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FROM THE EDITOR

Welcome to the August issue. This month *Sydney Observer* is jam-packed with inspirational stories from local authors and styling ideas to help revamp your home.

For Education Week local authors inspire creativity in workshops, while the abundance of activities for Science Week will ignite young and mature minds.




We had a chat to the fun and creative band, *Sheppard*, about their upcoming tour, the locations they are excited to travel to and their motivation to write and perform (12-13).

If you feel like leaving the city, head to the Macarthur region for a magical weekend getaway (43) but if you are dreaming about a sunny location, book a ticket to Hawaii (44-45).

This issue we showcase suitable outfits for special occasions (29) and the most delicious places to dine (48).

So sit back, have a cup of tea and enjoy the issue !

Hannah

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PUBLISHED BY: Kamdha Pty. Ltd.
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BOOKING DEADLINE: 15th of the month
PHONE: (02) 9415 2639
ADDRESS: PO Box 420, Killara NSW 2071

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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.

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SNIPPETS

Local town centres receive make-over

In a bid to revitalise local town centres Hornsby Shire Council announced the Hornsby Shire will receive a range of significant upgrades. The face-lift will include renewed paving, quality street lighting and the expansion of public areas to ensure greater availability for outdoor dining.

Hornsby Shire Mayor, Philip Ruddock, spoke of the improvements and major upgrades planned for public domains across the precinct.

“The primary goal of these plans is to create attractive meeting places where people can gather and socialise. We want to once again make our town centres the hub of our community life.”

Community Safety Fund to fight crime

Attorney General Mark Speakman and Minister for Police Troy Grant recently announced the Community Safety Fund would receive more than \$2.5 million in a bid to lower crime rates and improve safety. It will give local businesses and organisations the opportunity to put forward crime-fighting ideas particularly in disadvantaged remote areas within NSW.

“We know local people understand local crime problems and are in the best position to address the issues they’re dealing with day-to-day,” said Mr Grant.

Strategies devised so far from the initiative include Apprehended Violence Order education programs, arts and culture activities for troubled youth and solar street lighting in Indigenous communities.

Environmental awareness big on the agenda for Ku-ring-gai

Ku-ring-gai council are once again distributing Environmental Levy grants to help the local community to engage in environmentally sound practices by funding initiatives to preserve the natural environment.

The grant is funded through the Councils Environmental Levy and has seen a range of projects take-off; from native bee hives, to bush regeneration and school recycling initiatives. The maximum funding available for a single project is \$5000 with a total of \$47,000 available funding.

Mayor Jennifer Anderson stated; “The grants help community understanding and action around our natural environment and encourage projects that deliver long-term outcomes for Ku-ring-gai.”

WWI Armistice – the local community commemorates

Local organisations have been the beneficiaries of Federal Government funding to commemorate the 100th anniversary of the end of World War I, through the Armistice Centenary Grants Program.

This program will endow every electorate with between \$3,000 and \$50,000. The Killara 5Ways Uniting Church received \$12,728 to restore their stained glass windows commemorating World War I, the St. Ives Club received \$15,000 to restore St. Ives Memorial Park and Pymble Soldiers Memorial Park, while the Ku-ring-gai Historical Society secured \$16,000 to release the fourth volume of their publication, Rallying the Troops: a World War I Commemoration.

Federal Member for Bradfield, Paul Fletcher, commended these local organisations for receiving funding from this grant program stating; “These projects will be a fitting tribute to appropriately acknowledge the end of the war 100 years ago.”

Budget Boost beneficial for Aged Care

Record numbers of Aged Care places are on offer this year as a result of the Turnbull government’s \$5 billion aged care budget boost. With a special focus on regional, rural and remote areas, the North Shore could still stand to benefit greatly, according to Member for Bradfield, Paul Fletcher.

13,500 new residential care places and 775 short term restorative places are on offer across the nation, with \$60 million available in aged care construction and expansion, and a further \$40 million allotted specifically for regional, rural and remote aged care construction.

