


JUNE 2018 - FREE

SYDNEYOBSERVER.COM.AU

 Sydney Observer

Sydney Observer

GONSKI 2.0
EDUCATION
OVERHAUL

**SCHOOL
HOLIDAY
SPECIAL**

**WINTER
WONDERLAND
GETAWAYS**

**HEAT YOUR
HOME RIGHT
THIS SEASON**

Shark Tank's
**ANDREW
BANKS**

LOCAL NEWS • EDUCATION • LIFESTYLE • FOOD & WINE • TRAVEL



Dont miss another
precious word.



Are you missing out on conversation because speech is unclear?

Do you struggle to hear in background noise?



Reconnect to life with better hearing!
Locally owned, third generation family practice, AUDiOHEALTH are offering a FREE HEARING TEST with independent unbiased advice. All major brands fitted including the latest hidden hearing aids.



**END OF FINANCIAL YEAR
SUPER DISCOUNTS NOW ON!**

- \$3000 DISCOUNT** off set of *Premium* hearing devices
- \$2000 DISCOUNT** off set of *Advanced* hearing devices
- \$1000 DISCOUNT** off set of *Social* hearing devices
- \$500 DISCOUNT** off set of *Basic* hearing devices

All devices have a 3 year manufacturer warranty.
Interest free term repayments available.
* OFFER VALID UNTIL 30 JUNE 2018. Conditions Apply.

**HURRY TIME LIMITED
CALL 1800 301 231**

**CALL 1800 301 231 www.audiohealth.com.au
26/767 PACIFIC HWY, GORDON VILLAGE ARCADE
CASTLE HILL • ERINA • GORDON**





JOIN THE WORLD OF THE
ILVENISTA



The ILVENISTA that bakes, bakes in the ILVE 900STCP with touch control, 35 preset recipe modes, huge 'ULTRA-Clean' enamel interior and soft close door.

SHOWROOM
48-50 MOORE ST, LEICHHARDT
1300 MY ILVE (694 583)

CONTENTS

- 8. Local News
- 12. Profile
- 14. Education
- 16. School Holiday Special
- 22. Home & Garden
- 20. Lifestyle
- 24. Heating Special
- 28. Finance/Lifestyle
- 34. Wellbeing
- 40. Food & Wine
- 42. Travel
- 44. Clairvoyant
- 45. Astrologer
- 46. What's On
- 47. Community Noticeboard

FROM THE EDITOR

Welcome to another issue! This month, we chat to current *Shark Tank* superstar Andrew Banks (12-13) about his long and varied career, and how it's landed him as a multi-millionaire business mogul.

In this issue we also have an update on Steve Plain's journey to Everest from our April issue (10), a thrilling success story that shows the tremendous strength of humans in the face of devastating adversity. Further, Malcolm Pittendrigh from Salvos Funerals had a chat to *Sydney Observer* about how we cope with bereavement in the face of loss, shedding light into an industry little known by many (30-31). Delving further into the human psyche, our regular contributors look into the personality types common among many of us (36), and a breakthrough in the way we approach mental health care (34).

On a lighter note, as we're well and truly into the colder months now, warm up with our special four-page (24-27) heating feature, and cool down with our fantastic winter getaways (42-43).

Happy reading!

Hanna



Sydney Observer
 @Sydney_Observer
 sydneyobserver.com



PUBLISHED BY: Kamdha Pty. Ltd.
EDITOR: Hanna Moore
(editor@kamdha.com)
CONTRIBUTORS: Phillip Heath, Brooke Fryer, Isabella Ross, Antonia Mangos, Kerrie Erwin, Dr. Ian Sweeney, Glenne Clifford, Sarah Wainwright
SOCIAL MEDIA INTERN: Natalie Di Paola
DESIGNER: Harim Lee (Andie)
BOOKING DEADLINE: 15th of the month
PHONE: (02) 9884 8699
ADDRESS: PO Box 420, Killara NSW 2071

SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser.
www.kamdha.com

SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

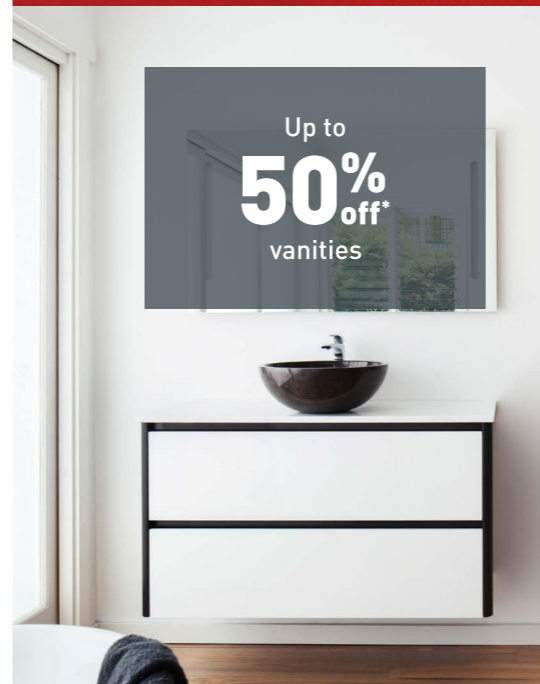
Home, Commercial and Bulk Delivery

Chatswood	North Wahroonga	Turrumurra
East Killara	Pymble	Wahroonga
East Lindfield	Roseville	Waitara
Gordon	Roseville Chase	Warrawee
Killara	South Turrumurra	West Pymble
Lindfield	St Ives	Willoughby
North Turrumurra	St Ives Chase	

MASSIVE MID-YEAR

SALE

UP TO **50% OFF***



*Conditions apply

BATHROOMWARE HOUSE

The home of beautiful bathrooms

1300 788 653
 Australia-wide delivery
bathroomwarehouse.com.au

Crows Nest
 188 Willoughby Rd 9437 5001

Like us on Facebook
facebook.com/bathroomwarehouse

SNIPPETS

Antonia Mangos, Brooke Fryer and Isabella Ross



New playground in West Pymble

Much to the delight of locals, the Golden Grove Playground located in West Pymble has been upgraded. Situated within one of Ku-ring-gai's largest parks, the new equipment including a climbing net, carousel, slides and swings are set to impress. Welcomed by parents, the playground's fencing and self-closing gates have been upgraded as well, to ensure safety as a priority.

Mayor Jennifer Anderson said the recent upgrade to the Golden Grove Playground is just the beginning.

"Council has identified a priority list of playgrounds that need updating, based on our policy of making Ku-ring-gai's playgrounds enjoyable for children of all ages and abilities."

kmc.nsw.gov.au



Aspiring Artists wanted for local exhibition

Artists who have created work with an environmental theme for the Wildflower Art and Garden Festival's Sculpture Walk could be in the running to win \$6000.

The Sculpture Walk is a public art show and is set to return for its fourth year running. This Sculpture Walk is a great opportunity for aspiring artists to showcase their work with the opportunity to have it exhibited in the lavish bushland surrounding of the Ku-ring-gai Wildflower Garden during the event.

By uploading a photo to Instagram of festival-goers favourite pieces, it puts the artist's work in the running to win.

Artists will be able to enter the competition until Monday July 16 2018.

kmc.nsw.gov.au



Support for disabled seeking employment

Leading disability employment service EPIC Assist will be coming to Hornsby on July 2 to aid local job seekers with a disability to find and maintain a work status. With over 70 offices located along the East Coast of Australia, EPIC CEO Bill Gamack says the secret to the non-for-profit organisation's success is the individualised support they provide.

Mr Gamack also spoke of the need for change on a localised level in the Hornsby community.

"Many people with disability want to work, and are very capable of working, but might struggle to get started. This is where we come in."

epicassist.org



Ryde's Cinema in the Park a success

The City of Ryde has been hugely successful in their Cinema in the Park series, with a record of 2,500 people attending the three free screenings throughout April. The free event was held during the school holidays and featured popular films whose success coincided with the opening of Gannan Park and Anzac Park, which along with series regular Yamble Reserve, hosted the screenings.

The event additionally raised funds for the Yang and Wang Family who lost their Marsfield home and suffered injuries in a fire this March, and in collaboration with the Salvation Army, raised more than \$2000. Given the success of the series, the City of Ryde have said they have more family friendly events planned for the remainder of the year.

ryde.nsw.gov.au

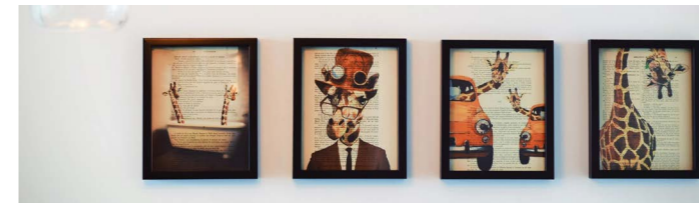


Armidale hosts Country Women's Association annual conference

This year's state conference of the NSW Country Women's Association (CWA) was in full swing in Armidale. With close to 800 delegates attending the conference, including the Hornsby/District branch, more than 20 motions were proposed to improve the welfare of the community. Several important issues were raised, including an emergency motion calling on the NSW Government to take necessary action on the worsening drought conditions affecting the state.

"The emergency motion on the drought reflects the alarm of all members at the plight of our farmers and the agricultural sector," said CWA of NSW President Annette Turner.

cwaofnsw.org.au



Hornsby Art Prize entries open for submissions

The Hornsby Art Prize annual art competition and exhibition is now open for submissions and calling out local artists to showcase their work. This year's major prize is valued at \$10 000 and all art is welcome, from paintings, printmaking, drawing, 3D works and for the first time, digital art stills.

The event, organised and sponsored by Hornsby Shire Council in partnership with the Hornsby Art Society, is open until July 31 2018 for all residents aged 18 years and over. Entry is \$40 and must be submitted online. Winners will also have the opportunity to be considered for the Hornsby Shire Emerging Artist and the Wallarobba Outstanding Local Artists prize.

hornsby.nsw.gov.au/artprize

Heritage grants open to Ku-ring-gai homeowners



Owners of heritage properties could be eligible to receive between \$1000-\$5000 to undertake conservation and maintenance projects.

The grants are open until June 25 for projects that will be carried out in the 2018-2019 financial year. Projects that could be in the running to receive these grants include repair or replacement of roof tiles, repointing brickwork or masonry, repairing decorative ceilings or pressed metal work and conservation of original fireplaces or timber detailing.

Application forms can be downloaded from the Council website and must be received by the June deadline to be considered for the next round of funding.

kmc.nsw.gov.au

Volunteers bring Vivid Sydney to life in Chatswood

38 volunteers have gathered together to bring to life Aladdin's Cave within a corner of the Concourse carpark in preparation for Vivid Sydney, where a pop-up food market will take place in Chatswood.

The volunteers are using resources such as industrial waste, chairs and microwaves to put together their creative spirit for the unique market stalls.

The structure has been designed by Geoff Cobham, and is being built by Light Market producer Victoria Harbutt and Sydney-based scaffold sculpture artist and Light Market Production Manager, Alejandro Rolandi.

Vivid Sydney at Chatswood is on every evening from 5:30pm – 10:30pm from May 25 to June 16.

willoughby.nsw.gov.au



Country Women's Association raise funds at St Ives Show

The Country Women's Association (CWA) were at it again this month with their contribution of morning and afternoon tea at the St Ives Show last month.

After accepting an invitation from the St Ives Show Committee, members of the CWA were hard at work providing tea and delicious snacks for guests, setting up a number of tables and chairs under a small pavilion. The CWA were also able to congratulate the St Ives Showgirl 2018 with some Devonshire tea after the festivities had ended.

All funds raised by the offering are donated to the NSW Drought Relief Fund, which brings valuable assistance to the agricultural sector all across NSW.

cwaofnsw.org.au



STEVE PLAIN SUMMITS EVEREST IN RECORD TIME

It's official. Australian mountaineer Steve Plain has reached the summit of Everest in an impressive task of summiting seven mountains in under four months.

Project 7in4 was born from Steve's desire to recover from a severe spinal injury caused while swimming at Cottesloe beach in Western Australia. It was a journey born of great personal tragedy and connections in the tight knit Australian climbing community that paved the way for this impressive task.

Given Steve's goal was also tied in with providing support and fundraising to SpinalCure Australia and the Surf Life Saving Association, getting the word across shores was essential in keeping this promise. Word first spread to Sydney through the local climbing community and local business Mountain Equipment who worked to provide promotion as well as support with trekking and climbing gear that made the logistics of tackling this task easier. Steve also worked with the Turramurra Rotary in putting together the Kosciuszko Wheelchair Summit Challenge, all of which contributed to Steve becoming a household name across the country. It is

with this that Steve hopes to help bring support and a possible cure for those with spinal injuries in the future.

Steve's journey was reliant on a number of factors, the obvious strenuous physical challenges and logistical matters, but also the sheer reliance on luck that comes with engaging in the natural world in such a way.

Steve was incredibly lucky in a lot of ways. Lucky that the brutal European and Alaskan winters as well as the harsh reality of Everest being either too hot or too cold didn't hold back the trip. Indeed, the journey was made in record time at 117 days after summiting the first peak.

The gratitude shows in Steve's live update the day he reached the summit of Everest. 'What a day. I'm actually lost for words. Three and a half years ago I was lying in hospital with a broken neck and at that time I set myself the goal climbing the 7 summits in under four months. Today I completed that goal.'

project7in4.com
mountainequipment.com



UPGRADES NEEDED FOR LOCAL RAILWAY STATIONS

Isabella Ross

Ranked in the top 10 NSW railway stations most in need of lifts, Roseville and Killara have been left to languish on the waiting list for vital access upgrades. According to the 2016 Census published last year, people aged 65 years and over make up 17.3 per cent of the Killara population and 15.1 per cent of Roseville. To add fuel to the fire, the Census recorded that over 4,200 people within the Ku-ring-gai area reported needing assistance in their daily lives due to a disability. This proposes a question as to why such a significant proportion of the community are being neglected when it comes to accessible transport.

