. Further, a guest speaker on Australian Native Orchard, Mrs Clover Bradley provided more information about the environmental concerns of the area.

The event was a hit, with guests being treated to a smorgasbord of Polish and local delights, and a variety of costumes, given the 70s theme as well as a fun day out to promote the issues of the district and to further the work of the CWA.

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

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# THE BEST OF JON STEVENS

“I’ve always loved performing, I’ve always loved interacting with audiences and sharing that live experience.”



Hanna Moore

The back catalogue of Jon Stevens career boasts a diverse and authentic sound with roots in the Australian rock ‘n’ roll scene that defined the 80s and 90s. Hot off the heels of his latest album *Starlight*, Jon is embarking on *The Best of Jon Stevens Live* tour, which reflects on a lengthy career in a rapidly changing industry, and the best that is yet to come.

“I’ve never gone back through my catalogue and the last couple of weeks have been absolutely wonderful,” says Jon.

“Especially with the crowds and the reactions, and knowing people are hearing songs they grew up with that I actually haven’t played in 25 years.”

As for trying to maintain a balance between gaining a new audience and engaging long-time fans through a rapidly changing, hugely accessible and diverse music industry, Jon credits this to maintaining an energetic live performance at every show.

“I’ve always loved performing, I’ve always loved interacting with audiences and sharing that live experience.”

“It’s one of those things nowadays where you don’t get that true experience anymore, it’s that one thing you can always safely say is real.”

“Australian bands are traditionally live rock ‘n’ roll, and the music is born out of having to play live,” Jon explains.

The formation of Sydney-based hard rock band Noiseworks in the 80s was largely due to the following of fans on Sydney’s hard rock pub circuit, the band eventually grew to release three platinum albums and a variety of successful singles. Jon reflects on the difference in working with a band to being a solo artist today.

“If you’re a band worth your salt, everyone has a voice, every cog in the wheel plays some part, when you’re in a true band, you’re a part of a bigger picture.”

From the disbanding of Noiseworks, to a brief stint fronting INXS and a role in the Australian production of *Jesus Christ Superstar* alongside a variety of successful solo ventures, Jon hasn’t stopped writing, producing and performing music since his early beginnings.



“I love getting down and dirty with the audience, that’s the one moment in time you have together, and it’s different every night. You might play the same songs but the experience is different.”

“It’s a weird sensation, because ever since I was a kid, I still get so excited to perform, I still get excited to make some music.”

“The process hasn’t changed, it’s still a leap of faith every time you go into it.”

“I love getting down and dirty with the audience, that’s the one moment in time you have together, and it’s different every night. You might play the same songs but the experience is different,” Jon explains.

The contemporary music industry does present a challenge for those who have been in the game for a long time. Jon doesn’t shy away from the change, however, despite not being entirely sold on DJ’s labelling themselves as musicians.

“I love technology, I’m a gadget head, but as far as a live performance goes, you’re playing your show and you deliver.”

“The other side of technology is social media, people tune in and tune out so fast, but I think with the number of streaming services nowadays, they’ve finally got a hold of how to make music work again, for the artists and for the record companies,” Jon muses.

Jon’s latest work *Starlight* has been heralded to international acclaim, recruiting Eurythmics legend Dave Stewart as co-writer and producer, and Ringo Starr on drums, the album offers a good mix of styles more refined than Jon’s previous work and with a new perspective on moving forward and embracing the new landscape of Australian music.

“Working with Dave Stewart, working with Ringo Starr, I still think about it sometimes and go ‘how did that happen?’”

“I met him with Dave one night and we all got along famously, the guitars came out and we started singing,” says Jon, recalling the moment he met Ringo Starr.

“You can’t manufacture those kind of moments, my whole life I never thought I’d be able to play with Ringo Starr, and he just did it as a mate and because he liked the music, it was really an honour.”

It was this joint effort that allowed Jon to realise he was still on the right path in pursuing music, with Jon’s previous album *Woman* not receiving the same airplay.

“The *Starlight* album for me was kind of necessary, the record I did prior to that [*Woman*], which I made with all my Australian musicians and produced myself in Australia, and it just wasn’t supported,” Jon expresses.

“But that’s probably my best record I think.”

“It was entirely independent, like all of my work since 1997, so when Dave Stewart said he wanted to work with me, it gave me a bit of faith back in myself that I was still on the right path.”

Jon retains a drive and determination in ensuring that live music is always as spectacular as it was in the 80s when he was just starting out. Spending January this year locked in the studio, he is looking forward to writing and producing more music throughout the year.



“My mindset has always been all about what I’m doing now, and forward thinking, so looking through the back catalogue I’m like, ‘holy hell, I’ve done a lot of stuff!’ It gave me a moment to pause, actually,” Jon explains.

“The industry can wear you down, but I’ve always found solace in performing live, which is the one thing nobody can take from you.”

“You can’t just rest on your laurels, I’m a working musician and I’m very grateful to still be a working musician.”

Tickets to *The Best Of Jon Stevens Live* are on sale now.

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



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Ms Deb Magill, Principal of Roseville College

## PERSONALISATION OF EDUCATION

At Roseville College, our vision is to *Realise Purpose*. In our vision, there is a distinct place for the personalisation of learning as we help each child realise her purpose; specifically, by how we enrich her learning through a genuine understanding of each child to maximise her learning opportunities for authentic, lasting outcomes, not only for school, but for life.

A remarkable quote by Latin philosopher Seneca the Younger, who lived at the time of Christ, is translated as "We do not learn for school, but for life." More than 2000 years ago, Seneca explained the point of personalised learning: helping each child achieve richer, deeper engagement and more meaningful outcomes from her learning – for life.

Surprisingly, this is not how education has looked for much of those 2000 years. Many bright, promising students have struggled with the one-size-fits-all curriculum of their age's education system. As I welcome our students to school each morning I am reminded, and delighted, by the uniqueness of each girl, by the breadth of talents and gifts they represent; be they academic, social, cultural, sporting and creative. Each girl is known and loved for so much more than what she knows and, most importantly, for who she is. Her own person. At Roseville College, our response, then, has to be personalised.

Today, global education consultant Charles Leadbetter says personalised learning is putting humanity back into the heart of schools; humanity and learning are "about empathy, creativity, collaboration, joint enterprise and moral purpose." He says the learner is central to the education system of which she is part; students belong at its heart, not its feet.

### What is important to each child?

As our girls graduate from Roseville College, they often take time to reflect on their teachers of influence. They speak of

teachers who go 'above and beyond' their subject area, to truly know each girl in their class. Last week on learning of her class' HSC results (which were impressive), a teacher said to me, "You know, I don't teach English, I teach the girls." And her student's response, "We just wanted to make you proud." And they did.

Thinking about this, I am reminded about the things that are important to children as they learn:

- Each child wants to be known and understood by those who influence her.
- Each child wants a sense of control about how and what she learns, according to her talents, her interests and her aspirations.
- Each child benefits from being equipped with skills particular to how she learns well, incorporating the effective use of technology to enable and facilitate the process of inquiry and learning.
- Each child feels a sense of accomplishment and reward from self-discovery in learning. This experience, in turn, then motivates, empowers and equips her to collaborate with peers and teachers as co-learners.
- Each child identifies a sense of purpose, seen through the useful accumulation of experiences and knowledge, to her educational journey.

The outcomes of personalised learning at Roseville College should be evident as each of our graduates departs the school gates for her last time as a student; our desire is that she leaves with broad, rich and cumulative knowledge beyond the confines of each subject, which equips her to live and serve with clarity of moral purpose and compassion, because – at the heart of it all – she, herself, was known.

## ROSEVILLE COLLEGE CELEBRATES 110 YEAR ANNIVERSARY

Established in 1908, Roseville College is dedicated to helping young Australian women realise their purpose through quality education.

The College celebrated its 110th year anniversary last month with a series of events, kicking off with the family Thanksgiving Service, followed by a traditional Birthday Assembly for the students.

The festivities continued with a number of events throughout the following week that joined parents, students, the college's Old Girls and the wider community in celebration.

"Since 1908, many families and students have likened Roseville College to an extension of home. Birthdays are a wonderful excuse to gather and be thankful, not only for the amazing environment, but for each other. Past and Present," said Roseville College's current and 10th principal, Ms Deb Magill.

The 110th anniversary celebrations will continue throughout the year with a Learning Festival and Open Day set for May 26.



Roseville College's front gates at 27 Bancroft Avenue in the 1960s, and in recent years.



Roseville College girls in their uniform today, and the 1940s.



Learning for purpose in the 1930s and engaging in STEAM studies, today.



Celebrating  
**110**  
years 1908-2018

In 2018, Roseville College celebrates 110 Years of realising purpose in the lives of young Australian women.