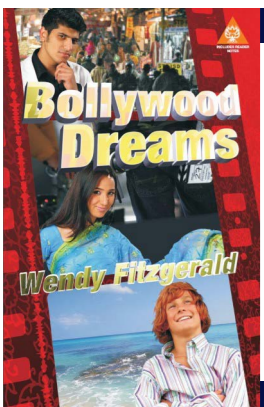
The budget also includes \$105.7 million expansion to the National Aboriginal and Torres Strait Islander Flexible Aged Care available in remote communities.

Experience the magic of Willoughby Orchestra

Calling all classical music lovers! Willoughby Orchestra and Choir will be hosting a concert later this month in celebration of musical masterpieces from the orchestral concert Last Night of the Proms. Taking place on Saturday 19 August, the concert will feature a range of guest soloists and performances set to delight the audience.

“Experience the magic in this spine-tingling performance by the Willoughby Symphony and our special guest artists. Enjoy the triumphant strains of this glorious music set against the backdrop of the world class Concert Hall on The Concourse,” said Conductor and Artistic Director Dr. Nicholas Milton AM.

GIVEAWAYS



Bollywood Dreams is a fun book about cultural experiences and the challenges individuals face in a foreign environment.

HOW TO ENTER

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

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



Grace Cossington Smith Gallery

ABBOTSLEIGH

The Grace Cossington Smith Gallery is a not-for-profit gallery run by Abbotsleigh, serving the public through free admission and engagement with art.

Since 2013, the exhibition program has connected the gallery with contemporary artists, the education community and the local area.

Visit the gallery website www.gcsgallery.com.au for a calendar of exhibitions, workshops and events.

Gallery hours Monday-Friday 10am-5pm and Saturday 10am-4pm | Gate 7, 1666 Pacific Highway Wahroonga 02 9473 7878 | FREE ENTRY gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au | An Anglican Pre-K-12 Day and Boarding School for Girls



UNTRUSTWORTHY?

How politicians have disappointed the Australian public and need to win them back

Jonathan O’Dea MP

People all over the world are losing trust in politics. According to the 2018 Edelman Trust Barometer, the general global population has only 43 per cent trust in government, while in Australia trust is a mere 35 per cent.

Many Australian politicians have behaved badly and breached public trust throughout our nation’s history. Unfortunately the political class has much to answer for in the current climate of distrust.

If politicians want the public to respect and have faith in our democracy, it is crucial that politicians display principled attitudes and behaviours. The public are desperate for leaders who inspire trust and demonstrate a real sense of integrity. When politicians break fundamental public commitments, such as budget promises and climate change stances, people see dishonesty and are more likely to distrust future political promises.

It is essential for politicians to demonstrate they can perform under pressure. The sound economic management

of the NSW government in recent years has helped to somewhat counter damage from past corruption headlines, most destructively fed by former Minister Eddie Obeid.

When the public observes politicians from all backgrounds dealing with each other in good faith on key issues like the National Disability Insurance Scheme, they are more inclined to trust the democratic workings of government and politicians themselves.

By acting with integrity and honesty, demonstrating openness and transparency, delivering competent and fair performance and collaborating in the public interest, politicians can show they are worthy of trust. If Australian politicians and parliaments increasingly adopt these behaviours, we can win back the public, strengthen the social fabric and promote our progress as a nation.

This piece is based on ‘Trust and Political Behaviour’, a paper presented at the Australasian Study of Parliament Group Conference on 20 July 2018 in Brisbane.

Close-up of protesters at Ginowan protests 2009 by Nathan Keirn

Residents rejoice as Marian Street Theatre to reopen in 2021

Killara’s Marian Street Theatre has been a hot topic of conversation for local residents since its closure in 2013 due to safety issues. However, the tireless work of local residents, particularly the Save Marian Street Theatre Committee (SMST), in increasing awareness and raising funds has finally paid off, as Ku-ring-gai Council voted unanimously to develop a fully costed funding model upgrade and reopen the community-based theatre by 2021.