In late December last year, Transport for NSW announced that the needs of disabled customers would be at the forefront of future planning under the Disability Inclusion Action Plan 2018-2022.

"The needs of all customers are placed front and centre. We will continue with our current commitment of upgrading transport infrastructure to make access easier for all our customers," said a Transport for NSW spokesperson.

Yet Roseville and Killara stations have once again been left off the list, with no mention to assist passengers with a disability in the local community. In 2013, a NSW government analysis found that out of the 100 stations identified as the most deserving of upgrades, Roseville and Killara Stations were 8th and 9th respectively on the list. Member for Davidson, Jonathan O'Dea spoke of the necessity for upgrades to improve access to the rail transport system for local communities.

Calling on NSW Transport Minister Andrew Constance to take action, Mr O'Dea urged the government to make these upgrades a priority.

"It has been a long wait for local commuters who struggle with the existing stairs. We need lifts to allow disabled people, the elderly and parents with prams to easily access trains."

At a recent press conference, current Premier of NSW, Gladys Berejiklian, urged passengers that the government would strive to continue its plan of upgrading transport systems.

"We are making our way down the list. I know our job is far from done in relation to the transport access program, but I'm thrilled with the progress we are making."

It is hoped that progress occurs sooner rather than later for the Ku-ring-gai community. But until then, a large component of the local population will have to continue to fight the dreaded flights of stairs.



CURTAIN PROFESSIONALS FREE IN HOUSE DESIGN CONSULTATION



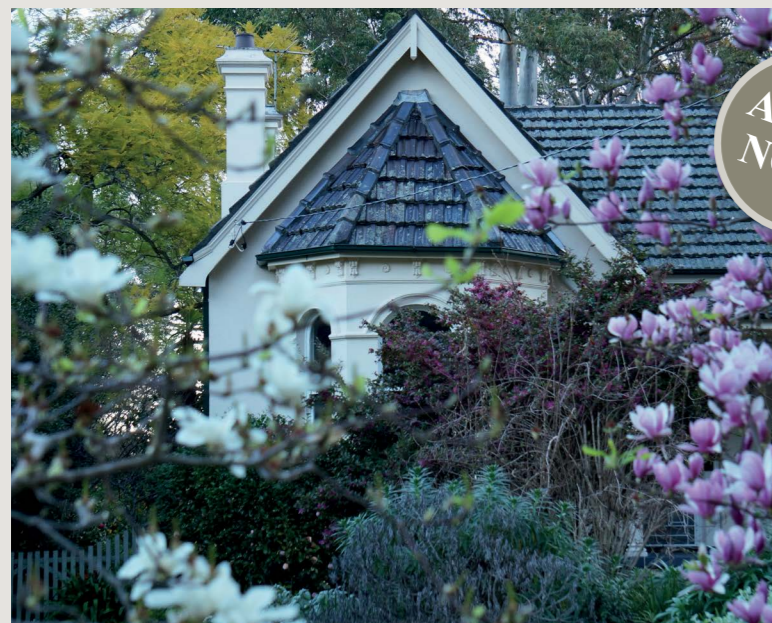
Shutters • Blinds • Awnings • Curtains • Automation

BLIND INSPIRATION

1300 925 463

4/6 Chaplin Dr Lane Cove West SHOWROOM BY APPOINTMENT

www.blindinspiration.com.au



APPLY NOW!



Heritage Home Grants 2018/19

APPLY FOR HERITAGE GRANTS UP TO \$5,000

Apply by 25 June 2018 at kmc.nsw.gov.au/hhg
Enquiries:

@ heritagehomegrants@kmc.nsw.gov.au

(02) 9424 0000



ANDREW BANKS

MILLIONAIRE MOGUL

Hanna Moore

A member of the 'ten-pound pom' influx of the 1970s, Andrew Banks now considers Sydney his home. Currently settled in Sydney's Eastern Suburbs at Point Piper, Banks had earlier spent almost 15 years based in Lindfield on the North Shore.

"I'm very grateful for the fact that I came here from England a long time ago and discovered that living on Sydney's North Shore was unbelievably wholesome, enjoyable and a wonderful place to bring up a family," says Banks.

"Sydney is my home, I adopted this city in 1972 when I emigrated from England, I didn't need more than about 60 seconds to work out that I had landed in one of the most amazing cities on the planet and it was home from then on."

Despite Banks' impressive resume leaving him settled in Los Angeles for some time, he now retreats to Sydney for a large majority of the year. And with this, an established real estate portfolio to boot, in both Martin Place and Point Piper.

"I'm fortunate enough to own real estate in Martin Place, and if you look back 20 years ago it was expensive then but it's much more expensive now. Who will ever replace Martin Place?"

"It's not something that's going to get you all your money back, but it's a great place to park your hard-earned income and know that it's not going to evaporate."

Still a family man at heart, Banks spends about four months a year in LA where his children, and now grandchildren, are still based. In the earlier days however, Banks' early career credits range from studying general science and medicine, to applied biology and even acting, with a couple of seasons with the Old Tote Theatre Company (adopted by NIDA) under his belt. This passion would ultimately prove useful to his current work as a film

producer for Lila 9th Productions, which boasts credits including *Submergence* and *Daydream Nation*.

After an increasingly large number of career choices weren't proving to be stable at this stage, and with a wife and kids in tow, Banks moved into human resources.

"The irony of the fact that I made a very good living out of finding jobs for people is that at 29 I was a very mixed up kid who wasn't really sure what I wanted to do.

"The joke is, what does somebody who's not really that much qualified in anything do when they need a steady job? Go into human resources," Banks laughs.

Banks is humble in his approach, but since starting this chapter the door has opened to an enormous wealth of professional growth. Having travelled the world for several years in his early beginnings in recruitment and HR, Banks saw a gap in the industry that he could fill.

It was this entrepreneurial drive, and a partnership with Geoff Morgan, that saw the birth of recruitment company Morgan & Banks in 1985. With this came a professional journey which resulted in Morgan & Banks holding a 17 per cent market share when the company went public in 1995 and grew to almost \$900 million in sales before merging with TMP/Monster.com in 1999. This essentially meant that Morgan and Banks were onto a recruitment formula that was changing the way we approach employment.

These days Banks focuses on general investment, such as real estate and film production, but also shareholding and advising other businesses looking to make their mark. As a result, Banks landed in the hot seat on Channel 10's *Shark Tank*. When asked what the key piece of advice he would offer those looking to share an idea or passion with the world, Banks is

able to produce another key formula for success.

"Success and happiness is at the intersection of three things. What you're passionate about, what you're good at, and what the world wants.

"We live in a world of artificial intelligence, and with two billion people on Facebook and a super computer in everybody's pocket, in many ways we still need to find that 'what am I here for?' And finding that real need," Banks explains.

So, for those looking to dive head first into the unpredictable and exciting world of entrepreneurship, it's incredibly important to have all bases covered when pitching the business. This also includes your own ability to understand your role as someone who provides to meet a need.

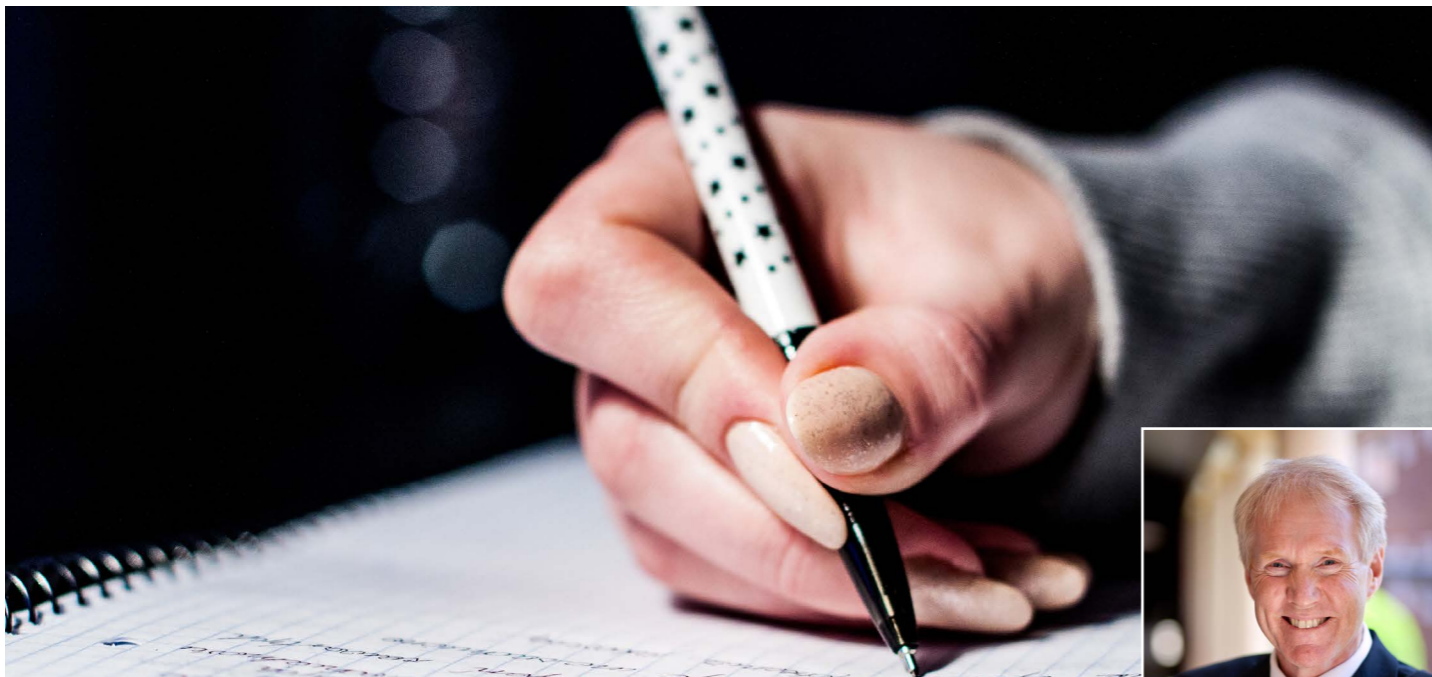
"50 per cent of the time I'm looking at the person. I'm asking how passionate are they? Are they competent in this area? Are they dreamers or have they actually thought through their business model? How are they going to take this product or idea to market? How motivated are they and can I work with them?"

"I've never met the perfect human being yet, so I think you need a lot of drive and confidence to be an entrepreneur and to start a business, but I think you also need to manage your ego and remind yourself that you don't have all the answers and that you won't be strong in all areas.

"The trick of true success is having a team around you that complements what you do, and in many cases, stands up to you and pushes back and makes different suggestions."

You can catch Andrew on season four of *Shark Tank*, currently airing at 8:45pm Tuesday nights on Channel 10.

tenplay.com.au/channel-ten/shark-tank



GONSKI 2.0: A RESPONSE

The recommendations of Gonski 2.0 are welcome. They strike at the essential challenges that prevent stronger learning outcomes for all Australian children. These challenges include but are not limited to the 'industrial model' of mass education, the diverse nature of the Australian community, an excessive reliance on summative assessment and testing, a federated rather than national approach to Australian education, and the overbearing demands that Australian teachers face to meet the requirements imposed by the education system to the detriment of focussing on individual student needs at any given time. The teaching profession itself needs a fundamental review in order to ensure that we are attracting the best minds to our classrooms.

I might also add, that the nature of public commentary on education in Australia brings pressure on schools and systems to conform to a simplistic set of measures like NAPLAN scores and Band 6 results in the HSC. Such public discourse militates against some of the recommendations offered in Gonski 2.0 and prevents teachers from adopting creative solutions to their classroom practice. In general, Gonski 2.0 offers a response to many of these challenges but I suggest that they do not go far enough.

We welcome an integrated national tool in teachers' hands that will enable them to be able to identify clearly how well students are progressing in comparison with the rest of the country. This tool will further empower teachers to consider what steps they need to use to progress each student to the best of their capabilities over a 12-month period.

NAPLAN a reason to change

Students and teachers need regular feedback. Requiring a standardised test only in Years 3, 5, 7 and 9 is not enough. Moreover, the gap between sitting the test (May) and the issue of feedback (September) is too long. The My School data is not made available until the year following, which makes it even more questionable.



Phillip Heath, Head of Barker College

It is time to simplify the scope of NAPLAN, make it annual and provide more immediate feedback to students and teachers. Reducing the scope and scale without diminishing its efficacy would be the right way forward.

Teaching Profession

There have been significant steps made to lift the professional standing of teachers. Teaching standards are now more explicit and teacher remuneration is tied to quality rather than length of service. This has been a positive development. However, the present system can be ponderous, time consuming and distracting for teachers. At its best, accreditation provides valuable feedback about teacher efficacy. At its worst, it can be a box ticking exercise that hibernates once the standard is reached. It is also unevenly applied around the country and is fraught with political pressures from vested interest groups.

De-powering the HSC

The Year 12 exit credential should be vastly more than an entry test for university or tertiary study. It should be the way we demonstrate that a student knows how to learn, how to write, how to collaborate, how to research, how to persuade, how to compute, how to solve problems, how to be grateful, how to be resourceful and how to be compassionate towards others.

The heart of Gonski 2.0 is on differentiated, self-paced learning and a movement away from a regimented, stepped approach to schooling. In addition, harnessing online technology in assessment and reporting, particularly self-reporting, are potential game changers in the context of Australian education. However, the challenge will be if policy makers and politicians are able to seize these opportunities now that this important report has laid the groundwork.