The College is an Anglican school for girls where every student in Kindergarten to Year 12 is known and valued, and girls are prepared with an education that serves them for life, in a culture of excellence. Each girl is guided in the development of her identity in a caring Christian environment as she finds her place and purpose, equipping her for meaningful service.

### KINDERGARTEN AND YEAR 3 ENTRY

- Dedicated to the education of girls in a Christian faith environment, with small class sizes of 20-22 girls
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- International Baccalaureate (IB) Primary Years Program from Kindergarten to Year 6
- Secure, eventual enrolment into the Senior School.

Families interested in Kindergarten or Year 3 entry for their daughters are invited to join Ms Deb Magill for a

**Principal's Tour**  
**Wednesday 14 March, 9.15am - 11am**

27 Bancroft Avenue, Roseville  
(Tour followed by a light 110th celebration morning tea).

Please reserve your space on **9884 1109** or email our Registrar at [registrar@roseville.nsw.edu.au](mailto:registrar@roseville.nsw.edu.au)

**www.rosevillecollege.com**

Roseville College is a school within The Anglican Schools Corporation

STDC0850318



# CHILDCARE WORKERS TO STRIKE

Brooke Fryer

Early childhood education workers nationwide are asking families to keep their children at home on March 27 as many day care centres will close in a fight for better pay. This comes with a demand for the government to increase the \$21 per hour pay rate.

It is unclear which centres are closing, but many are shutting their doors for up to a full working day.

This is the third nationwide strike in the past 12 months, the last on February 1, when the Turnbull Government had failed to meet funding deadlines for equal pay.

Childcare centres and educators are asking for support, arguing that childcare workers are worth more. Educators have launched

a national TV, radio and newspaper campaign to raise awareness in the Australian community.

“We are asking parents to support the national action on 27 March. If families keep their under-fives at home, educators can participate in the walk offs to fight for professional pay in recognition of their qualifications, skills and experience. Everyone knows parents can’t afford to pay more, that’s why the government must support this issue and fund the professional pay Australia’s educators deserve,” Helen Gibbons, Assistant National Secretary for United Voice said.

“We have an educated, skilled workforce only earning around \$21 an hour, that’s half the average wage – and this inequitable situation can no longer be tolerated.”

United Voice have also stated nearly 97 per cent of early childhood educators are female, and are asking for a government funded pay-rise of 30 per cent.

“It is not acceptable that educators can be paid as little as \$21 an hour. Due to the Turnbull government’s continued inaction, this pay rate is dwarfed by wages in male-dominated sectors,” Gwendolyn Alcock, an early childhood educator said.

Education Minister Simon Birmingham told early childhood educators that demands for equal pay would be settled through the Fair Work Commission.

The case has been with the Fair Work Commission since 2013, and educators are now looking for other ways to get the Turnbull Government to hear their case.



Isabella Gerardi, *Home truths*, 2017, printmaking from ART NORTH

## Healthy Harold gets new classroom at Government House

Healthy Harold has been given the opportunity to teach in a brand new classroom after 38 years spent travelling to schools across NSW in a van.

The alternative classroom, located at Sydney’s Government House, is an inflatable, dome-shaped design used for schools that can’t accommodate a van, or in the case that a quick response is required.

After a number of trial runs conducted in various schools throughout the previous year, the successful launch of the pop-up classroom will help further the message of proper health and safety education for school children through Life Education NSW.

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

## ART NORTH celebrates HSC visual arts students

From 1-29 March, an exhibition being held at the Grace Cossington Smith Gallery will be opening its doors to acknowledge the artistic strengths of visual arts students from the 2017 HSC cohort.

The event will be officially opened by a member for Ku-ring-gai, Alister Henskens SC MP on 3 March from 2-4pm.

This new annual exhibition titled, ART NORTH, celebrates artistic talent from students of the North Shore area, including works from 34 young students from 15 secondary schools. The gallery is located on the boundary of the Ku-ring-gai and Hornsby region and invites schools within the area to nominate their most outstanding art students.

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

# CLAIMING THE ACTIVE KIDS REBATE

Brooke Fryer

The NSW Government will provide parents and carers of children enrolled in an approved sport or fitness program a \$100 voucher to go towards registration and participation costs for that calendar year.

This initiative aims to help change the physical activity behaviours of children and young people in NSW.

Sports Minister Stuart Ayres says that the rebate will make a difference to many NSW families.

“This program means that every child in the state has the opportunity to be fit and active in their community,” Mr Ayres said.

“Active kids are healthy kids and as long as their program is more than eight weeks

long and involves a moderate to strong degree of movement — it will qualify.”

Many children and adolescents in NSW are not meeting the daily recommended levels of physical activity. In 2015, numbers showed more than 1 in 5 children in NSW were overweight or obese.

Each child in every NSW family enrolled in school will be eligible for the Active Kids Rebate. One voucher will be available for every child enrolled in school and a fitness program annually over the next four years.

There will be no limits on the number of applications per family, as long as every child is enrolled in school.

More than a quarter of a million parents

have downloaded an Active Kids Voucher since its launch in January.

“It is fantastic to see mums and dads taking advantage of this program to help get their kids active,” Premier Gladys Berejiklian said.

“We know the cost of kids sport and activities can often stretch the family budget. Active Kids is one of the ways the NSW Government is easing cost of living pressures on parents.”

Parents can now register online with Service NSW to receive their \$100 voucher to provide to their approved sport or physical activity club or organisation.

[service.nsw.gov.au/active-kids-program-and-service-nsw](http://service.nsw.gov.au/active-kids-program-and-service-nsw)



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- BEROWRA TUE 15 MAY, 9.15AM & 5.30PM
- CARLINGFORD WED 14 MARCH, 9.15AM
- CHATSWOOD THU 15 MARCH, 9AM
- EPPING FRI 9 MARCH, 9AM
- LINDFIELD TUE 27 MARCH, 9AM & 6.30PM
- NORTHBRIDGE TUE 13 MARCH, 9.30AM
- PENNANT HILLS WED 7 MARCH, 9.30AM
- PYMBLE BOOK A TOUR, 9440 8056
- ST IVES WED 7 MARCH, 10.30AM
- WAHROONGA THU 8 MARCH, 9.15AM
- WAITARA TUE 20 MARCH, 9.30AM
- WEST PYMBLE BOOK A TOUR, 9498 6055
- WILLOUGHBY TUE 27 - THU 29 MARCH, 9.30AM

### SECONDARY OPEN DAYS

- CHATSWOOD 7-12 BOOK A TOUR, 9419 2890
- WAHROONGA 7-12 TUE 13 MARCH, 4PM

Proudly supported by  
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**Hi kids, come and see Tony at IGA West Pymble on Easter Sat 31<sup>st</sup> March between 9am and 12pm for YOUR TREAT! (OPEN ALL EASTER EX GOOD FRIDAY)**

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# Golden Years Feature





# WHAT'S ON: SENIORS

## Throughout March Get Crafty

**Where:** Castle Hill Library  
**When:** 9:30am – 12:30pm  
**Cost:** Free  
**Contact:** [thehills.nsw.gov.au](http://thehills.nsw.gov.au)

## Throughout March Tech Savvy Seniors Program In Mandarin

**Where:** Gordon Library  
**When:** 10am-12pm  
**Cost:** Free  
**Contact:** [gordon.library@kmc.nsw.gov.au](mailto:gordon.library@kmc.nsw.gov.au)

## 4 March Community Clean Up Australia Day

**Where:** Various locations  
**When:** All Day  
**Cost:** Free  
**Contact:** [cleanupaustraliaday.org.au](http://cleanupaustraliaday.org.au)

## 4 March Lisgar Live

**Where:** Lisgar Gardens, Hornsby  
**When:** 1:30pm-4pm  
**Cost:** Free – Donations can be made  
**Contact:** [hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)

## 5 March Frogs in your Backyard

**Where:** Ku-ring-gai Council Chambers, Gordon  
**When:** 6:30pm-8:30pm  
**Cost:** Free  
**Contact:** Sustainability Team: [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au)

## 9 March Family History Fridays

**Where:** Dee Why Library  
**When:** 10am-4pm  
**Cost:** Free  
**Contact:** Call 9942 2610 to book

## 11 March Twilight Jazz at Eryldene

**Where:** Eryldene Historic House and Garden, Gordon  
**When:** 5pm-8pm  
**Cost:** Varying costs  
**Contact:** [eryldene.org.au](http://eryldene.org.au)

## 11 March St Benedict's Annual Fun Fair

**Where:** St Benedict's Parish Arcadia  
**When:** 10am-3pm  
**Cost:** Free  
**Contact:** [arcadia.dbb.org.au](http://arcadia.dbb.org.au)

## 11 March The Rotary Club of Galston Giant Book Fair

**Where:** Galston Community Centre  
**When:** 10am-3pm  
**Cost:** Free  
**Contact:** [bookfair@galstonrotary.org.au](mailto:bookfair@galstonrotary.org.au)

## 24 March Weed Awareness and Native Plants Stall

**Where:** St Ives Village Green  
**When:** 10am-2pm  
**Cost:** Free  
**Contact:** [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au)

## Until 24 March Sunset Cinema North Sydney

**Where:** North Sydney Oval  
**When:** Various times  
**Cost:** Various costs  
**Contact:** [sunsetcinema.com.au/northsydney](http://sunsetcinema.com.au/northsydney)

## 28 March Last Wednesday Movie Club

**Where:** Manly Library  
**When:** 12pm  
**Cost:** Free  
**Contact:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)

## SELF-MANAGING CHRONIC DISEASE

Brooke Fryer

Chronic diseases may affect any age group, at any time, but as we grow older the chances of getting a chronic disease increases. There are specialised services available to help people suffering from chronic diseases, but in order to keep the disease in check day-to-day, self-management is vital.