The venue dates back to 1906, where it was originally a community hall, before it became a professional theatre in 1966, with the children’s theatre starting a year later in 1967. However, the Marian Street Theatre Company closed in 2001, after major sponsor HIH Insurance collapsed. The children’s theatre remained active until 2013, when the venue was closed due to safety concerns.

The Committee formed in 2016 to save the historic theatre. The Committee generated a business plan for the venue, with capital costs for the refurbishment estimated at \$9.8 million. The upgraded space will include multiple performance spaces, a Creative Learning Centre, theatrical rigging system and new studios.

The Committee put forth a multi-purpose plan, developed by SMST committee member, Dianne Yerbury, that places special emphasis on arts education for early to tertiary students, working in conjunction with local primary and secondary schools. Mayor Jennifer Anderson has the goal of having the theatre upgraded and operational within three years and will “be working with the Committee as well as talking to residents and theatre experts about a plan that will ensure the theatre is upgraded and managed to a standard that meets community expectations.”

Ku-ring-gai Council will now establish a ‘Project Steering Committee’ to develop a design and operational model for the theatre.

With the success of the SMST in lobbying the Ku-ring-gai Council, drafting business and refurbishment plans, and raising support and awareness, the Marian Street Theatre will be back, bigger and sleeker and maintain its status as a key piece of Killara local history and an integral part of the local community.

Ku-ring-gai Council launches natural disaster readiness website

Aaron Christensen

Ku-ring-gai Council has devised a new website for residents to assess the readiness of their properties regarding floods, bushfires or storms. Given that intense or anomalous weather is becoming more apparent, the Climate Wise Communities website may become a saving grace for previously under-prepared or unprepared residents, as it assists participants with devising a plan of action for a host of scenarios.

Participants are required to input data about their property, location, and individual circumstance in order to generate a personalised report for a particular natural event. No data uploaded by participants is saved by the website, with the information solely being used to generate a report.

The website has been assembled with the cooperation of emergency services, such as the NSW Police, NSW Ambulance and NSW Fire and Rescue, the Rural Fire Service and the State Emergency Service (SES). Participants with questions are also able to question emergency service providers through the website, establishing quick, cohesive feedback and strategies.

Mayor Jennifer Anderson, believes the website will allow the Council to improve its ability to respond to natural disasters an intense weather events, as well as highlight those who are particularly susceptible to these types of scenarios.



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Sheppard

are coming home.



Hannah Prasad

Sheppard are the musically gifted family that continue to make waves in the music industry. Off the back of their album *Bombs Away*, featuring the Aria Chart topping single, *Geronimo* they have come out with a new album that is already receiving well deserved praise. With their biggest tour to date, they will be travelling to over 30 cities around Australia. The *Watching The Sky* tour will visit rural towns and outer suburbs that normally get overlooked by bands. Sheppard will be playing songs from their new album such as *Hometown*, *Coming Home* and *Keep Me Crazy* as well as the classics we all know and love. We had a chat with Amy Sheppard about the album and what she's looking forward to on the tour.

What was the process behind *Watching The Sky* and what inspired this album?

The process was long. We had been touring for so long so it was hard to get back into a creative space. We had to block out the noise and remember why we wrote in the first place. We made sure all our songs were completed instead of writing and stopping. We cut ourselves off from the world, took time out and went to Stradbroke Island where we were able to write, then two years later the album arrived.

How is this album different to the previous ones?

We have grown as writers but this is a more personal album. It's the Sheppard sound, just more personal. We have also thought about how our songs will sound in a live setting and what an audience will like.

Who are your musical influences?

I love Fleetwood Mac, they were my initial influence. George is influenced by Coldplay and Jay likes the more indie artists like Elliot Smith. It is all different but comes together in the end.

Who did your family grow up listening to?

We grew up in Papua New Guinea so we didn't really listen to the radio. We listened to our parents records,

they would play Cat Stevens and Dolly Parton. It was good because it exposed us to a lot of different genres and artists, which allowed us to have an open mind.

What locations are you most excited about going to?

We are going to so many places but probably the Mount Isa rodeo. That'll be so much fun. I am looking forward to the places we haven't been and meeting all the different fans.