On 14 March this year, the NSW Legislative Council agreed to a motion by The Hon David Clarke to 'commend Redeemer Baptist School and its teaching staff and students for their ongoing academic achievement and contribution to excellence in education'. A list of 10 highlights of the 2017 academic year had been provided to the Parliament, including: a 2nd place in the Australian Dorothea Mackellar Poetry Awards; a 1st place in the Australian Geography Competition; a UNSW ICAS medal in Science; and 29 Premier's Volunteer Certificate Awards.

Redeemer students have previously been congratulated in the NSW Parliament not only for their excellent academic standards but also for their humanitarian work to benefit Indigenous communities in Australia and Papua New Guinea.

On 26 March 2009, Rev the Hon Dr Gordon Moyes congratulated Redeemer students for 'two remarkable projects' for Aboriginal communities in NSW at La Perouse and Muli Muli, including the rebuilding of a church by the students themselves under the direction of licensed builders. Other projects have been completed by Redeemer students for Aboriginal communities in Bourke (LA Hansard, 12 November 2015) and Boggabilla (LA Hansard, 14 September 2016 & 15 November 2017).

On 12 November 2013, Dr Geoff Lee spoke in the Legislative Assembly about Redeemer's work, under the direction of Pro-

NSW PARLIAMENT CONGRATULATES REDEEMER

fessor Alice Lee of Macquarie University hospital, delivering life-saving vaccinations in PNG's Oro Province 'to a whole tribe of 3,000 souls in accordance with World Health Organisation and Papua New Guinea Government protocols'.

On 6 August 2014, Redeemer was commended in the Parliament for 'inspirational student outcomes' with its 'strong culture of original research'. Redeemer's student science hall of fame has included: an innovative thermal monitoring device that detects the presence of a child left in a car; a wearable device using environmental temperature gradients to produce continuous energy outputs; the discovery that venous blood flow is reduced by almost 40 per cent with immobile, seated subjects; a portable device to measure luminance contrast; and a reference equation to measure luminance contrast for the Australian and World standards.

Redeemer has been commended by the local state Member 'for its strong educational and pastoral care for the Parramatta community' and described as 'a community beacon'.

It is important for students in all schools to be given the opportunity not only for achieving educational excellence but also to become engaged in looking beyond themselves to find ways to provide practical support for others with significant needs and to forge friendships with their peers in diverse communities. This happens with a Christian worldview in education at Redeemer Baptist School.

redeemer.nsw.edu.au



Together in Learning. Together in Life.

Enrolling girls into Pre-Kindergarten, Kindergarten and Year 3 for 2019. Welcoming girls in Year 7 in 2020.

To learn more about Barker's move to full coeducation or to join us on a School tour, visit our website.

www.barker.college

Barker
Inspiring Tomorrow



At Roseville College, where every girl in Kindergarten to Year 12 is known and valued in a caring Christian environment, students engage in enriching learning experiences that equip them to realise purpose in their lives and inspire them to pursue their personal best.

In 2018, we celebrate 110 Years of realising purpose in the lives of young Australian women. Roseville College ranks among NSW's best in HSC achievement and delivers world-class learning initiatives such as the IB Primary Years Program and Cambridge International Courses in Years 9-10.

Celebrating
110
years 1908-2018

PERSONALISED TOURS

The Principal, Ms Deb Magill, welcomes families with daughters to visit our campus for a personalised tour with our Registrar. Tours, by appointment and held weekdays during term time, are tailored to your daughter's specific needs and interests. Please contact:

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

Roseville College is a school within The Anglican Schools Corporation

www.rosevillecollege.com

ROSEVILLE COLLEGE LEARNING FESTIVAL

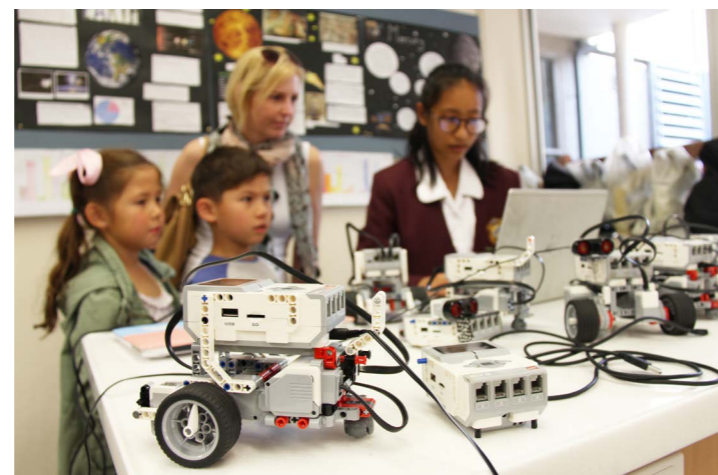
Last month, Roseville College showcased 'Learning for Purpose' at the school's vibrant Learning Festival as a part of its 110 year celebrations.

Staff and students hosted the festival, welcoming families and visitors to a showcase of the College's learning in Science, Technology, Engineering, Arts and Mathematics (STEAM), the



Humanities and Social Sciences, Music and the Performing Arts and Sports and Wellbeing.

"It was a wonderful event in the life of Roseville College, with students participating in a wide range of exhibitions, showcases, recitals, performances, demonstrations... and so much more," said Principal Deb Magill, praising the students and their teachers for the planning behind each activity on the day.



STEAM Demonstrations for students of all ages were featured throughout the Festival.

LIGHT UP THE NIGHT AT VIVID 2018

The streets of Chatswood will be transformed for the fourth year in a row, featuring an array of art, light, food and fashion for *Vivid Sydney 2018*. This year will explore *Lightscape*, a sensory journey starting at Chatswood Interchange, guiding visitors through to Chatswood Mall and Westfield. This spectacular event will be running from May 25- June 16 and highlights include:

Light Market

When the excitement of the immersive *Vivid Sydney* experience has left you feeling hungry, pop on over to the international food market at Chatswood Mall. The entire set-up is made with recycled materials and lit by lasers. The market was designed by the creator of Adelaide Festival's Barrio precinct and was inspired by the favelas of Brazil and Star Wars, so it's a hit with the big kids too.

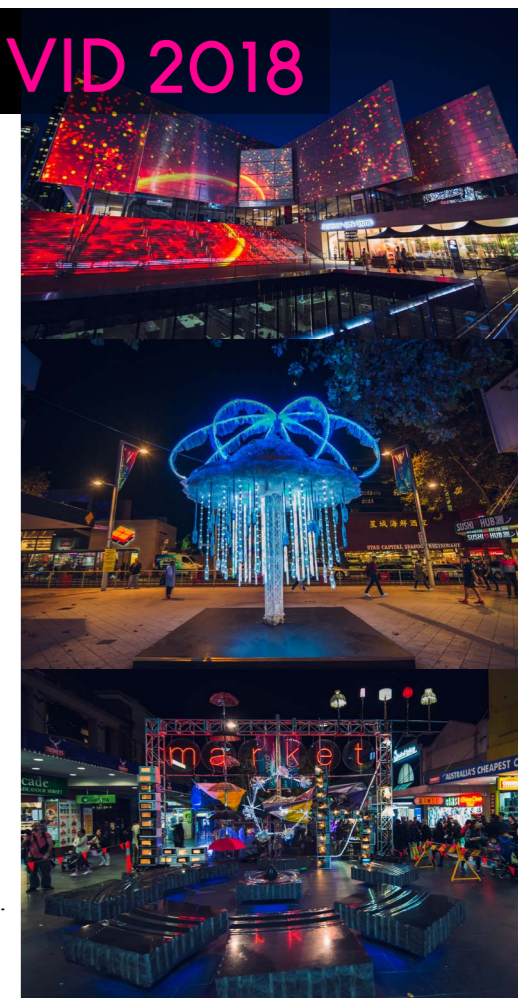
Futurescape

This exciting installation at the Concourse will take the family on a visual journey through space, starting with the big bang and continuing through to the solar system onto distant galaxies with nebulas and black holes. The experience is made more immersive with a spectacular 360-degree projection featuring NASA imagery.

Octopoda

Last year's crowd favourite returns, inviting visitors to become part of a tentacle percussion ensemble. As the drums are played, the tentacles flash and animate to the beat played, and when all tentacles are activated the octopus' brain animates with surging light. It's a fantastic opportunity for the kids to get creative and collaborative.

visitchatswood.com.au/vivid-2018
vividssydney.com



Vivid Precinct

VIVID SYDNEY

VIVID SYDNEY AT CHATSWOOD

25 MAY - 16 JUNE

Nightly from 5.30pm - 10.30pm

Chatswood Chase
Sydney by day
from 9.30am

Vivid Precinct

Precinct Contributors

The event powered by

Accredited Renewable Energy

visitchatswood.com.au/vivid-2018

THE ULTIMATE WILDLIFE RETREAT

Jamala Wildlife Lodge is the ultimate overnight safari, voted Australia's Number One rated Deluxe Accommodation at the Australian Hotel Association Awards in 2017.

Jamala can be found nestled within the grounds of the National Zoo & Aquarium, a unique site featuring a combined aquarium, metropolitan zoo and an easily walked open-range area. Celebrating a milestone 20th birthday this year, the National Zoo & Aquarium is remembering 20 Years of Conservation, looking back on numerous successful breeding programs and contributions to conservation causes.

It is one of only a few zoos found in a city environment to feature an open range area, and boasts a range of exotic animals including tigers, lions, bears, giraffe, cheetah and more.



Jamala Wildlife Lodge itself comprises of 18 luxurious suites - Giraffe Treehouses, Jungle Bungalows and uShaka Lodge, which blend the opulence of 5-star accommodation with the thrill of a wild African safari.

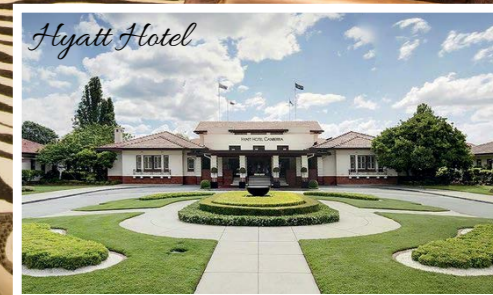
Guests are invited to immerse themselves in one of the most unique experiences in the world. Sleep next to a lion, bathe next to a brown bear, feed a giraffe from your balcony or relax above a 22,000-litre shark tank. Jamala creates a truly unforgettable family memory.

The 22 hour stay includes overnight accommodation, dinner (which features five courses of African inspired cuisine and top class beverages including Moët) and exclusive tours of the National Zoo & Aquarium. This luxury experience is combined with unparalleled access to some of the world's most dangerous and endangered animals.

jamala.com.au

Luxury & adventure in CANBERRA!!

A rare opportunity to spend 4 days and 3 nights in the most luxurious accommodation that Canberra has to offer, with adventure activities all included.



REDEEMER BAPTIST SCHOOL a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



K-12 Christian School situated in a magnificent heritage precinct at North Parramatta

- > 2nd in BHP Billiton Science & Engineering Awards, 2018
- > Winning School & Teachers Award, UOW STEM Awards, 2018
- > Parramatta City Australia Day Young Citizen Award, 2018
- > Intel ISEF 3rd in the world, Plant Biology category, 2017
- > Winner, NSW HTA History Mastermind, 2017
- > Gold, Silver & Bronze Medals in CIS athletics, 2017
- > Redeemer alumnus Dean's Medal in Nursing, 2018

You are invited to our
GALA DAY
Saturday, 23rd June, 2018: 11am – 3pm

for tickets + details, see www.redeemer.nsw.edu.au



Supporting projects in remote and regional Indigenous communities

ENROLMENT 2 Masons Drive
ENQUIRIES North Parramatta NSW 2151

Email: redemer@ozemail.com.au
Web: www.redeemer.nsw.edu.au

Phone: (02) 9630 6311
Fax: (02) 9683 5338



INCLUDES:

- One night at Jamala Wildlife Lodge*, voted Australia's Number 1 Deluxe Accommodation!**
- A 5 course gourmet dinner with fine wines and Moët Champagne, plus breakfast at Jamala
- Two great animal tours plus two days admission to the National Zoo & Aquarium
- An exclusive group meeting with our adorable cheetah cub Solo
- 2 nights accommodation, including breakfast, at the iconic Hyatt Hotel Canberra
- 2 tickets to the Cartier Exhibition at the National Gallery (only for bookings before 22 July)
- 2 tickets to Canberra's Questacon, an amazing science and technology centre
- 2 tickets to Cockington Green Gardens, a fascinating display of meticulously handcrafted miniature buildings from around the world
- A half day escorted tour of Canberra's attractions with Blue Skies Adventure Tours **OR**
- The ultimate museum experience - A hosted highlights tour of the National Museum including a main course meal with a glass of wine

The 4 day/3 night adventure is priced at \$1,650 per couple, which includes all the above!

Bookings can only be made by phoning
Jamala Wildlife Lodge - 02 5104 3122

Available for bookings from now until 14 September 2018 - certain blackout periods apply. Price is for 2 adults. *Accommodation in Wild Encounter Room 2 - upgrades available to other uShaka rooms and suites from \$100/couple.

**Australian Hotels Association 2017 Awards for Excellence



02 5104 3122 | info@jamalawildlifelodge.com.au
www.jamala.com.au

GET CREATIVE TO BEAT THE WINTER BLUES

Antonia Mangos

All you want this season to stay warm indoors, but you dread hearing the constant wailing of ‘I’m bored’ during the upcoming school holidays. It can be very difficult during the cooler months of the school-free period for children to keep themselves entertained, and there is only so much as a parent you can do to keep them preoccupied. However, this winter school holiday season doesn’t have to mean sitting indoors and watching television. In fact, there are plenty of activities for the kids to keep busy and active all from the comfort of home.

Embrace creativity

At school, children are used to getting stuck into all different types of art in their classroom, so why not bring this home? Arts and crafts are the perfect winter activity and allows the whole family to get stuck into something creative. It may get messy though, so it is recommended to cover any surface with butcher’s paper. It’s a guaranteed way for everyone to keep busy and it’s a great opportunity to let the creative juices flow.