A chronic disease is categorised as an on-going disease which lasts more than three months. These diseases generally are not completely curable and, in most cases, the disease gets worse with time.

According to the Australian Government's, *My Aged Care*, the most common types of chronic diseases in Australia are, asthma, arthritis, cancer and chronic kidney disease. Each chronic disease has support and information programs, contact your local GP for information on these.

Kristen Hall, an on-going sufferer of rheumatoid arthritis says that she has tried just about everything to manage the disease, but as time goes on, it only seems to get worse.

"Since being diagnosed with rheumatoid arthritis in 2003, I've tried Methotrexate, Plaquenil, Arava tablets, pain killers, anti-inflammatories and anti-inflammatory ointments. I've found that the best thing for me is massages, rest and sticking to my medication," says Kristen.

"Medication doesn't necessarily make the pain bearable, it just slows down the process of the arthritis getting worse."

The Medical Journal of Australia says that self-management is the key to chronic disease care, and if self-management is implemented correctly, the results are effective. *My Aged Care* says that a vital part to this management is being educated, understanding what is being said by the doctor, asking your own questions as well as managing emotions that may arise from the disease.

"Rest, avoiding heavy lifting and exercising, but also knowing when enough is enough has seen most effective through my years of rheumatoid arthritis," says Kristen.

In Australia, there are many Medicare benefits and Allied health treatments, including services to help maintain chronic disease. The Medicare Benefits Schedule website provides a list of services which are subsidised by the Australian Government.

Allied health services include exercise physiology, psychology, physiotherapy and osteopathy. More information can be found at any local GP and the website below.

[myagedcare.gov.au](http://myagedcare.gov.au)

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

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# YOGA FOR EVERYBODY – AGE IS ONLY A NUMBER!

Liz Kraefft, Ku-ring-gai Yoga

Reaching ‘senior’ years is a time of wisdom, grace, experience and infinite knowledge collected from a life well-lived. It is a time to feel proud of your achievements and to sit back and allow the pace of life to be in your control.

Growing old can bring many challenges too. Nothing stays the same and many of the simple things in life become a little more problematic, like opening a jar of jam, lifting up the mattress to change the bedsheets, reaching up to the washing line and even navigating the stairs in your own home.

Physically, ageing can present problems such as obesity, diabetes, high blood pressure, diminished bone density, keeping balance and general aches and pains.

The good thing is that yoga can help all of these issues with minimal effort.

Of course we must consider our diet and other healthy lifestyle choices, but if you make yoga part of your daily life, then the benefits can look something like this:

### Improved Flexibility and Joint Health

Stretching is great for joint health and loosens tight muscles.

### Improved Balance and Stability

By strengthening our muscles we prevent falls and therefore confidence in one’s ability can improve.

### Improved Respiration

Many breathing practices help to strengthen the lungs and improve lung capacity. Good quality breathing is the key to life.

### Reduces High Blood Pressure and Anxiety

Yoga practice involves focusing on the breath and slow movements, which can help trigger your parasympathetic nervous system, reducing the by-products of stress and feelings of anxiety.

### Encourages Mindfulness

As we practice we become completely focused on the present moment, the body, the breath and the mind become connected to create a calmer state of being.

Yoga is so much about the individual practising in a mindful way and letting all else fall away. All anxiety, fears, attachments and unhelpful thoughts can be placed aside.

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



## COMBATting LONELINESS WITH COMMUNITY

The number of elderly people living without social or emotional connections is increasing. Social isolation can negatively impact a person’s mood, outlook on life, sense of purpose and can lead to mental health conditions such as depression and anxiety.

At Twilight Aged Care, the importance of community and connectedness is highly valuable. Active social connections are imperative for our mental and physical wellbeing. Whilst everyone will experience loneliness in some way, at some point in their life, it is important to remember that everyone’s circumstances are unique. However, some of the common causes of loneliness in the elderly are:

**Loss and grief:** Loss of a spouse, lifelong friend or family member whether it be sudden or gradual, by death, illness, relocation or simply a change of situation – the emotional connection, enjoyment of their company, association with their friends and shared enjoyment of activities goes with them.

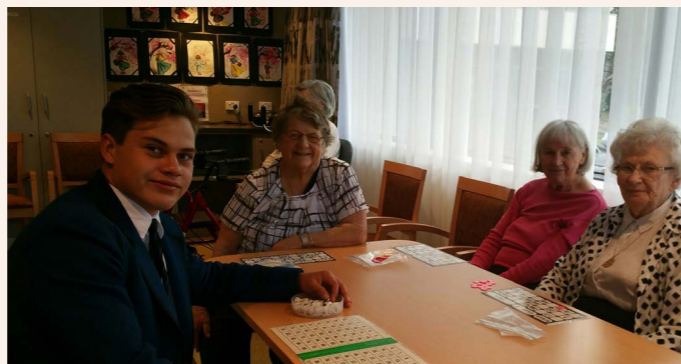
**Distance:** Geographical proximity plays a large role on our ability to socially connect with others. Older people are more likely to be limited in their ability to participate in social activities due to physical immobility, ill-health, a lack of financial independence or having loved ones who live far away.

**Technology:** Being able to share messages or photos and instantly connect to people at the click of a button or the touch

of a screen, despite distance or time. Although there are many elderly people with limited ability or access to modern methods of social interaction, the number of older people joining social media as a means to stay connected with their families is slowly growing.

To combat this, Twilight Aged Care is dedicated to creating meaningful connections between residents and the communities. Recently students from Knox Grammar School, Wahroonga visited residents at the newly refurbished Horton House Gordon. The visit included chatting with residents, facilitating activities and providing support to staff.

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



▲ Knox Grammar School students visit Horton House Gordon

## KNOWING YOU’VE MADE THE RIGHT CHOICE

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

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### FOR MORE INFORMATION

Tel: 02 9414 4400  
Email: [info@twilight.org.au](mailto:info@twilight.org.au)

facebook.com/TwilightAgedCare  
[www.twilight.org.au](http://www.twilight.org.au)



**TWILIGHT**  
AGED CARE



# SENIORS FESTIVAL 2018

This year, the Seniors Festival will be taking place from 4 April to 15 April and will be celebrating the theme 'Let's Do More Together.' Now in its 60th year, the festival is the largest event exclusively for seniors in the Southern Hemisphere. It boasts the opportunity to make new friends or gather old ones for a number of exciting events.

## 20 March Ku-ring-gai Council Seniors Mayoral Awards

The 2018 awards ceremony recognises individuals over 65 years old, or groups supporting older people in the Ku-ring-gai community. The awards will be presented by Mayor Jennifer Anderson at Turramurra Uniting Church Hall followed by lunch in the Meals on Wheels Dining Room.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

## 5-6 April Seniors Festival Expo

This annual event at the International Convention Centre (ICC) features over 50 exhibitors showcasing their work in all the latest areas of technology, lifestyle, health and wellbeing. With plenty of giveaways and a number of live performances, including Frank Ifield, Oscar Kami and a special performance from the cast of Mamamia: A Tribute to ABBA.

[seniorsfestival.nsw.gov.au](http://seniorsfestival.nsw.gov.au)

## 12-14 April Seniors Festival at Casula Powerhouse

The Casula Powerhouse will be packed with events throughout the final weekend of Seniors Week. On Saturday April 14 guests are invited to a shared buffet potluck lunch to celebrate the launch of a community family cookbook. After that, guests will tour the Arts Centre garden and vegetable patch with the Powerhouse's own gardener.

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

## 11 April Seniors Festival Comedy Show

This free event will be featuring some of the best names on the Australian comedy scene, including Gary Elk, Tommy Dean, Chris Radburn and will be hosted by Australian performer, writer and comedian Jean Kittson. Tickets will be available from March; the event will run from 11am to 12:30 noon at Sydney's Town Hall on George Street.