What is your favourite thing about performing?

It allows us to showcase our music and share a moment with our fans. It is not just about the music, it is a whole work of art that comes together. It's joyful. We want people to just live in the moment and make it count.

Who has been your favourite person to tour with?

We've toured with quite a few people but probably Keith Urban. He is super lovely and would have dinner with us. He even invited us on stage and we sang a song with him. It's the little things like that which are inspiring.

How do you sustain such a loyal fan base that support every album and tour?

We are so lucky to have the fan base we have. It's about creating a community. We don't ignore fans on social media and we remember names, so it becomes like a friendship. We want people to feel part of the Sheppard family.

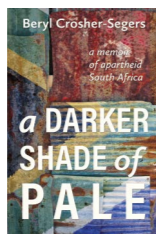
What is next for Sheppard?

Well we have the tour coming up so that is all for now. *Coming Home* has been playing in Europe so maybe a tour there, but until then we will see.

Make sure you grab tickets to Sheppard's shows at the Horsby RSL Club on the 7th of September and at the Metro Theatre in Sydney on the 9th of September.

You can check their Instagram out [@wearesheppard](https://www.instagram.com/wearesheppard)

A Shade of Hope with Beryl Crosher-Segers



Hannah Prasad

As education week approaches we sat down with Beryl Crosher-Segers to discuss the importance of stories, culture and her book, *A Darker Shade of Pale*. This memoir of her childhood in South Africa discusses apartheid and struggles Beryl and her family faced. Her novel is raw, captivating and will leave you feeling inspired.

Why do you write and what made you start writing?

I always wanted to be a writer. I grew up as a middle child and was always kind of lost so my escape was to go and write. The time we grew up was when children didn't talk, you just listened to adults so writing was an outlet for me. It was a way to just escape from everything.

When I was a child, The Group Areas Act the government legislated was where people were moved to different areas. They declared the best areas white so we had to move out.

We were put in a place that was set up for poverty and failure. There was lots of sadness and many people died with broken hearts, because they had to leave and were thrown out of their properties. My mother was one of the people that counselled other women, so there would always be people at our house and I'd listen to these stories and write them down. I was ten. So that's where my love of writing started. We had no other entertainment, we had no television, so the library is where my mother sent us and I devoured books and loved reading.

In my second year of high school for the very first time we had a white teacher come to our school, Miss Vigrass. It was very much like *To Sir, with Love*. This white teacher came into this non-white area in the township where I grew up. She instilled in me a bigger passion to

write and she was so encouraging.

If you didn't have Mrs. Williams would you still have this love for writing?

Mrs William's said something to me in primary school that I still remember today about academic achievement. This teacher used to encourage me to write and she'd say that I have a big future as a writer but my parents didn't think writing was good enough. I used to make books at home. I would hand sew books and give them to my siblings and friends which would eventually end up in the bin. I wish I still had one of those books, I used to really think I'm going to be a writer. Then life gets in the way and you get married and have children, move countries but I always wrote.

A Darker shade of Pale is honest and open. How did you feel writing this book?

I had very mixed emotions. There were some things in the book that I needed to write for myself. It is very much a family story, it is the impact the apartheid had on us and our community, it is very focused on our family and our whole life and how we grew up.

I had a brother that drowned at four when I was six, so I think I needed to write some of those things and some of the things that happened to me in terms of apartheid. The psychological impact it had on my life and how we grew up indoctrinated that being white was best and better.

We had to aspire to be like them to be successful in life. I was embarrassed about where we lived and where I came from. After school and college you end up being this different person at work because you want people to see you as something you're not. I didn't want them to know where I lived. I describe in the book one of

those instances, where we worked later and one of the managers offered to drive me home. It was the worst drive of my life because I couldn't stop thinking about ways to tell him to drop me just here or there, I didn't want him to come into the township where I lived because I thought he'd see me as a lesser person. I forgot about being me because I was always trying to be someone else.

Did writing this book feel like a weight of your shoulders because you were able to just let it all out?