Also, why not get more involved with the children by having a baking day? Getting your kids into the kitchen, creating easy recipes and letting them do more than just lick the spatula will help them feel involved. Not only does it mean you can still

keep an eye on them and keep them busy, but it also saves the hassle of a snack solution when they say they’re hungry.

Get active

For the active kids who like to play ball in the house, a great way to prevent damage whilst satisfying their sporty cravings is swapping the ball for a balloon. This is a sure way of keeping older children amused by playing a round of balloon volleyball, or another inventive games that can be played for hours on end.

Another great way to keep active and avoid consuming too much technology this holiday period is by creating an indoor cubby house. Building a little home inside your home provides the perfect opportunity for children to get creative and imaginative whilst still being active.

Find time to relax

When you want to settle down and have rest whilst still having something to do, a movie marathon is the way to go. Watching a series of child-friendly films and bringing out the popcorn or other (healthier) movie snacks can give them a feeling of being at the cinema within the warm comfort of their home.

PRESCHOOL STUDENTS TO LEARN ABORIGINAL LANGUAGES

Brooke Fryer

Preschool students are now able to have the opportunity to learn an Aboriginal language with the NSW Government introducing their new program, *Ninganah No More*.

The program aims to increase the level of Aboriginal languages taught within early education.

“*Ninganah No More* is aimed at children attending early childhood education services. The program provides an opportunity for Aboriginal culture and identity to be developed and nurtured in the earliest stage of formal education across NSW,” says a spokesperson from the NSW Department of Education.

“The program will be delivered in mobile or centre-based community preschool services and long day care services.”

The program will be beneficial to both Aboriginal and non-Aboriginal children, as learning a second language has been proven to help educational development, such as improving memory and problem-solving skills.

The NSW Department of Education has also outlined the five essential objectives of the *Ninganah No More* program.

“[The program] Aims to increase the literacy and vocabulary

skills of Aboriginal children in NSW, develop stronger links between early childhood education services and their local Aboriginal communities, support Aboriginal children to develop into bilingual speakers and to increase and strengthen Aboriginal language programs being delivered in early childhood education services in NSW,” according to the Department spokesperson.

The total budget of the program sits at \$500,000 as a part of the Local Schools, Local Decisions reform.

“This includes funding for the teaching of Aboriginal languages for all students from kindergarten to Year 12. Schools are encouraged to work with their local Aboriginal community in establishing and implementing an Aboriginal language program.

“The implementation of Aboriginal language programs is also supported by the NSW Education Standards Authority (NESA) through its Aboriginal Languages K-10 syllabus and supporting materials.”

All early childhood education providers and recognised Aboriginal and/or Torres Strait Islander organisations are eligible for the program.

education.nsw.gov.au

WHAT'S ON SCHOOL HOLIDAY EDITION

7 July

Child Car Seat Safety Check

- 📍 Lane Cove Council Carpark
- 💰 Free
- 🌐 lanecove.nsw.gov.au

7-14 July

Wild Creatures

- 📍 Opera House
- 💰 From \$25
- 🌐 sydneyoperahouse.com

19-22 July

Geronimo Stilton - The Kingdom of Fantasy

- 📍 Luna Park Big Top
- 💰 From \$39.90
- 🌐 livenation.com.au

21 July

Macarthur Kids Market

- 📍 Mount Annan Leisure Centre
- 💰 Free
- 🌐 macarthurkidsmarket.com.au

25-28 July

Roald Dahl's George's Marvellous Medicine

- 📍 Glen Street Theatre
- 💰 \$22 General and \$85 Family
- 🌐 glenstreet.com.au

28 July

Scotland the Brave Children's Concert

- 📍 The Concourse Chatswood
- 💰 \$26
- 🌐 theconcourse.com.au

28 July

Smiles 2U 'Mamma Mia - Here we go Again'

- 📍 Hornsby Event Cinema
- 💰 From \$30
- 🌐 northshoremumssmiles2u.com

29 July

Roseville Chase Rotary Fun Run

- 📍 Holly St Castle Cove
- 💰 From \$20
- 🌐 0418 167 933

Everyday

Sydney Aquarium

- 📍 Darling Harbour
- 💰 From \$33.60
- 🌐 sydneyaquarium.com.au

Everyday

Madame Tussauds

- 📍 Darling Harbour
- 💰 From \$33.60
- 🌐 madametussauds.com.au

Everyday

Taronga Zoo

- 📍 Bradleys Head Road, Mosman
- 💰 From \$24.30
- 🌐 (02) 9969 2777

Every Sunday from 11.30am

Family Funday Sunday

- 📍 Camden Golf Club
- 💰 Free
- 🌐 camdengolfclub.com.au



LIGHT & SHADOW
FINE ART GALLERY

Light & Shadow Fine Art Gallery in Leura permanently exhibits the iconic photography of Max Dupain (1911-1992), Australia's most influential photographer. Dupain's fine art, Limited Edition hand prints and Vintage works are displayed. Other exhibitions include photographic, ceramic and engraving artwork. Open Wed-Sun 10-4pm

Light & Shadow Fine Art Gallery
19 Grose Street Leura (adjacent to Woolworths carpark)
P: 0425 300 568
E: info@lightandshadowgallery.com.au
www.lightandshadowgallery.com.au

HOW TO MAKE YOUR GARDEN WILDLIFE FRIENDLY

Brooke Fryer



Frogs

The Ku-ring-gai area is home to a number of different frog species. With frogs under threat worldwide, here are some garden tips so you can help play your part in the survival of our frogs. Building a pond is the best thing anyone can do. Frogs love water, and they love damp areas so building the pond under a leafy tree or other shady area is ideal. To spice this up, adding a log, leaf piles and rocks can make the area even more appealing to our slimy neighbours.

Possums

Possums are nocturnal creatures, so ensuring they have somewhere safe and comfortable to go during the night is essential to their survival. If your yard is filled with large trees, then installing possum boxes is a great way to allow the possums to hideout. If your yard doesn't have trees large enough to build a box, hollowing out tree trunks is an alternative.

Birds

Birds are everywhere, but not every garden is bird friendly. Planting native trees and plants ensures local birds have a home to fly to and a safe place to build their nest. The best trees for birds to nest in are those with prickly shrubs such as hakeas.

Decorating the yard with bird baths and water features is not only aesthetically pleasing but a place for birds to flap around in. Keep in mind however that birds do not like water that is too deep, so the more shallow the better.

Reptiles

The Blue Tongue Lizard is often seen racing across busy roads, along with several other reptiles. Make your yard a retreat for these creatures with flat rocks placed in sunny spots or logs to hide beneath. Getting these rocks and logs from a garden nursery is better than taking them from the bush as they may already be someone's home. Planting grass is also a great way to attract and protect lizards as they can run away or hide under the grass and dig themselves into loose dirt.

Keeping leaves is also not a bad thing, as insects can lay their eggs on them and create homes. Also, by planting vines that will grow onto walls and fences lizards and other reptiles will be able to move around quickly, making your yard quite the playground for local lizards.

TIPS FOR ENHANCING YOUR HOME THIS WINTER

Antonia Mangos



Houseplants

With the cooler weather setting in, maintaining an outdoor garden may be more difficult. However, indoor plants are coming back into fashion for more than their aesthetic appeal, as they are known to purify the air, reduce stress, control humidity and even lower sound pollution. Snake plants in bedrooms are boasted to promote better sleep and support better breathing, and aloe vera also works in kitchens to neutralise benzene. A popular trend in the 1970s, houseplants are now making a comeback in home styling with different colours, styles and textures working together in cohesion.



Storage

Stocking up for winter hibernation? Storage is not only a hot renovation trend this year, but it is also a smart one, particularly in the kitchen. Deep drawers and add-ons for more convenient space is very practical, creating better organisation for kitchen appliances and utensils that can provide an open space without having to undergo a full-blown renovation. Walls are also a new way of implementing great storage through the use of hanging baskets, spice racks and extra shelving to repurpose an unused space to create a clean and open look.

Large Tiling

The winter blues are settling in and spring cleaning is far out of sight. That being said, the use of large tiling, in particular in the bathroom, is not only a style choice but also an excellent choice for cleanliness. Large tiling is a way to implement geometry to create pictures and patterns in the space of the bathroom. These large tiles also create a vector that guides the eye to certain points of the room. They also work as an easy cleaning option and require less maintenance while still keeping their distinct style.



NOT JUST A WINDOW COVERING!

Windows are a major part of any home, allowing in light, warmth and fresh air. From an energy efficiency point of view however, they are usually the weak link. Fortunately, clever use of blinds, plantation shutters, curtains, and other window treatments can help keep your home cool in summer and warm in the winter months.



Internal window coverings can protect privacy and dramatically improve the thermal function of your home.

Having the correct window treatments in your home can reduce the loss of heat in winter and the cool in the summer months by up to 77 per cent.



Curtains and drapes that are installed correctly are not only stylish but create a good seal to reduce heat loss through the windows, and provide good insulation. Curtains should be floor-length and, preferably Dual curtains (double layered) or Blockout thick lining with a sheer fabric over the top.

Plantation shutters are a popular and attractive way to provide privacy and upgrade the energy performance of your windows. Angling the slats upward during the winter and downward in the summer keeps the heat where it belongs. Simple, effective and attractive.



Roller blinds are in almost every home, available in so many different styles and prices for any budget. Blockout, translucent, sunscreens, Dual Blinds (Day/Night) are another easy and inexpensive energy saving window treatment anyone can do.

Whether you're looking for Roller Blinds, Plantation shutters, Venetian, Roman blinds or curtains. Choosing the right window coverings will create a consistent temperature within your home and help reduce power bills.

blindinspiration.com.au



FLOOR HEATING FOR YOUR NEXT RENOVATION

Sandra Skelly, General Manager at Comfort Heat sheds light on some of the burning questions that arise when deciding on floor heating options for your home.

What are some options for someone who is looking to install floor heating?

Floor heating systems are available for most floor installations, and the type of floor installation will dictate the system that is best for each particular project. If a bathroom floor is to be heated usually tiles will be laid and there will be a 20 millimetre (mm) bed of cement laid under the tiles to ensure all water on the floor runs to the floor waste. The In Screed electric cable is best for this installation and is installed over the waterproof membrane within the 20mm cement bed under the tiles. If the tiles are to be directly stuck to the floor, the ultra thin electric cable system will be required as this will fit within the 5mm of tile glue used to stick the tiles to the floor. Under carpet and under timber floor heating foil mats are available and these are installed directly under the carpet or floating timber floor over the underlay. All the above systems are quick heating systems and are usually used for bathrooms or renovation projects of larger floor areas.

If someone were wanting to invest in floor heating, how will the size and frequency of use impact the system they were to choose?

If a cement slab is being installed, then the size of the slab will dictate the floor heating system which is best to use. If it is a small addition to an existing property, an electric In Slab heating cable can be installed in the slab. The slab will hold the heat for long periods of time, so this heating system can utilise the off peak rates of electricity available overnight. This makes the running costs of the electric In Slab heating cost effective.

If larger areas of a new home build are being heated, the hydronic heating system will become a preferred option. This system will utilise a heat source to provide hot water to pipes located in the floor. This will then heat up the base slab or a 50mm cement bed topping on a subfloor. The heat source can be varied depending on the services available on the site. Natural gas is the cheapest to install and has the least impact on the fabric of the building. Electric heat pumps are the next option when natural gas is unavailable. They can provide 4 kilowatt (KW) of heating for the expenditure of only 1KW of electricity. This means that instead of using 16KW of electricity to heat a large floor with electric floor heating cable, only 4KW of electricity will be needed to get the same result from an electric heat pump. This also makes a heat pump an ideal choice if solar photovoltaic (PV) panels are available on the project.

What control options are available?

All the floor heating systems are controlled by thermostats which have floor sensors. This gives maximum control of the system to minimise wasting energy and maximising comfort. The new thermostat range available at Comfort Heat has WiFi capability which means multiple thermostats can be controlled together on a mobile phone or mobile device from anywhere in the world.

How can a customer maximise cost-effectiveness when installing a new system?

The type of floor heating system will dictate how the system is used in practice. A bathroom floor heating system will be quite small and have a low electricity demand. As such the cost of running the system can be quite low and the benefits of having a warm dry bathroom are many. If the floor heating is left running at a low heat then all the floor will remain dry, towels will dry, there will be no musty smells or mould, grout will not discolour and overall the bathroom will age better.

If an In Slab electric system is installed you can set this system to heat at night making use of the cheaper electricity tariffs. If a hydronic In Slab system is installed you could run this all day maintaining a constant low temperature in the slab.

Floor heating is not hot heat and it is not instantaneous. Over time the radiant heat from the floor will heat everything in the room and the furniture and walls will radiate heat into the room. A constant comfortable heat will permeate the home from all points in the floor.

Is there a particular time that is best for installing floor heating – during renovations, for example?

Floor heating systems are limited for renovations of existing homes where the floor is not being renovated. The most common time for installation is in a new bathroom or for any rooms where the flooring is being replaced with tiles, carpet or floating timber floors. A new building has more options depending on the stage the floor heating is designed into the build. All options are available at the start of the design phase, and less becomes available as the construction phase begins. The earlier floor heating is designed into a new build the more flexible the options will be to meet the needs of the finished product.

comfortheat.com.au



ComfortHeat
Superior Floor Heating Systems



“The experts in **underfloor** heating...”

Electric & Hydronic floor heating systems
Polished concrete / Tile / Carpet / Timber
In slab/ In screed / Ultra thin
DIY Kits or Supply & Install

www.comfortheat.com.au



KEEP YOUR BATHROOM WARM THIS WINTER



Your bathroom is one place you really don't want to be an ice box in winter, and yet, with large tiled areas, this is so often the case. Stepping out of the nice warm bath or shower into a chilly room with a cold floor is no-one's idea of fun. Imagine stepping onto a warm floor in a subtly warmed room and wrapping yourself in a beautifully toasty towel and you start to see the advantages in underfloor heating and heated towel rails.