[seniorsfestival.nsw.gov.au](http://seniorsfestival.nsw.gov.au)

# SENIORS HEALTH CORNER

## NEW FLU VACCINES FOR SENIORS

Australians now aged 65 and over are eligible for a free flu shot from April 2018. The government is providing two extra strong flu vaccines through the national immunisation program – Fludax and Fluzone High Dose.

Fluzone High Dose contains an increased dose of the vaccine and Fludax provides an additional ingredient which works to improve the immune system.

This change comes after last year's records showed that 90 per cent of flu deaths in 1,100 people affected were Australians aged 65 and over. This year the government is working to reduce this number in a bid to protect older adults and their immune systems during flu season.

## SWAPPING CAFFEINE FOR MATCHA

Matcha tea, derived from green tea leaves, is sweeping away regular caffeine solutions as this evolution contains a rich form of antioxidants that help prevent heart disease, cancer and reduce blood pressure, it's something that all tea-lovers are starting to introduce into their daily routines.

In addition to regular consumption of matcha tea, apples, two litres of water and regular green tea are recommended to be consumed each day to help maintain energy and good health.

## AWAKEN WITH TAI CHI

Many older adults are ditching early morning walks and taking up Tai Chi, an ancient Chinese practice which has shown to have significant health benefits. Not only is Tai Chi beneficial for everyone, but specifically, for older people.

Tai Chi helps to improve balance, which in turn prevents falls, which are especially common amongst seniors. Tai Chi also offers the ability to de-stress throughout everyday life, build stronger muscles and lower blood pressure, making Tai Chi an all-around beneficial exercise.

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✉ [taniamcaleer@adventist.org.au](mailto:taniamcaleer@adventist.org.au)  [www.aacsyd.org.au](http://www.aacsyd.org.au)

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Wahroonga NSW 2076**





## CHOOSING THE RIGHT HOME

According to the 2016 census, the suburbs of the Upper North Shore have a higher proportion of the population aged 50 or over than the Greater Sydney area. Therefore, many people are now considering their options when purchasing a suitable home for their later years.

There is a myriad of choices available including Torrens Title 'over 55's' developments, Strata Title units, including some with age restrictions and Retirement Villages.

As contract arrangements vary from village to village, and can be complicated, it is imperative to carefully read all the documentation provided prior to signing on the dotted line.

It is important to obtain legal advice to ensure that you understand the way the village is set up. For example, Strata Title, 'Loan and Lease', or leasehold and what the costs will be.

In addition to the purchase price you will need to consider the ongoing maintenance fees and any exit, deferred management, or departure fees.

While many villages are very well run, enabling residents to enjoy a wonderful lifestyle with an array of facilities and amenities, there can be significant variation between villages.

Obviously these benefits need to be paid for, but it is essential to ensure that you are not taken advantage of by a contract prepared by an operator whose first priority may be about making a profit rather than consideration of your financial circumstances.

One local village, The Cotswolds, at North Turramurra has been well-renowned for the past 35 years.

Entry prices are affordable, there are no exit or departure fees, residents or their beneficiaries retain 100 per cent of any

capital gain and residents are able to renovate and refurbish to their own taste.

If you would like further information, please contact Julie at Turramurra North Real Estate.

### CONTACT DETAILS:

**Julie Rodgers, Director**  
**Turramurra North Real Estate**  
**Ph: 9449 3075 Mob: 0418 606 006**  
**julie@tnre.com.au**

*DISCLAIMER: This information is intended to be of a general nature only. We have used our best endeavours to ensure that it is true and accurate, however, readers should obtain their own independent legal and financial advice.*

## ADVANCED INVISIBLE HEARING TECHNOLOGY

Due to recent breakthroughs in hearing aid technology, Starkey's new SoundLens Synergy hearing aids offer the most advanced technology available in the most popular invisible hearing solution.

SoundLens Synergy are custom fit to your exact needs and unique ear canal shape. They rest comfortably deep in your ear, so only you know they're there.

Though tiny, SoundLens Synergy come loaded with leading technology, they are the first and most popular custom-fit Invisible-in-the-Canal (IIC) hearing aids ever made, and deliver the most personalised experience ever.

These hearing aids are designed for an invisible fit, giving you more confidence in wearing your aid, deliver pristine audio and listening clarity for entertainment such as TV and music, which helps to make the transitions of everyday life much easier.

This, along with the ability to preserve

peace in quiet moments and amplify important conversations and meetings, helping you understand conversations more comfortably without the embarrassment of asking someone to repeat themselves over and over again, is what sets these hearing aids apart from the rest.

In recognition of Hearing Awareness Week, AUDiOHEALTH at Gordon have an exclusive offer running for the month of March, 2018.

### Limited Hearing Awareness Week offer

- Free no obligation hearing consultation with our expert clinicians
- Free technology demonstration
- 30 Day Risk Free trial of Starkeys' SoundLens Synergy

Appointment times are limited. Call AUDiOHEALTH Gordon on 1800 301 231 or email us at [info@audiohealth.com.au](mailto:info@audiohealth.com.au) to secure your appointment.



28 The Cotswolds

**FOR THOSE WHO ARE CONSIDERING RETIREMENT ACCOMMODATION OR KNOW SOMEBODY WHO IS, YOU DONT NEED TO LOOK ANY FURTHER THAN RIGHT HERE IN NORTH TURRAMURRA - TO "THE COTSWOLDS" VILLAGE.**

With prices starting at \$170,000 for studio serviced apartments, up to mid \$700,000s for two bedroom, two bathroom units, there is something for everybody in "The Cotswolds".

- No Deferred Management fees
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PLEASE CALL JULIE RODGERS ON 9449 3075 OR ON HER MOBILE 0418 606 006



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# UPLIFTING EXPERIENCE

Getting up and down a staircase in your home can be increasingly difficult with age, and this is a very common problem. With a tailor-made Acorn Stairlifts you can stay right where you are, keeping your home, your freedom and your independence.

assessing your needs, the surveyor will be able to provide you with a quote right there and then. Most people are pleasantly surprised when they learn just how affordable these stairlifts can be, and that's what sets this business apart from the rest.

The knowledgeable team at Acorn Stairlifts wants to make sure that you get the perfect stairlift solution for your needs. Their unique rail system means that these stairlifts can be fitted to all types of staircases, within a matter of days rather than weeks.

Acorn has always been at the forefront of the stairlift industry, leading the way in design and innovation. It's the first stairlift manufacturer to be awarded the Arthritis Foundation's Ease-of-Use Commendation for excellent customer service and great value for money.

One of the friendly surveyors will visit your home, and after

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



## THREE WAYS TO GET THE MOST OUT OF YOUR CRUISE

Rejimon PUNCHAYIL, Comfort Discovered

There are many of us who are not able to enjoy the best parts of a cruise holiday simply because our body is not able to cope with how we feel in our mind. There is no reason to feel disappointed, here are three keys that can unlock happiness and joy for you while on a cruise holiday. Do consult with your loved ones or your GP before you select the key that is most appropriate for you.



### A walking stick or a seat walker

If it's just support that you need to keep up with the rest of the group, a folding walking stick is a great solution. You can find a beautiful and functional one to suit your taste and style. If you would like to have the ability to be seated while on the move go for a wheeled walker with a seat. You will be amazed to find they are very light, functional and available in a variety of styles to match your unique taste.

### A foldable transit wheel chair



This is ideal as a back-up for a long trip outside or for the ability to reach the cruise function that might just be too far away to comfortably walk to. These are very light, foldable and easy to carry wheel chairs that don't look or feel like a typical wheel chair.



### Cruise Companion

These are very light, foldable and portable three or four wheel scooters that can make your cruise a very enjoyable and hassle-free holiday. These Companions require very little space to store and are very light to handle.



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

## VACANCIES AT ADVENTIST AGED CARE

Adventist Aged Care have been providing quality aged care with a focus on love and dignity since 1960, expanding beyond what is typically considered to be aged care, into providing services for a wide range of accommodation and care options.

Apartments. The facility is close to excellent medical and specialist care in sharing a ground with Sydney Adventist Hospital, residential and respite care and a registered nurse on duty 24/7, so you know you're in good hands.

bedrooms with ensuites, guest bedrooms and panoramic views.

Book a tour of the current vacancies online or over the phone.

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

The Wahroonga facility currently has vacancies in their 2-3 bedroom Villas and

The facility is also located on 84 acres of natural bushland and is surrounded by landscaped gardens, with spacious

## MOVING A LOVED ONE TO AGED CARE

Anyone making the decision to move a loved one from their family home to an aged care residence knows the stress and uncertainty involved – after all, it's a huge upheaval for your loved one, and getting it right is a big responsibility.

“Our on-site Leisure and Lifestyle team keep residents fit and active through daily exercise programs in our Reflections Wellness Centre, including physiotherapy, podiatry, use of the hydrotherapy pool and age-specific equipment in the gym.