It did. A lot of those things that I can now so easily talk about is because I could write it. A lot of people identify with the book because our stories are so similar. By writing it you are able to express it. When you read and feel the emotion it's different. There's a tendency to say something happened a long time ago so let's forget about it, but it happened in my lifetime and impacted and shaped my life.

Can you tell me one of your fondest childhood memories?

During the school holidays I would put on concerts at home. I'd collect all the children in the neighbourhood and I would put on these little concerts, with blankets over the washing line as stage curtains. Then I would direct and put on a show and charge children to come see it. I loved doing that. That was the highlight of every holiday.

I would put on plays and musicals for our church when I got older. My husband would drive into the really poor areas with his ute and load the kids in the back and bring them to rehearsals. They came from areas where there was no electricity. I remember this one concert we had, a musical, the kids had to come and rehearse with the musicians and it had to be held in the evening. My husband picked up a truckload of kids and he took them home. He came home to

me and said, parents were standing with candles waiting for the kids to be brought home, they were waiting to guide them. I still get emotional thinking about that.

Do you think society is becoming more accepting of the 'other'?

Living in this society is very different for me. I grew up under legislated racism and discrimination so coming to Australia was very different. When I came to Australia I embraced it. This is what I wanted. I was denied this my whole life. When people talk about racism, discrimination and society it's still there, but I grew up under something different. I think you can only try and educate people, but nothing stops me here. I can sit in any carriage or go to any shop so it's somewhat different for me too.

Do you think cultural stories are disappearing?

I think much more is needed. We need these stories. We need people to not just tell them but write them so we have a record. Stories are vital for the next generation otherwise they are lost. It is important to have a resource whether they are movies or books that people can look back at. I think there needs to be more because we don't have enough cultural reminders of our past.

Can you tell me more about the One World Community Arts Network?

When I came to Australia I was very lost. I struggled with settling. In South

Africa we'd go to church and it would take us another hour to get home because we knew everyone.

When South Africa hosted the World Cup in 2010, I got a call from the Premiers Department asking me if I knew of a choir, because of my involvement with the African community.

They asked if I knew young people to hold the flags at Darling Harbour or a choir and we didn't have these things, so I started a children's choir and they performed at the event. The parents of the children in the choir said why don't you start an adult choir too, so I did that.

I met someone who was also born in South Africa who was a musician, so we talked about starting an adult choir. Then local people heard about it, joined and it became a community choir. There's also a Youth Choir and Youth Orchestra that will start in February next year. Our Adult choir has been going for 6 years and it's the main group under this network. We're very multicultural and do a range of music styles.

What does multiculturalism mean to you?

Multiculturalism is inclusion and belonging. You don't have to audition for this choir, anyone who feels lonely or isolated can join. It is about sharing and educating which is such a beautiful thing. I would never have known all these different people coming from different places and

their backgrounds, but this allows us to know and appreciate each other. I lived in a time when Christians and Muslims were classified as non-white. We lived together, we shared everything. When it was Eid we shared, when it was Christmas we shared.

Beryl's Author Talk at St Ives library, was authentic and honest. Beryl shows how love can resonate in a room when people have an open mind and heart.

What do you hope to achieve and what do you want your audience to feel after your author talk?

I want there to be a feeling of love. My book is not there to create an environment of anger. It's more about talking about problems and just acknowledging that what happened was wrong, and that we must make sure it doesn't happen again. There are lots of programs in South Africa that help disadvantaged people. It's a process of change.

Beryl is a humble woman who has been through remarkable experiences. She states "I was no activist. No political person. I was an ordinary citizen brought up at an extraordinary time."

Keep an eye out for Beryl's second book about settling into Australia and the characters she met in her daily commute on the train. The book will talk about how these individuals have unknowingly shaped her.

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SYDNEY SCIENCE FESTIVAL: WHAT'S ON OFFER

TUESDAY 7 AUGUST – SUNDAY 19 AUGUST

Isabella Ross

Returning for its fourth year, The Sydney Science Festival will have an abundance of events taking place throughout Sydney to celebrate all things STEM - science, technology, engineering and mathematics.