These are luxuries that were previously reserved for 5 star hotels, however they are now both efficient, affordable and standard inclusions in quality bathroom renovations. With modern renovations, the bathroom is becoming less of a utility room and more of a private sanctuary, akin to your own day spa. Adding heating to the renovation will complete this picture all year round.

Bathroomware House has extensive ranges of heated towel rails and under floor heating to choose from. We only stock highly reputable brands, such as Radiant and Thermorail, who manufacture from quality materials to exacting standards and give up to 10 years warranty. All their products are designed to run on the lowest possible wattage, without compromising comfort, and both heated floors and towel rails can be timer controlled so you are only heating when you need to be warm.

Bathroomware House's heated towel rails are manufactured from 304 stainless steel, are rated up to IPX5 (for installation into wet areas) and come in a great range of finishes to suit any bathroom including polished and brushed stainless, matte black, gunmetal grey and oil rubbed bronze.

Underfloor heating is available for any application including in-slab, under laminate, in screed and under tile installations.

bathroomwarehouse.com.au



CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS
www.sydneypoors.com.au



**RENOVATING YOUR KITCHEN OR WARDROBE?
 JUST REPLACE THE DOORS AND SAVE \$\$\$**

DIY OR CONTACT AN INSTALLER TO:

- Measure
- Get a Quote
- Install



SHOWROOM/FACTORY
 80 Redfern Street
 Wetherill Park NSW 2164
 Ph: (02) 9725 4444
sales@sydneydoors.com.au



LINCS BBQ AND HEATING

Looking to bring some needed warmth to your home this winter? Discover your new gas or wood fireplace at LINCS Heating Centre in Hornsby.

LINCS has been trading in the local area for almost 50 years. During that time they've established a fine reputation in the community for delivering value for money, high quality heating and BBQ products to generations of customers.

The store remains locally owned and operated under new ownership with Banjo Vogt at the helm. Banjo is a fully qualified Plumber and Gasfitter who has been installing for LINCS over the past 17 years.

The team will be offering a professional quoting and installation service of both wood and gas heating appliances. As certified installers LINCS have a comprehensive knowledge of the products sold and serviced, as well as a unique insight into the needs of clients with over 20 years industry experience.

LINCS provide the latest styles of wood and gas heaters that are a perfect complement to today's decorating trends for warm, clean and modern living spaces. Come and see what LINCS can do for your home to keep you warm this winter and for many years to come.



LINCS HEATING CENTRE
WOOD & GAS FIRES

Your North Shore Heating & BBQ Specialists
 LINCS offers sales, certified installation & service of:

- Wood heaters - inbuilt & freestanding
- Gas log heaters - natural gas & LPG
- inbuilt, freestanding, direct vent & power flued
- BBQ products & accessories

We stock products from leading brands including:

- Powerful & high efficiency gas log fires from Coonara, Escea, Regency & Heat & Glo
- Modern design low emission wood heaters from Coonara, Heatcharm, Regency, Arrow, Masport, Stovax, Kemlan & Osburn

126 George St, Hornsby, NSW 2077
 (02) 9477 3535
lincsheating@gmail.com
<https://www.facebook.com/LincsHeatingCentre>

SUBSCRIPTION ADDICTION

Antonia Mangos

The subscription box economy is rising, and it doesn't show any signs of slowing down. The easy access to goods and services right to your doorstep with everything you need (or maybe just everything you want) is drastically changing the way we shop.

Companies like *Ipsy*, *Birchbox* and *Fabletics* are all part of the industry of distributing products on a monthly basis directly to customers. We are becoming increasingly aware of how online shopping through social media is shifting how society engages with their fashion, shoes and accessories, so is the same thing happening with subscription boxes?

Birchbox was the first company to begin the movement of subscription boxes back in 2010, according to *Forbes*. Back then, the company delivered its monthly beauty packages for around 10 US dollars. Since then, the company has grown substantially and now serves more than 800,000 subscribers.

In the United States, around 5.7 million people are subscription box shoppers, according to a research done by *Hitwise* in April 2017. The results found that the general profile of these subscription box shoppers are 'late millennials', university

educated and around 60 per cent are female. There are also no limits to what people can subscribe to due to the vast selection of box content available, so there really is something for everybody. The survey found that over 35 per cent subscribed to boxes with apparel, fashion and entertainment, 25 per cent of these also subscribe to cosmetics, beauty and grooming products whilst only 7 per cent subscribe to snack foods.

This subscription culture is making its way down under with a number of companies who have expanded their shipping policies to include Australia. Some of these companies include *Look Fantastic*, *Pink Seoul*, *Date Crate* and *Bookie Boo*, which have shown how this sort of subscription addiction is making its way to Australia.

There is an exciting appeal in receiving a package in the mail and unwrapping it from its custom package to reveal luxurious items. Many Australians of the same demographics as the popular users in the US subscribe to these boxes, however it appears that the big upsweep in subscription box shopping has not quite reached the level it has over in the States. It appears that the state of Australia's retail businesses is still at a fairly even pace, although there is definitely room for a movement of this level of subscription addiction reaching Australians nationwide.

GET THE MOST OUT OF YOUR TAX RETURN

Isabella Ross

When the end of June comes around so does the beginning of everyone's favourite task; lodging tax returns. Chatting with the Director of Tax Communications at H&R Block, Mark Chapman guides us to finding some great ways to get the most out of your tax return.

"Now is the time to be thinking about some last minute planning to maximise your refund for the year," says Chapman.

Claim Car Expenses

Chapman says that there are two methods of claiming motor vehicle expenses related to an individual's work. "These are the cents per kilometre method or alternatively you can use the log-book method." For further details it is recommended to speak with your tax agency to find the method best suited for your claim.

Gather written evidence

Making sure you have written evidence, such as receipts, invoices or bank statements are important to keep on hand when intending to claim. "Traditionally, taxpayers keep paper records to support their claims but the ATO (Australian Taxation Office) permits electronic copies to be kept," says Chapman. However he advises that if going the digital route make sure to keep



multiple copies, "ensure that electronic records are regularly backed up to a safe storage space."

Home Office

If you are employed but work from home, you are entitled to deductions for respective costs. Chapman suggests that expenses you could claim include heating, cooling, lighting, cleaning costs, computer consumables, stationery and Internet costs.

Mobile Phone

If you have used a personal mobile phone for work purposes, Chapman says you can claim a deduction for the business-related use. "Make sure you have your phone bills collected together and kept a log of your business/personal use over a four-week period. That percentage can then be applied to the whole year."

Overall, claiming tax does ultimately boil down to the varying professions or occupations an individual has, along with your individual income tax rates. Yet by taking advantage of these tips suggested by H&R Block you should be able to identify exactly what you need to do to get into shape for this year's tax season and maximise your deductions.

THE ULTIMATE GUIDE TO WINTER SKINCARE

Isabella Ross

Winter. The time where fireplaces and heaters are used in abundance, hot chocolate is a necessity and dropping temperatures are an unfortunate reality. However, the chilly months can also bring about potential skin problems, so here is a guide of solutions to managing your skincare this winter.

Eczema

Known for its trademark red inflammation, Eczema is a genetically determined skin condition that involves skin dryness and rashes. Temperature and dry skin are two of the major factors in eczema flare-ups, with itchiness being an uncomfortable symptom that can get particularly severe in colder weather. However, President of the Eczema Association of Australasia Cheryl Talent says, "eczema at any stage of life is controllable as long as the condition is diagnosed and treated correctly by a healthcare professional." Associate Professor and dermatologist Gayle Fischer says that lotions and ointments are commonly efficient solutions. "Emollients are key to control skin dryness and restore the skin barrier, and in all but the mildest cases, topical corticosteroids must be used."

Dry Skin

A common condition in the colder months, dry skin occurs due to environmental factors such as a lack of hydration and fluctuating temperatures. In a national survey conducted by skincare brand Thursday Plantation, it was found that 85 per cent of Australian women suffer with dry skin issues in winter. The cold air has significantly less moisture and can strip your skin of its natural barriers, therefore making it easier for irritation to occur. The Australasian College of Dermatologists recommends using "soap-free, fragrance-free cleansers or oils and apply moisturiser after showering while the skin is still warm and damp."

UV Damage

The potential damage of UV rays in winter is an issue that is not widely known within society. According to the Cancer Council it is necessary to apply SPF 30 or higher sunscreen when the UV Index is 3 or higher. In NSW, daily winter UV levels will reach 3 or higher for some time in the middle of each day. Therefore it is integral that sunscreen is part of our daily routines even in winter to ensure our skin is fully protected from the sun. President of the Australasian College of Dermatologists, Dr Andrew Miller warns that there is a lack of understanding regarding UV protection. "To be properly protected from UV, all five forms of sun protection should be used: slip on clothing, slop on sunscreen, slap on a hat, seek shade and slide on sunglasses."



POLY SHUTTERS



BASSWOOD SHUTTERS

SHUTTER PROFESSIONALS
FREE IN HOUSE DESIGN CONSULTATION



ALUMINIUM SHUTTERS

Shutters • Blinds • Awnings • Curtains • Automation

BLIND INSPIRATION

1300 925 463

4/6 Chaplin Dr Lane Cove West SHOWROOM BY APPOINTMENT

www.blindinspiration.com.au

CHATTING WITH: MALCOLM PITTENDRIGH

Chief Executive Officer of Salvos Funerals **Malcolm Pittendrigh** took some time to chat with **Sydney Observer** about how The Salvation Army can help make an incredibly difficult time a little easier.

Why did The Salvation Army start-up a Funeral Service?

The initial idea was put forward following a request from the senior leadership in 2012 to look at new ways of funding its broader work. I saw an early opportunity to serve the community through this work but also set ourselves up in a financially responsible way – to give back to communities and to set aside funds for The Salvation Army to invest back into its broader work. One of the catch phrases of The Salvation Army is, “we’re there when it matters most” – we have a history and reputation for providing genuine and great care at times where people feel lost and vulnerable.

We have also been blessed with assets and infrastructure that can be used in particular for the service element of a funeral. When we combined the individualised care that we’re known for, with our reputation and crunched the numbers – it just made a lot of sense.

What is unique about Salvos Funerals?

We are transparent with our pricing – with disclosure on our brochure and website. We invest all our profits back into The Salvation Army. We are relationship focussed, genuine and caring - serving people and their communities is at the heart of who we are. We would like to think that we give people the space and time to open up through listening attentively to their needs. Whilst there’s a practical component to completing the necessary paperwork, we do this at a pace that the family is comfortable with – not rushing the process and moving to the next arrangement.

At an individual level, each of the team feels uniquely called to this work – and treats it as a ministry if you like. They’ve come from a range of professional backgrounds, but feel that they can make a contribution to what really is a privileged work. We’re deeply committed to this work and ensuring that we provide an excellent service to the community.

How do people cope with bereavement?

Grief is different for everyone – each person does this in their own way and in their own time and in accordance with the relationship and connection they had with that loved one, and in some cases the circumstances of the death can dictate how they process these emotions. This can be different for someone who died of age related diseases as opposed to a younger person or someone that has passed under tragic circumstances. It’s certainly not a linear process.

How does Salvos Funerals approach death and dying?

I believe that we’re always respectful of the families’ circumstances but equally honest about what has taken place. This is a significant event for many families and people do struggle on many levels. We work hard at gauging the emotional support they may need from us whilst building rapport and hopefully what represents a special connection with the family. At the same time we acknowledge that there’s a very practical element that we are tasked to do – that requires our dedication, skill and professionalism.

How important is the role of a funeral director when a family has to arrange a funeral?

As stated, there’s a very practical side to a funeral that can be complex for families to navigate on their own. Many folk don’t know where or how to begin this process. A good funeral director will do this ‘heavy lifting’ for them and ease the burden of coordinating the work required ‘behind the scenes’ and also prepare them well for the day of the funeral.

How important is end-of-life care and family preparedness?

It’s a hard topic for a family to discuss. In many cases, and from our experience, a high percentage of the population (greater than 70 per cent) don’t plan for their eventual passing. We find that the people that do plan in advance often do so for many reasons, but typically from an administrative and economic perspective – wanting to take away the financial and administrative burden from their families at this emotionally difficult time. This allows families to focus on their own grief and supporting their own communities. Salvos Funerals provides prepaid funeral services.

Modern medicine and great palliative care, particularly here in Australia, have also certainly played a role in supporting end of life – providing choices to both the individual and family easing some of the discomfort in those final days.

salvosfunerals.com.au

A Salvos Funeral

may be dignified, casual, traditional or quietly personal.
All faiths welcome.

Call on our experienced team of Arrangers, Celebrants and support personnel who will be honoured to serve you at this challenging time.

Phone (02) 9119 9010 salvosfunerals.com.au

The comfort and strength of the Salvos. Always there when it matters most.





THE ARGUMENT FOR A SHORTER WORKING WEEK

Antonia Mangos

Thursday could very well become the new Friday if changes are made to the working week. This does sound like the ideal situation for many Australians, in particular for maintaining a more sustainable work/life balance. However, there is much controversy surrounding the topic.

Arguments for the shorter working week suggest that Australians typically prioritise work over their family and leisurely time, with more and more Australians putting in more hours at work than ever. The Australian Greens party are enthusiastic advocates for this change, with Greens leader, Richard Di Natale, addressing the issue of Australia's working inequity. In an article by the *ABC*, Senator Di Natale said that there are many people in Australia who are working more hours than they should whilst there are others left underemployed or unemployed.