The newer aged care residences are vastly different from the ‘nursing homes’ of past years, which is why extensive research is the key to finding the perfect fit. With so many accommodation options and services on offer, there is a lot to digest in the first visit.

“We also offer arts and craft activities, on-site concerts, history discussions and day trips, and our daily a la carte menu dishes up award-winning cuisine which can be tailored to suit individual residents’ preferences,” said Ms Mann.

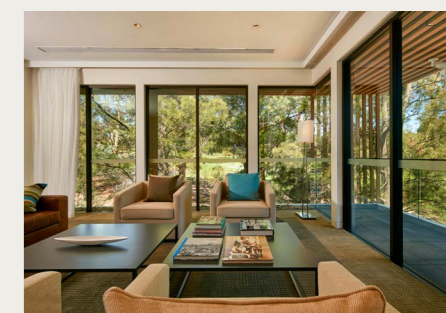
Cranbrook Care, the family-owned company behind Bella Vista Gardens aged care residence adjacent to the Castle Hill Country Club in Sydney's Hills' District, offers in-depth, personalised and private tours for families and potential residents to share a hands-on experience of what residents enjoy when they join the Bella Vista Gardens community.

Bella Vista Gardens offers a number of care facilities including dementia and respite care, carried out by a personally selected Medical Advisory Board of care professionals from a diverse range of the medical community.

“With architecturally-designed suites, intimate living and dining areas, landscaped gardens and brand-new lifestyle amenities on site we find families are often surprised by what seniors living looks like these days,” said Cranbrook Care CEO, Ms Kerry Mann.

“In fact, once a new resident moves in, families often get in touch to tell us how relieved they feel knowing their loved one is safe, happy, well cared for and engaged with new friends, which is the ultimate aim for anyone going through the process with someone they love,” said Ms Mann.

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



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\*Conditions apply, May include demo models, while stock lasts, some images are for references only, not applicable to trade customers.



# DENTISTRY FOR SENIORS



Dr Ian Sweeney

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

**T**oday, it is not uncommon for many seniors to have a full or near full complement of teeth, all of which need to be maintained, along with the gums, to ensure good overall health and wellbeing.

There is an increasing body of evidence linking poor oral health in the ageing population and a decline in mental health. There appears to be a correlation between the number of teeth a patient has to bite and chew with, and many age-related conditions such as Alzheimer's, dementia, memory loss and also falls.

There are a number of key areas to consider when managing the dental needs of an ageing population. These include:

**Dry Mouth & Saliva:** Saliva has the effect of lubrication, taste, healing, digestion, dilution, buffering of acids and tooth remineralisation. The flow rate of saliva may be affected by various prescription medications. Medications managing anything from blood pressure, pain, hay fever, fluid retention, asthma and anxiety all have the ability to reduce salivary flow.

**Gum Recession:** Previous gum recession exposes more root surfaces to the potentially damaging effects of tooth decay.

**Smoking:** A past history of smoking predisposes patients to all forms of oral disease. This may range from gum disease through to oral or throat cancer. Any ulcers or sores in the oral area that are not healing within a week should be investigated immediately by a health care professional.

**Diet:** "A little of what you fancy" may not be a good thing. Many "treats" are high in sugar and have a sticky consistency. They will then expose the tooth and root surfaces to the damaging effects of sugar for longer, increasing the likelihood of decay. If combined with reduced salivary flow, the potential for decay increases significantly.

**Heavily restored teeth:** Teeth that have been heavily restored with a number of fillings are prone to fracture.

**Eye Sight:** A reduction in vision increases the risk of dental decay due to poor cleaning. If you can't see it, you can't clean it! Use of a magnifying mirror whilst brushing may help.

**Manual dexterity:** A reduction in manual dexterity due to diseases such as arthritis will result in less effective tooth cleaning.

Often, the oral condition in older adults appears to be one of the last areas of the body to be looked at. Unfortunately, poor oral health is just as likely to cause debilitating disease requiring hospitalisation, as many other medical conditions.

There is absolutely no need to live with dental pain or discomfort and there are many safe and easy treatment options available today. In order to minimise the effects of decay and other oral infections in the ageing population, regular dental maintenance is recommended.

*Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant centre, Turrumurra.*



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# PARENTING AND SELF-CARE

Sarah Wainwright

Parents practising self-care benefits children and improves family life. Abandon parental guilt for doing the things you enjoy and having fun! Self-care means, for example, prioritising time for exercise and sufficient sleep, doing activities you enjoy and benefiting from outdoor and screen-free time as well.

In a practical way, writing a list of the things that you would like to do to bring happiness is a form of self-care. Happiness can be described as a state of wellbeing, and includes positive emotions such as joy, pride, gratitude and finding contentment in what you do. Being in the present moment, taking a walk outdoors, maintaining quality relationships and building meaningful connections also increases happiness.

Caring for yourself includes accepting what you can control and letting go of what you can't control. Giving yourself permission to let go of certain things that cause stress is helpful and frees up more time for the things that bring you pleasure.

Self-care for parents also includes simply saying 'No' to your children and 'No' to relatives and friends who may be overly demanding. Hearing a direct and unambiguous 'No' reminds children who the adults are in the relationship. Parents'

personal and recreation time is valuable, and saying 'No' to your children, such as 'No' to more entertainment for example, helps give parents back more leisure time.

Parents practising self-care includes time spent with a partner and with other adults. Nurturing adult relationships helps parents feel like their life is less child-centric and can help parents who are not employed in the workplace feel less isolated.

Asking for more help at home from a partner, enlisting paid help, or seeking mental health care are also some of the best forms of self-care.

Parents are a powerful influence in a child's life. Parents matter most to children, so keep yourselves well and happy! Paradoxically, treating yourself can make you a better parent—give it a go!

*Sarah is a Sydney-based parenting expert who provides tips and tricks on social media.*

[\\_parentingtips\\_](#)

## HEALTH CORNER

Brooke Fryer



### Getting Fit with Pets

Yoga with cats, and now goats, is becoming popular throughout Sydney and the wider Australian community, as many yoga studios are introducing furry friends into their practices. This comes from studies which have claimed that getting active with animals significantly improves health, from a healthier heart to living longer. Exercising with animals also simply promotes happiness, which is why we are seeing this trend take off.



### Faux Meat

Veganism has been trending for some time, but faux meat is on the rise and taking over many real-meat meals. A vegan diet was once plant based and organic, leaving out anything that looked or tasted like meat. But now, these fake and still irresistible meat clones are making their way into vegan and vegetarian diets. Sydney has recently opened its first vegan deli in Surry Hills offering an all-day 100 per cent vegan menu as well as products to purchase in store. Supermarkets are also carrying new and improved vegan options such as nuggets, schnitzels and sausages that taste just as good as the real thing.



### Super Powders

Whether it be after a workout, in the morning or mixed in with a smoothie, super powders are all the rage, and not just for gym junkies. Matcha, cacao and turmeric are appearing in juice drinks, smoothies, acai bowls and even coffee. These ingredients are said to be a nutrient-rich treat to add to everyday meals, offering extreme health benefits. Matcha is shown to boost the metabolism when consumed as a tea, whilst cacao contains natural mood stimulants and can be added to anything with chocolate due to its flavour. The most popular powder at the moment, turmeric, is detoxifying, antimicrobial, and anti-inflammatory.

## TRACING BACK THE CAUSE OF OVARIAN CANCER

February was of Ovarian Cancer Awareness Month, increasing awareness of what is the most lethal form of women's cancer, and with no prior screening program, it is almost impossible to detect.

The Federal Government however, has announced plans for a \$2.96 million fund to the TRACEBACK program. A groundbreaking program that can detect and identify unaware carriers of the BRCA gene mutation, which can cause many cases of ovarian cancer.

It is believed that one in five women diagnosed with high-grade serious ovarian cancer cases since 2002 have been unaware carriers of the BRCA gene mutation.

"The ramifications of knowing if one harbours a BRCA gene mutation is threefold. It enables prevention with the options of risk-reducing measures, treatment options that specifically target the mutation, and surveillance by way of increased monitoring such as a more intensive breast cancer screening," said Professor David Bowtell, Head of the Women's Cancer Program at the Peter MacCallum Cancer Centre, and lead investigator for TRACEBACK.

This program is a 'cost-effective' solution to a population screening program, such as the National Cervical Cancer Screening or BreastScreen Australia, and will undertake genetic testing on approximately 1,500 tissue specimens collected from patients over the last 15 years.

This ideally will cause a 'cascade effect', whereby those who are identified to be carriers of the BRCA gene mutation will be able to act accordingly to prevent possible further ramifications of the disease.

"The BRCA gene mutations increase a woman's risk of developing ovarian cancer from a few per cent in the general Australian population to 59 per cent for BRCA1 and 17 per cent for BRCA2," Professor Bowtell explains.

In 2018, 1600 Australian women are expected to be diagnosed with ovarian cancer and it is estimated that more than 1000 will die from the disease and until TRACBACK, there has been no active program that tests for this disease.

This testing will allow for those who test positive for a germline mutation, the patient or next of kin will be contacted and referred to a familial cancer centre. In-turn, it is expected that this process will encourage wider testing among family members.

"These untreated women may have a legacy of increased risk of breast and ovarian cancer as well as other cancers in their male descendants. Unsuspecting family members may not be aware until further diagnoses of cancer in the family," CEO of Ovarian Cancer Australia, Jane Hill said.

[ovariancancer.net.au](http://ovariancancer.net.au)



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# SKINCARE PRODUCTS FOR MATURE SKIN

Hanna Moore

Starting a new skincare routine is a great way to kick-off the new year, incorporating products that help combat some of the negative impacts of ageing, such as dryness, can be done at any age.

It's always important to do some research on ingredients and products, as every skin-type is different. So be sure to ask around at your favourite beauty store or dermatologist for advice, and look at product ingredients online to find out what works best for you.



## CLEANSE

**THE BODY SHOP**  
Drops of Youth Gentle Foaming Wash, \$25

This daily foaming cleansing lotion, when used twice a day, provides a fresh and renewed feel to the skin. The formula leaves the skin feeling smooth and clean, without drying or stripping the skin of essential oils, making it very suitable for sensitive skin.

The ingredients boast a youth-enhancing finish, enriched with three plant stem cells including edelweiss, criste marine and sea holly, as well as Salicylic acid, a beta-hydroxy acid which works wonders on acne and blemishes by targeting spots under the skin and balancing oily and combination skin.

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

## EXFOLIATE

**LUSH – Herbalism, \$17.50**

This works both as a cleansing agent, but also a gentle exfoliant. The combination of rice bran and ground almonds with soft chamomile blue oil and rose absolute balances skin tone, so to reduce the appearance of redness or blemishes. Use once a day for bright and refreshed skin that feels clean without feeling desperate for moisture after.

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



**ALPHA H – Liquid Gold, \$60 - \$70**

Working as an overnight skin resurfacing treatment, this product is perfect for mature skin. The addition of Glycolic Acid, a type of alpha-hydroxy acid that works well to exfoliate and soften dry skin, provides a glowing and youthful appearance.

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

## MOISTURISE

**FIRST AID BEAUTY**  
Coconut Water Cream, \$54

For those who wish to avoid oils when moisturising, the addition of coconut water works to provide refreshing hydration for a smoother complexion that absorbs into the skin very quickly, making it perfect for the hotter months.

The oil-free formula works to combine a number of ingredients that help reinforce the skin's natural moisture barrier, protecting it from environmental damage and helping the skin feel plumper and more youthful.

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



**THE BODY SHOP**  
Drops of Youth Concentrate, \$69

A concentrated serum containing the same three plant stem cells is a natural alternative to harsh anti-ageing potions. The serum works by aiding the skin's process of replacing dead skin cells, as well as being incredibly hydrating – perfect for dry and sensitive skin, or for those who need an extra boost in the colder months.

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



**MUKTI ORGANICS**  
Antioxidant Facial Oil Omega 3-6-9, \$59.95

A few drops of this product to your regular serum or moisturiser helps to encourage moisture retention and leaves the skin with a natural healthy glow, so you feel hydrated, but not oily.

It's perfect for anti-ageing properties also, in the addition of regenerative omega 3-6-9 oils that quickly absorb into the skin and increase the elasticity that can be lost in the process of ageing.

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



## AFTER-CARE

**THE BODY SHOP**  
Drops of Youth Bouncy Eye Mask, \$39

The formula of this eye cream reflects its name, the bouncy gel-based, memory-shape texture works to give dark or puffy undereyes a boost. It can also be used as an overnight treatment given the cucumber extract laced throughout – which also adds a relaxing cooling effect.

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



**YOUTH TO THE PEOPLE**  
Eye Cream, \$45

On board the superfood beauty train, this eye cream is very soothing and packed with key ingredients to help reduce signs of fine lines.

The aloe and sunflower oil gives this cream it's balmy texture, Hyaluronic acid, a powerful moisture binding ingredient, also aids in retaining natural oils and moisture and gives the skin a plumped effect.

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



**LUSH**  
Tea Tree Toner Water, \$19.95

The benefits of tea tree for skincare is renowned, with antibacterial, antifungal and antimicrobial properties, it works to keep away the bacteria that can cause acne and blemishes.

Spritz this toner water after cleansing for a refreshed and glowing feel, the addition of juniperberry as an anti-septic aids in keeping the skin clear throughout the day.

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





# INTERNATIONAL WOMEN'S DAY

Brooke Fryer

International Women's Day on March 8 celebrates the achievements of women throughout history, as well as the United Nations Day for Women's Rights. Since the early 1900s this day has been recognised as a collective day of global celebration for all women.

The first year of this celebration was 1908, a time where critical debate was occurring for and by women, encouraging them to become more vocal and active in initiating change. This led to the very first Women's March through New York City where 15,000 women demanded shorter hours, better pay and voting rights.

Since 1908, women have come a long way with more women in management positions, greater equality through legislative rights and more women having a say at work and in the media. Regardless, women are still not paid equally, still do not hold equal positions in politics or business, and women in some countries are denied or have limited access to education.

Countries including Afghanistan, Cambodia, Cuba, Mongolia, Montenegro, Russia, Tajikistan, Ukraine, Uzbekistan, Vietnam and Zambia recognise International Women's Day as a holiday, treated similar to Mother's Day where gifts and flowers are given.

This year's campaign theme is 'Press for Progress' which shines light on gender parity. Sydney will be joining in on the celebrations with events all across the region.

## Events

*Songs my Mother Taught Me* is a concert dedicated to women who have influenced cello music. The event will be held March 3 at the Sydney Cello Quartet located in Lavender Bay. Visit the website for more details at [sydneycelloquartet.com](http://sydneycelloquartet.com).

Young Professional Women Australia (YPWA)'s International Women's Day Conference will likely be the largest event in Sydney. The professional development conference is a one-day annual event which is organised to inspire and empower women towards a rewarding career. The event will be located at the InterContinental in Sydney on 9 March.

[ypwa.com.au/events](http://ypwa.com.au/events)

The International Women's Day Walk located in Centennial Park Sydney on March 8 at 6pm will also be a free community event where women are able to walk alongside one another to unite together and celebrate the achievements of all women.

# SHOUT OUT TO THE GIRLS

In honour of International Women's Day, *Shout out to the Girls: A Celebration of Awesome Australian Women* is a book about extraordinary Australian women and their achievements from across all fields.

The new book celebrates 50 women from all walks of life: from suffragette Jessie Street to filmmaker Rachel Perkins, Aheda Zanetti, who designed the burkini – giving many women and girls access to sports, as well as molecular biologists, rally car drivers and more.

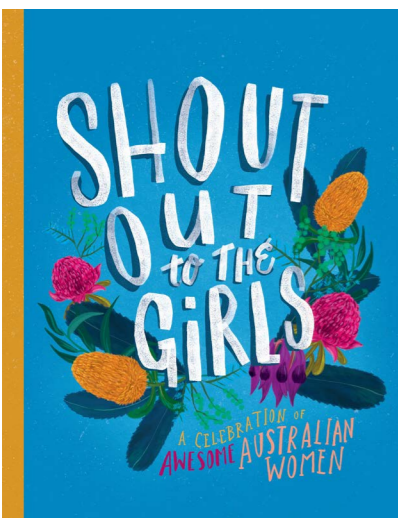
Each woman is celebrated through one dedicated page of biography and a vibrant portrait designed by local female artists.

"It's a book that's been conceived, curated and written by a group of our female staff members – from publishing and editorial, through to sales and marketing," says Laura Harris, Publishing Director of Penguin Random House Australia.

"But above all, it's a book that celebrates a wonderful collection of talented, brave, individual and groundbreaking Australian women who we are most proud of."

All royalties from sales of the book go towards The Smith Family, a children's charity targeted at disadvantaged children, helping them get the most out of their education.

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



## SOLAR FARMS ON THE RISE

Brooke Fryer

Throughout 2017, NSW approved almost double the number of solar farms, with another just passed early this month. These new farms have the potential for 1,800 new jobs in regional areas and the ability to power half a million homes.

In 2016, only five solar farms were approved whilst 2017 got the green light for 10 new projects. Now the first solar plant of 2018 has been approved for March, according to Minister for Planning and Housing, Anthony Roberts.

NSW is leading the way for other states to employ large-scale solar farms, as the NSW government is committed to providing clean energy for the future.

"Once the 10 solar projects are up and running, they will have a combined solar capacity of nearly 1,200 megawatts (MW) and collectively reduce carbon emissions by over 2.5 million tonnes, which is equivalent to taking around 800,000 cars off the road," Roberts said.