The article also stated that almost a quarter of Australians wish to work less. That may not seem like a significant

figure, but in the scope of Australia's population, that is around six million Australian's who are unhappy with their current work/life balance. Shorter working weeks have been trialled in the American state of Utah, where a mandatory four-day work week was implemented for all state employees was set to curb energy costs, as well as improve air quality and ensure that servers were available whilst also recruiting and retaining state employees. Yet in 2011, the state reversed this act after results were not materialised.

France also has carried out a 35-hour legal limit that was introduced in 2000 in an attempt to boost job growth. However, this did not outlaw working more hours but rather set a threshold for overtime pay. There has also been discussion surrounding the elimination of this legislation, as 2015 Eurostat data reveals that French employees are still working 40.4 hours a week on average. There is also an argument to be made that the 35-hour week is the sole cause of France's motionless economy and record high levels of unemployment.

However, the argument still remains. How would this work for Australia? It seems, as proposed in an article by Australian publication, *The Monthly*, that a four-day work week in a nuclear family would mean families would have an extra day for attending to unpaid labour, which typically falls onto women.

As for the workplace, it could provide additional working hours available for people seeking more work or wish to enter or re-enter the workforce. This model argument solely centres around meeting the needs of employees and giving Australians more time for leisure and family rather than focusing on boosting the productivity, profits and growth of their workplace.

Yet, the likeliness of a four-day work week being implemented in Australia remains slim, and there are always advantages and disadvantages for this case. But one thing this debate does address is the hard-working nature of Australians nationwide.



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.

- GLENGARRY • HORTON HOUSE • JAMIESON HOUSE • GLADES BAY GARDENS • HUNTERS HILL VILLAGE

FOR MORE INFORMATION

Tel: 02 9414 4400
Email: info@twilight.org.au

facebook.com/TwilightAgedCare
www.twilight.org.au



WINTER ESSENTIALS Which one is yours?

Electric Beds, Rise Recliners, Day Chairs







Explore others in store

Phone 9987 4500
511 Pacific Hwy Mt Colah
(Next to McDonalds. Easy Parking)
www.comfortdiscovered.com





Great Savings During EOFY SALE now on!!

EARLY INTERVENTION KEY TO BETTER MENTAL HEALTH CARE

Brooke Fryer



A groundbreaking report has been launched by Mental Health Australia Chair, Jennifer Westacott and Executive Director Policy and Programs Evaluation at KPMG, Gary Belfield that assesses the economic benefits of investment in mental health care reform.

The report, *Investing to Save*, approaches complex issues from a new perspective and a pragmatic approach to reforming our mental health care system.

KPMG Director Andrew Dempster has said that the report highlights three core areas for action. This includes the support that individuals with mental health need to gain and maintain employment. Further, how to minimise avoidable emergency department presentations and hospitalisations, and lastly, the report examines how to invest in promotion, prevention and early intervention.

CEO of the National Mental Health Commission, Dr. Peggy Brown has said that there is a strong link between the mental wellbeing of Australians and our economic growth as a nation.

“Mental ill-health costs the Australian economy a staggering \$70 billion per year – or four per cent of GDP. That’s about \$4,000 a year per tax payer or over \$10,000 per family.

“Reducing this cost, even by a fraction, would generate considerable gains. The Commission’s work suggests that if we can improve the mental health system by 25 per cent, we can deliver a one per cent improvement in GDP. That would be a huge contribution,” says Dr Brown.

The report highlights how early intervention may help the economy in the future. Dr. Brown says that prevention is better than a cure, and for those who begin to experience or exhibit a mental illness at a young age, early intervention is crucial.

“Mental health reform is necessary; we need to invest to save.

In fact, the cost of early intervention treatment would pay for itself,” says Dr. Brown.

If such investments in the mental health sector was focused more on prevention and early intervention than it is more likely to generate a cost shift in mental health service delivery over time, according to the *Invest to Save* report.

Associate Director Economics at KPMG, Chris Schilling has said that “If the recommendations in our report are adopted, the Australian economy will benefit from a healthier and more productive workforce. This will have long-term benefits to overall productivity, which in turn leads to improved living standards and quality of life.

“The potential impact of investing in mental health reforms are significant. We estimate that a \$4.4 billion investment can generate \$8.2 billion in savings in the short term, and over \$12 billion over the longer term,” says Schilling.

Schilling also outlined the need for a change in the economics of mental health.

“Further investment in mental health is imperative, simply because the human, social and economic costs of mental illness are so high,” says Schilling.

“There is no reason why 40,000 young Australians should be homeless; why we can’t offer more community-based interventions to keep people out of hospital; or why employers shouldn’t do more to ensure their employees remain mentally healthy.

“Our report shows that mental health interventions in these areas not only improve peoples’ health but deliver economic savings as well.”

mhaustralia.org

TIME TO GET TESTED: BOWEL CANCER

Isabella Ross

With Bowel Cancer being the second most common cancer in both men and women in Australia, it is pivotal that greater awareness is spread throughout society to ensure lives are saved and less people lose their loved ones to cancer. This June is Bowel Cancer Awareness Month and this aims to encourage conversations across the nation about a disease that claims the lives of 80 Australians per week, according to leading charity Bowel Cancer Australia.

Director of Bowel Cancer Australia, Dr Graham Newstead spoke with *Sydney Observer* about the importance of early detection.

“Screening can save lives when followed up by timely diagnostic colonoscopy, by detecting bowel cancer at its early stages is when 90 per cent of cases can be successfully treated.”

New data released by the Australian Institute of Health and Wellness revealed last month that on average, only 4 in 10 people (40.9 per cent) who received a taxpayer-funded test from the National Bowel Cancer Screening Program in the mail used it during 2015 -2016. This finding demonstrates that more is needed to stress to Australians the importance of regular screenings as bowel cancer can develop without noticeable symptoms.

Resident of the Hornsby Shire, Brett Shai-Hee had serrated polyps removed from his bowel earlier this year, crediting his gastro-

enterologist for discovering the polyps in a recent colonoscopy.

“They were one of the serious polyps detected, and they now recommend that I go back and see them every year with an annual colonoscopy. It has got me concerned but it was a wake up call and I feel thankful for my gastroenterologist.”

According to the Cancer Council serrated polyps are pre-malignant abrasions of the colon that can prove detrimental if not treated early, as the cells can evolve more rapidly into a cancerous form. Dr Newstead who is a colorectal surgeon urged other Australians to remain on alert for suspicious symptoms and get checked regularly.

“Nobody knows your body better than you, so be aware of symptoms, act on any changes and if something still doesn’t feel quite right, be persistent until you are confident that bowel cancer has been ruled out.”

The impact of cancer is known all too well for Australians, so this June join together in support for Bowel Cancer Awareness Month and be an advocate for your own health and wellbeing and of those you love.

For support or further information visit bowelcanceraustralia.org or call 1800 555 494.

1958 - 2018
60
 YEARS
PRICE'S
 pharmacy
 WEST PYMBLE

Price's Pharmacy is proud to offer a number of special services including:

- FREE BABY CLINIC with Sister Vicki Wednesdays-10am to 1pm
- Preparation of Webster-Packs for daily medication regime
- Sub-agent for Diabetes Australia
- FREE local-area home delivery by "Delivery Boy" with over 50 years experience
- Justice of the Peace usually available but please ring first

Our happy, dedicated staff giving caring, family friendly attention to your pharmaceutical needs.

PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073. H: 9498 5552 - FAX: 9498 7537

JUNIOR & YOUTH SAILING HOLIDAY CAMPS

TACKERS

2018 July School Holiday Fun
 Sailing Camps for ages 7 to 18 years

Monday 9th July - Thursday 12th July
Monday 16th July - Thursday 19th July

Visit Middle Harbour Yacht Club at mhyc.com.au or call 996-1422 for more information
 MHYC, Lower Parriwi Road, The Spit, Mosman 2088
 E: sailing@mhyc.com.au

THE BIG FIVE FACTORS OF PERSONALITY

Helping parents to understand themselves better! Sarah Wainwright



Personality can be defined as individual differences in patterns of feeling, thinking and behaving, according to the American Psychological Association. Importantly, personality predicts many life outcomes, such as performance in school and work, relationships, life satisfaction, emotional wellbeing, physical health and longevity. Personality traits are measured on a spectrum and are contextual. Heritability/genetics (nature) and environmental influences (nurture) both contribute to personality. Interestingly, while traits are relatively stable over an adult's life they can change and those changes are usually positive, that is, most adults become more agreeable, conscientious and emotionally stable as they age.

Costa and McCrea's *Five Factor Model of Personality* is one of the most prevalent personality frameworks. It is reliable across cultures, has real-world validity and has shown to be predictive of behaviour in a variety of contexts. The acronym OCEAN is a useful reminder of the five factors of personality. Understanding personality and where individual strengths and limitations lie can help parents to determine where to focus their parenting energy and awareness.

The first factor is **Openness to Experience**. At the higher end of this factor is a tendency to be intellectual, curious, imaginative and creative. Parents higher on aspects of Openness, such as enjoying variety and flexibility rather than routine, may struggle at times with the consistency and predictability required of parents in order to raise stable children. However, for parents high on Openness, it correlates with an ability to entertain new ideas and think creatively, so these parents will more likely explore opportunities with their children, enriching their lives and showing them how to be open to experiences too.

The second factor is **Conscientiousness**. At the higher end there's a tendency towards being industrious, dependable, efficient and organised. For parents higher on Conscientiousness, with the ability to plan, delay gratification and work within boundaries, such as rigid sleep and meal times for children, the role and responsibilities of parenting may be easier to adjust to. Sydney-based psychologist, Ann McCutcheon notes that for a parent who scores highly on the orderliness aspect of

Conscientiousness for instance, may struggle with the chaos and disorder that seemingly comes with having small children at home.

The third factor is **Extroversion-Introversion**. Extroverts tend to be more outgoing and assertive, are more socially confident, and draw energy from the company of others. Introverts tend to be more solitary and reserved. For this factor, parents can reflect on how their dominant personality trait informs and influences their parenting style, for example the relative ease with which an extroverted parent makes friends and moves to action quickly and how this may be similar or different for their partner or adult children.

The fourth factor is **Agreeableness**, which relates to interaction with others. At the higher end of Agreeableness individuals tend to be well-liked, well-tempered and are sensitive to the needs of others. Parents higher on Agreeableness may need to consciously practice self-care and temper a tendency to put others before themselves. To their advantage, parents higher on Agreeableness can leverage their pro-social strengths and turn to their social network for help when needed.

The fifth factor is **Neuroticism** which is a factor relating to emotional stability/resilience. At the higher end, a Neurotic person is more susceptible to chronic psychological suffering; experiencing unpleasant emotions such as moodiness, anger, worry and sadness, and experiencing anxiety and depression more easily. At the higher end of Neuroticism people typically have lower self-esteem and lower self-confidence. For parents higher on this factor, practicing mindfulness can be a useful coping strategy. Parents can practice acknowledging and feeling emotions, being curious about thoughts or worries without getting lost in it and without judgment, and practicing being more accepting of yourself as a parent. Finally, for any parent suffering from anxiety or depression, seeking help from family, friends or professionals may be warranted.

Sarah Wainwright is a Sydney-based parenting expert who shares her experience and observations on Instagram.
[_parentingtips_](#)



STUDY SHOWS DIABETES COMMON CAUSE OF MACULAR DISEASE

Antonia Mangos

Every May, Macula Month takes place to raise awareness of people suffering from macular disease, which affects vision and can even cause blindness in individuals. However, research by the Macular Disease Foundation Australia, along with the YouGov Galaxy Study, found that 91 per cent of Australian people do not know what the function of the macula is and how they can be affected by it.

The study, released at the beginning of May, found that some of the most common diseases affecting the macular include diabetic eye disease and age related macular degeneration which can lead to vision loss and blindness. The main concern which came out of the study is that 64 per cent of people diagnosed with diabetes do not know it can affect their eyes and 60 per cent of these do not know the function of the macula.

Ms Dee Hopkins, Chief Executive Officer of Macular Disease Foundation Australia said, "if you are diagnosed with diabetes, having a comprehensive eye test every two years should be a priority [...] Macula Month is the perfect time to make an appointment".

The macula is responsible for your detailed central vision which is what you can see straight in front of you and it is located at the centre of the retina at the back of the eye. Australians over the age of 50 are most at risk of having their macula affected through age related macular degeneration. Yet, the survey found that Australians aged over 50 and were having their macula checked had risen from one in three in 2007 to two in three in 2018.

The good news is that with awareness and knowledge of diabetes and other leading causes, these diseases are preventable in their potential blindness. Macula Month, which is an initiative of the Macular Disease Foundation, is one way to reach greater audiences and make them aware of the effects of diabetes and other leading causes of vision loss and blindness and how these can be treated before they become severe.

The initiative aims to increase awareness through heavily promoting on radio, television, newspapers, online and various social media platforms including Facebook and Twitter.

mdfoundation.com.au/content/macula-month

NOW OPEN




part of the **cranbrook care** family

WELCOME TO A NEW STANDARD IN AGED CARE LIVING

Bella Vista Gardens overlooking the Castle Hill Country Club golf course on Fairway Drive, Kellyville redefines aged care in the Hills.

- 24 hour nursing care with highly experienced and caring staff
- Extra services, dementia care, palliative care and respite care
- Luxurious private suites with ensuites
- Fresh à la carte meals prepared by our Executive Chef
- Life enriching activities and active community involvement
- Hair & beauty salon, hydrotherapy pool and gym on site
- Multi-award winning aged care provider since 2000



We invite you and your family to call Sarina on **02 9672 6155** to obtain further information on how we can provide **wellbeing, security and excellence.**

bellavistagardens.com.au



cranbrook care
wellbeing, security & excellence

DENTAL SURGERY WHAT'S INVOLVED?

In Dentistry, there are many instances where the most appropriate treatment option may involve surgery. The mention of the word 'surgery' can be a turn off for many patients, especially those who may still be traumatised from early childhood experiences at the dentist or suffer fear and anxiety around treatment.