"It may be early in 2018, and yet we've already approved another 170MW solar project in the Riverina, known as the Finley Solar Project."

Today, NSW has three large-scale solar projects all with an installed capacity of over 200 MW. These three solar projects have the capacity to power up to 75,000 homes each year.

For a solar farm to be approved, the NSW government assesses all applications under the planning legislation and clear official policies to consider any potential benefits or impacts to the environment, the economy and the community.

## FAST FACTS

- In NSW alone, more than 340,000 households have installed rooftop solar photovoltaic (PV) systems.
- The Nyngan Solar Plant (102 MW), is the largest solar farm in Australia, with others, Broken Hill Solar Plant (53 MW) and Moree Solar Farm (56 MW) close behind.
- Increasing solar energy in NSW helps the government meet the Target of 33,000 gigawatt hours (GWh) by 2020, through the commitment to The Renewable Energy Target Scheme.



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## MARCH HOT SPOTS

Brooke Fryer

### 4 March Manhattan High Tea at the Doltone House

Elegance, class and a taste of Manhattan can be found at our very own Doltone House through one of the best high teas Sydney has to offer. On Sunday March 4 from 11am, Sydney-siders are able to have a New York styled venue whilst enjoying French teas, finger foods and sweets.

The Doltone House is a touch of gracefulness in Sydney, and what better way to spend a Sunday morning than to sip on champagne, nibble on finger food and to chat amongst friends and family.

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

### 11 March Australian Culture at the Opera House

For the first time, the Opera House is opening its restaurants and bars to show groups of culinary lover's modern Australian cuisine whilst enjoying the architecture of the Opera House. The tours are four hours long boasting spectacular views of the Opera House and the Harbour.

This tour offers the best of Australian food and culture as guests are able to learn how to make cocktails by a master mixologist at the Opera Bar, go on a butler experience inside the Opera House and enjoy a specially prepared lunch by Portside Sydney's head chef Lauren Murdoch.

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

### 10 March Bush Food Experience

Australia has a rich Aboriginal heritage, and now at Centennial Park, we are able to learn about some of Australia's oldest living cultures and how to use Australian bush foods as everyday ingredients. Through this bush tucker experience, guests are able to gain a deeper understanding of Aboriginal heritage and culture.

Through this knowledge, guests learn how to use traditional methods to gather and prepare food, identify seasonal bush food and enjoy bush food-inspired recipes.

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

### 21 March Spanish Masterclass Dinner

Enjoy the tastes of Spain in your very own backyard. Throughout one striking Spanish night, enjoy eight revolutionary Spanish wines and a six-course banquet, learn and experience why Spanish wine is making its very famous comeback.

During the banquet, guests will be able to enjoy their wine while also learning about the incredible story of the history of the wine revolution from the classic and modern generations of winemakers. Each ticket includes a \$20 El Vino gift voucher which can be used to purchase any of the wines tasted that night, to enjoy the tastes of Spain from home.

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

## WHAT'S ON AT THE VILLAGE

There's plenty happening at St Ives Village in the coming months; with many events and workshop programs to support the 110 diverse retailers.

Visit the Holiday Expo on 15-16 March with over 20 travel exhibitors to plan your next domestic or overseas adventure, plus you could win a \$250 Travel Voucher. Come in any time between 10am and 4pm to get expert advice about cruising, holidaying and upcoming travel tours.

To celebrate Senior's Week, from 4-13 April, free workshops will be hosted daily with chunky crochet, free health checks, pottery painting and fermenting for gut health, to name a few.

The Market Room on Level 2 has a new look – meet The Village 'foodies' with the new Cliq Café recently opened by the owner of Luxe Bar in Bondi Junction, Rebecca Lauric Patisserie and Chris Aguasa, chef at Top of the Green restaurant, will also be conducting a cooking Masterclass throughout the year.

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





# HOLIDAY EXPO

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## THE SAWMILL SERVICE GUARANTEE

Hanna Moore

Nestled in the shopping village of West Pymble, The Sawmill Café, Restaurant and Pizzeria provides a warm dining environment drawing inspiration from traditional Italian culture and cuisine, and combining it with the extensive history of the Pymble area.

Priding themselves on their impeccable dedication to customer service and authenticity, owner Susan Murdocca also credits their traditional Italian roots for the restaurants success.

"Italians are always really renowned for their attention to detail, their passion for food and that shows through in our food. Especially in the evenings, we're very authentic Italian in our food offering and also our service," Susan explains.

"I actually had a customer say to me, 'I feel like this place has just taken me back to Italy, I feel like we're back to when we were on holidays.' And that's a part of what we're trying to do."

Despite the little-known location, the area boasts a fascinating history as a major supplier of timber to the early Sydney Colony – hence the name, 'The Sawmill.'

"Although we're located on a little shopping strip in West Pymble, we're just trying to get that feel that it's something a bit out of the ordinary, you have to make the effort to come to us, but we really pride ourselves on offering that food service, and bringing it all together in one bundle," Susan says.

Taking example from their own front-of-house staff, Susan notes Food and

Beverage Attendant Danilo Tassone as an example of the way in which the ability to provide good quality service in the hospitality industry is in fact, a skill.

"Danilo is one example of someone who has that skill set, brought it from Italy and is practising that here, and he is just one of our many staff who are doing that," Susan says.

"Danilo is always making recommendations for the customer, in terms of food, in terms of pairing the dishes with wine and just having that knowledge of what we have to offer."

This is important given the restaurants seasonally changing menu, it's essential that staff are always involved throughout the whole process of maintaining the restaurant, all the way down from the food to the wine.

"It's bringing that whole group together and sharing that passion with our key front-of-house staff, who come in and trial the menu with us as well," Susan shares.

"It almost feels like bringing a bit of a family together."

The Sawmill will be celebrating their second birthday on April 1 this year, and are proud to continue their role in combining the tastes of Italy with homegrown produce here in Australia.

"We always go back to the key of taking care of our customers, training our staff and presenting visually appealing food and good quality produce at appealing prices to bring our customers back."



Danilo Tassone





# A GUIDE TO LONDON

Brooke Fryer

London is a city of elegance, history and timeless fashion. A city that is welcoming of its guests and a city that thousands of Australians re-visit or make their first trip to every year. A city where the Monarchy reigns in beautiful Buckingham Palace, and supplies the richest hot chocolates, there's no wondering why London is one of the most-travelled destinations.

## Things to See



### Big Ben and the Houses of Parliament

The Houses of Parliament or the Palace of Westminster is a Gothic icon on the river Thames. The tower housing the famous bell known as Big Ben is beautifully structured and a divine icon for photographers and painters. Although you cannot climb the clock tower, Westminster Bridge is full of people snapping the perfect photo.



### Buckingham Palace

Buckingham Palace is the headquarters for the monarchy with a classic design and beautiful details throughout. Even though the palace can only be viewed from the inside during the Summer, photos taken from outside the gate are just as enchanting as the ones taken from within.



### Trafalgar Square

This is the heart of London where street performers and artists draw in crowds and where the best pizza in the entire city can be found, this place is a must for any tourist visiting London. One of the buildings that towers over the square is the National Gallery, with short walks to London Eye or Big Ben also available.



## Getting Around

London transport is busy and chaotic, but once you have an understanding of the city's geography, it's as easy as hopping on the tube. Each tube station displays a very detailed map that outlines the zone, the colour of the line you wish to take and whether the direction is North, East, South or West bound. On top of this, each tube station has an abundance of workers, who know the city better than anyone else, and will help you get to where you need to go.

The cheapest way to get around the city, and the easiest, is by the London tube system. Oyster Cards are similar to Opal Cards, which hold the tube fare and can be purchased from every tube station. They cost five pounds and you can top up as much as you like, and on return you will receive the five pounds back. Oyster Cards can also be used on buses and ferries. As the tube and buses are a set price, the ferry fare varies depending on the distance in which you are travelling.

[oyster.tfl.gov.uk](http://oyster.tfl.gov.uk)

## Family Friendly Activities

Take the family to be wowed by street performers in Covent Garden or spend a pound in Hamleys toy store, London is packed with activities for the whole family. The museums are child friendly with the British Museum offering a Digital Discovery Centre for children and the Bank of England Museum allowing children to view and touch ancient gold bars. If you have a spare day with the family, ride the Hop-on Hop-off bus to all the top locations. We can't forget the popular Harry Potter filming location tour, of course, or to visit M&M World in Leicester Square.

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**FOR MORE INFORMATION PLEASE CONTACT**

**MILAN TELFORD, CEO, on 9476 3161 EXT 6**  
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- A bond retention fee of 5% per annum is charged for the first 5 years. Thereafter no further deductions are made.
- When a unit is vacated, the entire residual bond is refunded. No additional costs are involved.