Modern day dental surgery has come a long way! Three-dimensional scanning and imaging has revolutionised dental surgery, allowing us the opportunity to view and plan our surgery in three dimensions prior to any surgery commencing. Surgery may be done via intravenous sedation or under general anaesthesia. Modern sedatives; anaesthetics and methods of pain control mean that surgery can be done with patients suffering minimal discomfort during or after surgery. Medications may be used that will ensure the patient has little or no memory of the procedure.

The most common form of dental surgery involves the removal of wisdom teeth.

Wisdom teeth are the third set of molar teeth that erupt into the mouth around the age of 18. The range may vary from 16-25 years and their eruption may be straight forward or accompanied by severe infection and pain. Often, due to the size of the teeth or jaws, there is insufficient room for these teeth to erupt into the mouth, a condition known as impaction. Impacted wisdom teeth may cause infection, pain, decay or increase the risk of cyst formation.

Dental implants involve the placement of a titanium 'screw' directly into the bone of the jaw. Dental implants are accepted by the body, and they become integrated into the bone. Once integrated, they are able to support one or a number of teeth, allowing for the replacement of failing or lost teeth.

There are many implant companies in the market; some are new while others have been around for a long time. It is important to know what type of implant is used in your mouth as maintenance may be required many years from now.

Periodontal gum surgery or soft tissue grafting may also be required in order to achieve an ideal aesthetic result, particularly around dental implants. Once a tooth is lost, a large amount of the supporting bone will also be lost very quickly following the extraction. If the supporting bone is lost, the gum that once surrounded the tooth will also be lost, creating lots of aesthetic problems. Often, more time may be spent on rebuilding the 'little bit of gum' that surrounds the new tooth, than the time it takes to place the implant itself.

If you have any concerns about lost or missing teeth, wisdom teeth or facial profile, you should seek advice from your dentist.



Dr Ian Sweeney
northsidedental.com.au

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

HEALTH CORNER

Antonia Mangos



Strength training

Cardio is definitely taking a backseat to strength training this year, with muscle definition a much greater focus in our gyms. Strength training is not only a way for people to shape their bodies, but it is also beneficial for overall health, especially strength of mind. Using weights and building or developing muscle in the body is guaranteed to build confidence that coincides with healthy tissue and it's the most effective way to lose weight without tiring yourself out. This sort of training is also for all ages and body types and allows you to go at your own pace and moderate it to your level with programs and exercises available online and in gyms.



Vitamin C serum

Taking care of our skin through elaborate care routines is still as prominent as ever, but has now been simplified. Instead of applying various and elaborate skincare items to your face, the use of vitamin C serum, which is an oil and water-based liquid that contains highly concentrated amounts of vitamin C, can provide many benefits. For makeup-lovers, it can be used before applying makeup and after washing your face as a moisturiser. The serum is ideal for all ages and skin types and contains many benefits, including the reduction of lines and wrinkles by promoting collagen production, protects the skin from sun damage, reduces under eye circles, speeds up healing and helps promote overall brighter and healthier skin.



Matcha

The emergence of matcha on the market, particularly in green tea, has become a very popular trend. A tradition of Japanese culture, matcha actually has many health benefits on top of its delicious taste. It is made from nutrient rich leaves and is high in antioxidants, boosts memory and concentration, enhances relaxation, increases endurance and even burns calories. Matcha can also be found as a powder and also in a number of different foods and other products, the most popular being tea and coffee as well as ice-cream, cake and even savoury dishes.

NORTHSIDE DENTAL & IMPLANT CENTRE

NORTHSIDE SEDATION CENTRE

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Let our family,
give your family,



Turramurra Practice

1253 Pacific Highway,
Turramurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



JUNE HOTSPOTS

Brooke Fryer

The Grounds of Alexandria, Alexandria



The Grounds of Alexandria is the perfect winter retreat with farmers markets, hot drinks and food as well as a petting zoo with favourites including pigs and goats.

The Grounds has five famous options for a foodie experience. One of them, The Café, is one of the most loved options with seats in the garden and a flower arch that creates a picturesque ceiling. The venue serves café favourites and wholesome food with world-class coffee.

The Potting Shed is another leading favourite, with an abundance of hanging plants filling the ceilings and timber beams, brass and iron finishes create a feeling for guests as though they are in a beautifully designed shed. There are three course options and snacks available, but it is suggested that guests book a table as the Potting Shed gets very busy.

thegrounds.com.au

Small Bar, Crows Nest



Small Bar is a wine lovers top pick, as the lively atmosphere has guests meeting after work, planning functions or enjoying a night out with friends.

The bar offers functions such as birthday parties and work meetings, where guests can book out entire sections and be offered attentive and polite service.

The outdoor area has a homely backyard feel, with heaters brought out on cooler nights, the unique atmosphere is the perfect place for a night out during winter for great wine and delicious food.

smallbar.net.au/crows-nest

40 JUNE 2018 | SYDNEYOBSERVER.COM.AU

Birdwood Café, Lane Cove



Hidden down Birdwood Lane comes the Birdwood Café. Birdwood Café offers a wide variety of choices for its guests. From meat filled options to vegan options, Birdwood Café offers it all and is happy to cater to their guest's dietary requirements.

Visitors say that Birdwood Café is typically their go-to as they offer perfectly crafted coffee and plenty of options for a quick breakfast fix. The views have gone from leafy to new development constructions, but that doesn't put off its flooding number of visitors as the service and quality of food is enough.

birdwoodcafe.com

The Avenue, Chatswood



The Avenue is just a one minute walk from the train station in Chatswood and offers European inspired dishes with a creative interior vibe that includes hanging frames and pool tables for entertainment.

Guests have said The Avenue has a romantic atmosphere with tasteful decorations and little crowds, making it the perfect place for a date or to hang out with some friends.

The Avenue is known for its mouthwatering steak and abundance of drinks with both alcoholic and non-alcoholic varieties. Many flock to The Avenue for a drink after work, but plenty say they often end up staying for a meal.

465theavenue.com.au



ILVE cooking up designs for true foodies



ILVE Versa Induction and Gas Cooktop. RRP: \$3,999



ILVE FUSION: 90cm cooktop with integrated downdraft hood. RRP: \$7,999

As Australia continues to foster a world class foodie culture, more and more home cooks are searching for innovative equipment to cater to their growing needs. ILVE has always been at the forefront of the foodie movement, with ILVE Australia heavily influencing the design of their global appliances.

Cooktops is where ILVE shines and their latest two releases are the perfect example of their thoughtful design direction, borne from a deep understanding of consumer behavior and habits in the kitchen.

ILVE's VERSA cooktop cleverly combines their Brass 'infinity' wok burner with a four zone induction cooktop, to cater for those who regularly cook with a wok, which is the only way to perfect many Asian recipes. The burner allows the heat to reach around the side of a wok, so ingredients can be cooked at the same intensity when stir frying, which allows for restaurant quality cuisine.

Induction is now hugely popular due to the power and precision of the technology, so ILVE has integrated both cooking functions into one clever appliance. This allows the cook to swap between low

simmers, quick boils of induction and high intensity heat of gas, which is bang on with current trends of getting more features in one appliance.

ILVE FUSION cooktop is the second in their latest line-up which fuses together an integrated downdraft hood and cooktop. This high powered cooktop is induction and has four electronic cooking zones. Made from ceramic glass, it is super stylish and will make an impressive addition to any island bench style kitchen.

The most inventive attribute of this cooktop is the powerful built-in downdraft hood. With a simple tap of the black aluminium push-in catch panel, the hood is exposed and unlike any other conventional rangehood, pulls steam and odour down and in. This cooktop brings together two major kitchen essentials into one exciting appliance.

These latest cooktops from ILVE demonstrate how design is moving forward in a more integrated fashion with multiple functions and features within a singular high performance appliance.

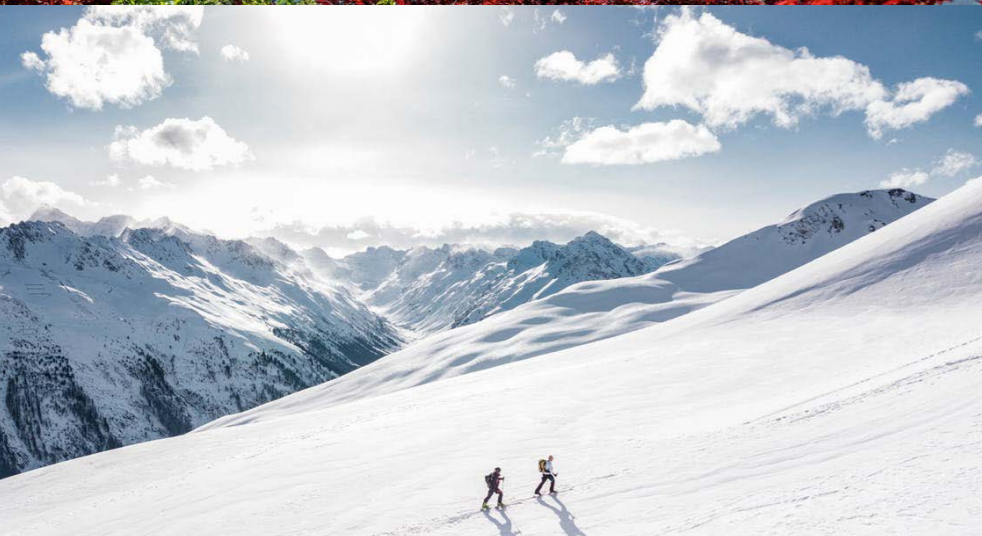
For further information head to www.ilve.com.au



WINTER WONDERLAND ESCAPES

Brooke Fryer

Winter can be a cold, dark time for many. But it doesn't have to be a time to sit indoors and dream about the warmer weather ahead. Instead, families are making the most of winter holiday escapes to places with snowfall and fireplaces. Travellers often avoid the cold and head off to Rome or Spain in the summer time. This year however, it's time to explore the colder hot spots that are just as beautiful and exotic.



JET OFF TO: JAPAN

Why Japan? In fact, winter is the best time to visit Japan. Outside of cherry blossom season winter in Japan boasts amazing sights such as clear views of Mt Fuji to energising sporting activities such as skiing in Hokkaido and Nagano. The best part about winter in Japan is that the crowds are few and far between.

HIGHLIGHT: JIGOKUDANI MONKEY PARK

Japan is home to many quirky characteristics including sumo wrestling as a national sport and raw horse meat a meal of choice, but Jigokudani Monkey Park is one of the most fascinating. Visitors of the park are able to see Japanese macaque's – monkeys - enjoying the hot springs. During winter the opening times are from 9am – 4pm and is possibly one of the most popular things to do during the season, next to skiing.

WHERE TO STAY

With over 500 ski resorts in Japan, there is more than enough to choose from. The top picks *Sydney Observer* recommend are Madarao Ski Resorts, The Rusutsu Ski Resort in Hokkaido and Kamui Ski Links. Each is known to be the best value for money and offers the best opportunity for skiing, snowboarding and enjoying all that the snow has to offer.

AVERAGE TEMPERATURE

Japan winters start in December and last through to February. The average temperature sits around 12°C by afternoon and can drop all the way down to 5°C by morning and night.

JET OFF TO: ALASKA

Why Alaska? A place that offers fruitful wildlife, glaciers and endless snowfall encapsulates all Alaska has to offer, and more people now than ever are jetting off to experience the breathtaking views both in the sky and surrounding landscapes.

Alaska offers its guests all the typical snow sports such as ice skating, skiing, ice fishing and even dog sledding. Dog sledding is the state sport and thrives during the winter months with the sport a popular choice among tourists.

HIGHLIGHT: FAIRBANKS, ALASKA

Alaska is renowned for their spectacular positioning under the Northern Lights, and many travellers head to the painted white state to view the fast racing colours in the night sky. Fairbanks is the most reliable spot to view the Northern Lights as it sits under the 'aurora oval'. Locals say the best time to see the Northern Lights is during the darkest months, typically from September through to April.

WHERE TO STAY

Fairbanks is one of the most popular destinations in Alaska, with Best Western Plus Pioneer Park Inn being one of the most affordable and popular spots to set up. It is family friendly and offers fireplaces in many of the rooms. The Hotel Alyeska is also one of the most sought-after hotels in the state, with beautiful landscape views as the hotel is nestled within the Chugach Mountain Range located in the resort spot of Girdwood.

AVERAGE TEMPERATURE

During the winter time the average temperature sits from -15°C and can get up to -1°C at the warmest.





Kerrie Erwin,
Psychic and Medium

ORBS

Have you ever noticed tiny orbs of light darting around certain places, perhaps out in nature or in your own garden or home? Once you are aware of such phenomenon then it is also possible to see them, especially with your camera, as they will be picked up more easily by the lens. People may joke and say it is just your incredible imagination or a piece of dust on your camera lens. Once they see orbs for themselves however, they are likely to be as delighted as you are, as they can look quite extraordinary. Orbs are actually spirit life forms that travel around and are believed to be the human soul or life force of those that once inhabited a physical body here on earth. Sometimes, depending on the size of the orb, if you look closely you may also be able to see a tiny face inside.

GHOST ORBS

Ghost orbs are bigger, thicker and denser in appearance than spirit orbs or nature orbs and I have seen a few the sizes of tennis balls. They appear to have a thicker texture but are harder to see and are not as common as the spirit or nature orbs that seem to appear naturally. Although harmless, ghost orbs can be disruptive and make life difficult as they not only draw on our energy, but also can play havoc by disrupting events at your home or business. To remove their influence, try smoking your home or office with sage. If unsuccessful, call in a professional. I once knew a woman who never wanted to go out and was quite happy to sit with her so-called friend in spirit. I stepped in and sent the spirit to the light, and she is now out and about and making the most of her life.