# What's On March

Throughout March

## Carriageworks Farmers Market

Carriageworks, Eveleigh  
 From 8am  
 Free  
[carriageworks.com.au](http://carriageworks.com.au)

3 March

## Crows Nest Market

Ernest Place, Crows Nest  
 9am – 4pm  
 Free  
[northsydney.nsw.gov.au](http://northsydney.nsw.gov.au)

4 March

## All About Women

Sydney Opera House  
 10am  
 From \$29  
[sydneyoperahouse.com/all-about-women](http://sydneyoperahouse.com/all-about-women)

Until 8 March

## Sunset Yoga Series

Pier One Sydney Harbour, Dawes Point  
 Various times  
 Free  
[sebelpierone.com.au](http://sebelpierone.com.au)

11 March

## Sydney Skinny

Cobblers Beach, Mosman  
 Various times  
 \$45  
[thesydneyskinny.com.au](http://thesydneyskinny.com.au)

16 March

## Coastrek

North Steyne Beach  
 Various times  
 \$162  
[sydney.coastrek.com.au](http://sydney.coastrek.com.au)

Until 17 March

## Twilight at Taronga

Taronga Zoo, Mosman  
 Various times  
 \$70-\$77  
[twilightattaronga.org.au/](http://twilightattaronga.org.au/)

17 March

## I love the 90s

Parramatta Park, Parramatta  
 5:30pm  
 \$80-\$290  
[mjrprepresents.com/ilovethe90s](http://mjrprepresents.com/ilovethe90s)

17 March

## Relay for Life

Constellation Playground, King George Park  
 9:30am  
 \$20-\$25  
[relayforlife.org.au](http://relayforlife.org.au)

Until 24 March

## The Wiggles

Powerhouse Museum, Ultimo  
 Various times  
 Up to \$15  
[maas.museum/event/the-wiggles/](http://maas.museum/event/the-wiggles/)

31 March

## Bongo's Bingo

The Big Top, Milsons Point  
 6pm  
 From \$38  
[bongosbingo.co.uk](http://bongosbingo.co.uk)

30 - 31 March

## Wildlife Photographer of the Year

Australian National Maritime Museum, Darling Harbour  
 From 9.30am  
 From \$16  
[anmm.gov.au/whats-on](http://anmm.gov.au/whats-on)

# Community Noticeboard

## International Women's Day Festival

Where: Hornsby Mall  
 When: 10am-2pm  
 Cost: Free  
 Contact: [internationalwomensdayfestival.com](http://internationalwomensdayfestival.com)

9 March

## Moonlight Movie – The Boss Baby

Where: Turrumurra Memorial Park  
 When: 6:30pm-9:30pm  
 Cost: Free  
 Contact: [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

10 March

## Reach Your Potential Workshop

Where: Crows Nest Community Centre  
 When: 9:30am-12:30pm  
 Cost: Free  
 Contact: [migrant.workshop@gmail.com](mailto:migrant.workshop@gmail.com)

14 & 21 March

## Lindfield Art Show and Fair 2018

Where: Holy Family Catholic School, Lindfield  
 When: 9am – 2pm  
 Cost: Free  
 Contact: [holyfamilyartshowandfair.com](http://holyfamilyartshowandfair.com)

16-18 March

## Author Encounter with Roanna Gonsalves

Where: Lindfield Library  
 When: 10am-11am  
 Cost: \$5 per person  
 Contact: [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

23 March

## Earth Hour at the Gardens

Where: Ku-ring-gai Wildflower Garden  
 When: 6pm-8:30pm  
 Cost: Free  
 Contact Sustainability team: [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au)

24 March



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# TIME TO CREATE THE NEW YOU

Kerrie Erwin, Psychic and Medium



The first step towards the best way to live in this exciting New Year is by using the energy of *positive thinking*. This is also a good

year for lifestyle changes, improving self-image, getting our health on track, helping with charity and aiming for a lifestyle that suits us better with a much better job that we love.

The power of positive thinking is an incredible force. Your body, mind and emotions are made up of energy. The energy is designed to flow in and out like your breath, but sometimes it can get stuck.

Energy can have a positive or negative charge. *The Law of Attraction* is based on the concept that like attracts like, that positive energy attracts positive energy. If you can train your mind to think positive thoughts, then you will attract more positive energy into your life.

Positive thinking takes practice, as it

is easy to fall into familiar 'poor me' patterns, *'I can't do anything, its not my fault, as everyone blames me, everything bad happens to me all the time, I'll never amount to anything.'*

Start by observing your own self-talk and you will be surprised with what you may say or think. If this is the case and it's negative talk, replace it with something positive. Also as you go about your day be aware of your thoughts, and more importantly, your attitude. If you catch yourself feeling negative, change your attitude and replace it with something positive.

Positive thinking is not about ignoring the more challenging aspects of life, it's about approaching all situations in a positive and productive way. For example, *'if you think you can you can, or you think you can't - you're right.'*

By taking personal responsibility of your life and clearing the negative energy, you can change your life forever and bring more peace and fulfillment. This process will not only make you happier, healthier and more prosperous than you could ever imagine, the energy will also completely shift around you, bringing more positive experiences with it.

Learning how to work with energy can bring more peace, harmony and fulfillment into your life. The benefits of understanding how to harness positive energy are numerous and include:

- **Learn to love yourself for you.**
- **Enjoy and love what you do.**
- **Always trust your instincts.**
- **Never be fearful of change.**
- **Have the faith and hope to believe in yourself and trying everything.**
- **Share your happiness with others and show them how to believe in themselves.**
- **Let go of your past if it holds you back.**
- **Learn to forgive everyone and everything bad that has ever happened to you.**

## INTERESTED IN A PSYCHIC READING

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



# MARCH HOROSCOPES



Glenne Clifford, Astrologer

## Aries (March 21-April 20)

The month may begin with the need to withdraw, ensure you designate time for rest and relaxation. Action planet Mars enters your career zone mid-month, which can see you working hard and impressing others with your determination and confidence.

## Cancer (June 23-July 23)

Relationships may prove to be more feisty than usual with Mars heating up this sector mid-month. This may leave you feeling more reactive to situations; focus on opening up and sharing any grievances. Home and work demands may occupy a lot of your time this month, opt to find a balance between the two.

## Libra (September 24 - October 23)

Chores and the demands of others may leave you feeling burdened, try to focus on service. You might be craving a deeper connection with a partner, or a desire to understand their perspective. Possible extra demands on the home front may arise which can cause stress and tension.

## Capricorn (December 22 - January 20)

Your ruling planet Saturn will be in your sign for the next two years which can bring increased responsibilities and commitment when making your dreams a reality. Pay attention to the thoughts and the words you speak. Affirmations and meditation can assist steering your mind in the right direction for success.

## Taurus (April 21-May 21)

Make the most of social opportunities that arise and enjoy time with friends and groups you associate with. There may be a secret project you're working on with a confidante. Review their input in this collaboration, as obstacles could prolong the progression of this project towards the end of the month.

## Leo (July 24-August 23)

Money matters are on the table, including joint finances and your own personal earnings. This may see you reviewing household expenses, loans, credit card debt, taxes and insurance. This may provide clarity in your earnings and spending and allow for budgeting to cover expenses.

## Scorpio (October 24 - November 22)

Reinvention is a strong theme for Scorpios this year, from your appearance to your attitude, allowing your whole life to transform. With an increase to confidence you are able to improve your sense of self-worth and value. Mid-month may find you actively speaking up and being very direct in your conversations with others.

## Aquarius (January 21 - February 19)

You have likely enjoyed some career success over the last couple of months which could have boosted your confidence and finances. You now need to pause and evaluate how far you have come and use this opportunity to take a breather and get ready to plan your next career move.

## Gemini (May 22 - June 22)

The spotlight is on your public role or professional ambitions. If your work routines have been unsatisfactory you may seek new employment or improved conditions. A great period to catch up with friends and attend social gatherings, however there may be some misunderstandings towards the end of the month.

## Virgo (August 24-September 23)

Relationships can prove more passionate this month, have fun and spice up this area with some romance. If single, this is a great time to mix and mingle with new people. This can prove to be a favourable period to apply for a loan and to make any financial decisions.

## Sagittarius (November 23 - December 21)

You may be motivated to make changes to your image: hair, clothing, makeup. This can see a general increase in your overall energy with the ability to assert yourself among others. Old family memories can resurface requiring a change in perspective in order for healing to occur.

## Pisces (February 20 - March 20)

Pisces this month is all about you; it's about looking in the mirror and liking what you see. The New Moon in March 2018 is promising for setting intentions around your dreams and desires. Mid-month may see you reviewing upcoming travel plans or educational pursuits.



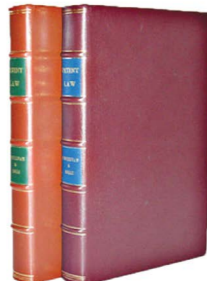


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