READER QUESTION:

Fernando, 1965 - Will I get progress in my current job or will I find better opportunities outside this company during 2018?

INTERESTED IN A PSYCHIC READING

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

SPIRIT ORBS

Spirit orbs are usually lighter and can vary in shape and size. Some appear as tiny pin pricks or can be as large as an apple or an orange. I see these as tiny shining lights that glisten like stars. They are beautiful to look at and some people call them angels. Spirit orbs are our loved ones or friends from the other side, or what most people call heaven. These orbs are totally harmless and capable of continuing a full spiritual existence on the other side with full mental and emotional faculties intact, unlike the ghost orbs. They are also able to communicate to loved ones, or get a message across via a medium, through dreams or via what I call signposts such as music, animals, birds, smells or simply a feeling. Their message is always the same—to let their loved ones know that they are safe, have survived death and they still care.

KERRIE:

I feel you have been sitting on the fence for a while, so it is up to you to make that decision. I get something else outside of where you are is on the horizon, so it's all about faith and giving things a go within the next three months. Don't doubt yourself as you have nothing to lose. I have a woman in spirit telling me you need to believe in yourself. She had troubles with her heart towards the end of her life and stiff joints but was very active throughout her life.

Hugs to you x

NATURE or ELEMENTAL ORBS

How many of you can remember seeing beautiful lights outside in your garden or in nature? These are usually nature spirits and can vary in shape and size like the spirit orbs. They seem to accumulate in large groups and you usually see many of these transparent, shining orbs bobbing up and down all over the place in nature or above water. These spirits are incredibly healing and there are four types: salamanders, sylphs, earth spirits and undines. Each is different but all co-exist in harmony and are active in our great forests or anywhere on the planet where there is an abundance of grass, flowers, trees, water or other wildlife. I have seen many undines, or water fairies, around rivers, lakes, waterfalls or rocky ponds in the form of little lights or opaque orbs. They dislike human interference such as the dumping of garbage, and can become disruptive if we make too many changes to our backyard or destroy too much of the surrounding natural environment. I always seek permission from the nature spirits if I want to make changes to my landscape in my own garden. It is also a good idea to make a tiny fairy garden in your yard as the nature spirits will always heal sick plants if you place them there. Place a birdbath with water in your garden to increase harmony and bring in good fortune.

JUNE HOROSCOPES



Glenne Clifford, Astrologer
[facebook.com/astroangelinsights](https://www.facebook.com/astroangelinsights)

Gemini

(May 22 – June 22)

The spotlight is on you Gemini, it's your time to shine and update your image and style. The New Moon in your sign on the 14th is great for making fresh starts and for setting intentions around changes you would like to see happen over the coming 12 months.

Virgo

(August 24-September 23)

Career is likely to be one of your top priorities this month which can either result in progress or awareness of changes that need to be made. You may be motivated to focus on service and attend to your health and wellbeing, and make any improvements around diet and exercise.

Sagittarius

(November 23 – December 21)

This can be a great period to deepen your psychic abilities through self-development, or by trusting your instincts and following through on the insights received. Venus in your house of travel can see you travelling or planning an overseas trip, study or contact with foreign people and lands.

Pisces

(February 20 – March 20)

Your traditional ruler Jupiter and modern ruler Neptune make a harmonious aspect for most of this month. This can provide inspiration to share your spiritual views and beliefs in creative and imaginative ways. Take the opportunity for some time out and retreat from the world if needed over the coming months.

Cancer

(June 23-July 23)

The Full Moon on the 28th illuminates your relationship sector which can assist in releasing outdated patterns in your love life. Venus, the planet of love, will be in your sign until the 13th making you more popular and may attract new admirers - so be open to receiving and giving love.

Libra

(September 24 – October 23)

Your ruling planet Venus will be involved in a grand water trine involving your career, work and money houses. This may see you in the public spotlight, earning a bit more money or the ability to charm co-workers and maybe even ask for that pay raise.

Capricorn

(December 22 – January 20)

Since your ruling planet Saturn went retrograde mid April this has provided a period to reflect and review the foundations you have been working hard at and building upon. There is likely to be a need to find a balance between your wants and needs and the wants and needs of your partner.

Aries

(March 21-April 20)

Communication and paperwork are likely to keep you busy this month. It will be important to steer your mind in the right direction to think positively, meditation can prove helpful. Friendships can be a source of motivation when mutually supportive but watch for a tendency for arguments and conflicts otherwise.

Leo

(July 24- August 23)

Your attention turns towards friendships and social circles you're involved with, which can peak your curiosity and interests. The New Moon on the 14th can assist in setting intentions around some of your hopes and dreams. Venus enters your sign mid month - ideal to splurge and buy something nice for yourself.

Scorpio

(October 24 – November 22)

Your ruling planet Mars spends an exceptionally long period in your house of home and family. This can find you motivated to address any long outstanding issues with family members and attend to any household repairs or renovations on the home front from May -November.

Aquarius

(January 21 – February 19)

Mars spends an extended period in your sign from May -November; this planetary action can assist in taking charge of your life and moving plans forward. Mars will station retrograde on the 27th providing an opportunity to slow down and assess the recent changes you have instigated in your life. Expect possible delays through July.

Taurus

(April 21-May 21)

You may begin to sense things are changing with the planet of anything goes Uranus entering your sign. Stability is very important for Taureans but this is a calling to be brave, step out of your comfort zone and challenge yourself to do things differently in all aspects of your life.

WHAT'S ON JUNE

1 June

Children's Voices for Reconciliation

📍 Hornsby Mall
 🕒 10am-12pm
 💰 Free
 📞 9847 6059 (Tom Marschall)/
hornsby.nsw.gov.au

2 June

Mona Vale Hospital Auxiliary - Pittwater Place Stall

📍 Pittwater Place
 🕒 9am to 3pm
 💰 TBA
 📞 99795115 (W. Perman)

9 June

Sketch Club

📍 Mona Vale Library
 🕒 12pm-2pm
 💰 Free (Bookings Essential)
 📞 9970 1600/
northernbeaches.nsw.gov.au

9 June

Brilliant Artists Film Series

📍 Manly Art Gallery & Museum
 🕒 5pm-7pm
 💰 \$20 for members or \$30 adults plus booking fee
 📞 northernbeaches.nsw.gov.au/things-to-do/

14 June

Season of Performing Arts-Davidson High School

📍 Glen Street Theatre
 🕒 1pm-2.15pm
 💰 Free
 📞 0435 146 908 (Renee Lane)/
northernbeaches.nsw.gov.au

17 June

Vivid Sydney at Chatswood

📍 Victoria Avenue, Chatswood CBD
 🕒 5:30pm – 10:30pm
 💰 Free
 📞 vididsydney.com/precinct/chatswood

19 June

Japanese Street Gardens

📍 Ku-ring-gai Council Chambers
 🕒 7pm-8pm
 💰 \$5
 📞 9424 0893 (Sustainability Team)/
kmc.nsw.gov.au

24 June

Holden State of Origin Game II

📍 Sydney Olympic Park
 🕒 7:30pm
 💰 Various Costs
 📞 premier.ticketek.com.au/shows

26 June

Meet the Author: Noel Braun

📍 Hornsby Library
 🕒 1pm-2pm
 💰 Free
 📞 library@hornsby.nsw.gov.au

Throughout June

Wildflower Parkrun

📍 Ku-ring-gai Wildflower Garden
 🕒 8am-9.30am
 💰 Free
 📞 0438 123 909 (Ernie Jordan)/
kmc.nsw.gov.au

Throughout June

Turrumurra Fresh Produce and Gourmet Market

📍 Karuah Park
 🕒 from 8am-1pm
 💰 Free
 📞 0414 456 302 (Jacqui Landis)/
kmc.nsw.gov.au

Throughout June

Disability Sports Program - Lindfield FC and Active Opportunities Inc

📍 Lindfield Sports Centre
 🕒 9am-9.45am
 💰 \$30
 📞 0411 563 601 (Jas Virdee)/
activeopportunities.org.au

COMMUNITY NOTICEBOARD

1 June

Concert celebrating National Reconciliation Week

📍 Hornsby Mall
 Cost: Free
 When: 10am – 12pm
 Contact: hornsby.nsw.gov.au

3 June

Native Plant Giveaway

📍 Hornsby Community Nursery
 Cost: Free
 When: 10am – 12pm
 Contact: 9847 6832

9 June

Julia Morris Golden Jubilee Comedy Tour

📍 Concert Hall Chatswood Concourse
 Cost: \$59.90
 When: 7:30pm
 Contact: theconcourse.com.au/juliamorris/

9 June

Micro Macramé Jewellery Workshop

📍 Ku-ring-gai Arts Centre, Roseville
 Cost: \$10
 When: 1pm – 4pm
 Contact: 9424 0893

17 June

Hornsby Sunday Fun Chess Tournament

📍 Beatrice Taylor Hall, Hornsby
 Cost: \$30 – \$40
 When: 1pm – 4pm.
 Contact: sydneyacademyofchess.com.au/tournaments/

17 June

That Great Market 2018

📍 East Lindfield Community Hall
 Cost: Free
 When: 9am to 2pm
 Contact: <https://www.thatgreatmarket.com.au/>

Ku-ring-gai **artcentre** ROSEVILLE
 Ku-ring-gai Council

WINTER HOLIDAY PROGRAM
 Monday 9 July - Friday 20 July

ENROL NOW! kmc.nsw.gov.au/artcentre

★★★★
 4 Star Deluxe B&B Accommodation

LEURA HOUSE

Romantic Historic Retreat
 Circa 1880

Spacious rooms, private en-suites, balconies and magnificent views. Built on Leura's highest point and surrounded by English gardens, Leura House is located close to all the famous tourist attractions and is only metres to Leura Village! A cosy 3 bedroom cottage that sleeps 6 is also available.

Ph: (02) 4784 2035
 7 Britain Street, Leura
www.leurahouse.com.au
info@leurahouse.com.au



Designer of fine jewellery
Restoration & Repairs
Watch & clock repairs and Valuations

For exquisitely designed jewellery




Studio 2, The Walkway
1269 Pacific Highway TURRAMURRA
Phone 9488 8005

Rug Revival
by A.G.I. Carpet Services
PH: 9997 8888
THE RUG CLEANING SPECIALISTS

- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service
- Quality Second Hand Rugs for Sale

For our other services, visit our website:
www.agicarpetservices.com.au
A.G.I Carpet Services
2/45 Bassett Street Mona Vale

Jorian Blanch & Co
With Richard Fischer



- Conveyancing
- Guardianship
- Powers of Attorney
- Wills and Probate
- Aged Care Law

Proudly servicing the local community for over 40 years

Telephone 9144 1102 at Turramurra or 9449 4422 at Pymble Office
1269 Pacific Hwy, Turramurra. 2074
Email: richardfischer@bigpond.com

ROOFS
ABOVE & BEYOND
Don't Wait Until Your Roof Has Started Leaking...
Act Now



Contact us for a free no obligation quote

Phone: 9654 6000
www.roofsabove.com.au

Our services available include.....

- Repairs, Restoration and Replacement of Metal & Tiled Roofs
- Guttering, Downpipes & Leaf Guard

Free Edmonds Supervent valued at \$300 with every full roof repair or reroof



KURT & DANIEL SEIFERT
JEWELLERS

Local family owned and run
Alterations • Remodelling • Repair
Engagements • Weddings • Anniversaries

Together we can design an original piece of jewellery and quote while you wait.
If you have your own gold
• Whether to save or sentimental we can reuse.
• We also buy jewellery and gold.

onsite workshop



1A William St, Hornsby • ph: 9476 4711
e-mail: kurtsfrt@primus.com.au

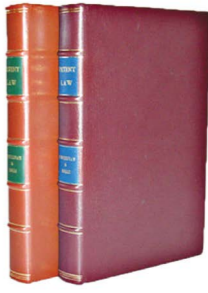
Northside Washer Service
authorised agent


WASHING MACHINE & DRYERS, REPAIRS & SALES

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
Ph: 9457 9162 / 9481 8505
Mob: 0418 679 596

BOOK RESTORATIONS
Bookbinding and Repairs
Since 1976



We sympathetically repair and restore your cherished volumes.
Traditional hand bookbindings in leather, as well as special bindings, are also undertaken. Old family Bibles, dictionaries and childhood favourites are our speciality.
By appointment

34 Clanville Road, Roseville, NSW 2069.
Telephone: (02) 9416.9900
www.bookrestorations.com.au

Need help with Web sites and online IT services?

LINUXPEAK

- Domain name management
- DNS hosting
- Web site design and hosting
- Email hosting and archiving
- SSL encryption & security
- Project management software
- IT problem solving



02 9499 3080 www.linuxpeak.com hello@linuxpeak.com

GORDON MARKETS 2nd Sunday of every month



Gordon Station Council Park (middle level)

10 June, 8 July & 12 Aug
8.30am to 3pm

UNDERCOVER
Protected from heat and rain!

Information: www.gordonmarkets.com.au



Len Wallis Audio takes you back to the moment of creation...

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

Len Wallis Audio
64 Burns Bay Rd, Lane Cove
Phone 02 9427 6755
www.lenwallisaudio.com



BLUESOUND

HEOS
BY DENON

Bowers & Wilkins



DEVIALET

FOCAL

JVC

KRELL
THE LEADER IN AUDIO ENGINEERING

TRIANGLE
MANUFACTURE ELECTROACOUSTIQUE

marantz

MUSICAL FIDELITY

NAD naim

oppo

Panasonic

rega

SONOS

Sunfire

YAMAHA



LEN
WALLIS
AUDIO

UP TO
50% OFF

SELECTED ITEMS*

30% OFF

STOREWIDE*

*Exclude any special price. Only applies to membership price.

*Membership fee \$99 applies. See staff for more information.

T&C apply.

OSMEN.COM.AU



OSMEN[®]
alfresco living