“The Sydney Science Festival gives industry leaders and emerging talent a unique opportunity to both share and showcase their vision for a smarter

future. With such a diverse line-up of speakers and exhibitions hosted across some of Sydney’s most iconic venues, I’m confident that this year’s festival will be our most ambitious and successful to date,” said Minister for the Arts Don Harwin.

As part of National Science Week the festival aims to engage and educate children to get more involved with STEM

subjects at school, as these real-world disciplines will become increasingly important to future economies. Perfect for budding scientists and students of all ages, this year’s festival is the perfect place to explore scientific marvels of astronomical proportions. Here is Sydney Observer’s ultimate guide to the festival, categorised into specific education age groups.

Kindergarten / Primary School Students

Calling for all amateur scientists! This year’s festival is going to open your mind to the wondrous creativity of science and technology. Buzzing with excitement, there are events available to impress any child, including getting up close and personal with Australian animals, interactive shows and even an augmented reality treasure hunt.

Coding like a Girl: Coding and Robotics 8-12 years

Where: MLC Centre Martin Place
When: 11th August, 10am – 12pm
Cost: Child - \$25 pp.
Contact: sydney-science.com.au/2018/event/code-like-a-girl-coding-robotics-8-12-yrs

The Innovation Games

Where: Cathy Freeman Park, Sydney Olympic Park
When: 18th August, 11am – 6pm
Cost: Free
Contact: sydney-science.com.au/2018/event/the-innovation-games

High School Students

With high school comes the decision of electives, HSC subject selections and even future career paths. Take advantage of the festival’s numerous talks, events and tours to uncover if STEM is a new passion that you should explore further. With options for astronomical enthusiasts and even CSI sleuths there is an experience to capture the hearts and minds of all.

Macquarie Observatory – Tour of the Universe

Where: Macquarie University Astronomical Observatory
When: 8th August, 7pm – 9:30pm
Cost: Free
Contact: sydney-science.com.au/2018/event/macquarie-observatory-tour-of-the-universe

Forensic Science – Crime Scene Investigation

Where: Western Sydney University
When: 12th August, 10:30am – 1:30pm
Cost: Free
Contact: sydney-science.com.au/2018/event/forensic-science-crime-scene-investigation-2

Big Science Day

Where: Powerhouse Museum
When: 12th August, 10am – 4pm
Cost: Child – free
Contact: sydney-science.com.au/2018/event/big-science-day

Kids go free at Taronga Zoo

Where: Taronga Zoo Mosman
When: 7th August – 19th August, 9:30am – 4:30pm
Cost: Free
Contact: sydney-science.com.au/2018/event/kids-go-free-at-taronga-zoo-2

Valley of Light: A Public Light Art Experience

Where: Federation Valley Centennial Park
When: 10th August, 5pm – 6pm
Cost: Free
Contact: sydney-science.com.au/2018/event/valley-of-light-a-public-light-art-experience

Science and Art at the National Art School

Where: National Art School Darlinghurst
When: 18th August, 9am – 4:30pm
Cost: Concession – \$50 pp.
Contact: sydney-science.com.au/2018/event/science-and-art-at-the-national-art-school-4

University Students

What happens when galaxies collide? Is it possible to travel back through space and time? Will oxygen continue to shape our modern world? How has mental health been treated previously in Australia’s health care system? These are all questions that will be answered for keen tertiary education students looking to uncover further scientific knowledge.

When Galaxies Collide - Keynote Presentation by Dr Lisa Harvey-Smith

Where: Powerhouse Museum
When: 6th August, 6pm – 8pm
Cost: Concession – \$22.50 pp.
Contact: sydney-science.com.au/2018/event/lisa-harvey-smith-keynote-presentation

Travel Space and Time with Virtual Reality

Where: Western Sydney University
When: 10th August, 10am – 2pm
Cost: Free
Contact: sydney-science.com.au/2018/event/travel-space-and-time-with-virtual-reality

The History of Oxygen – a talk by Dr Christopher Hall

Where: Barry O’Keefe Library Mosman
When: 15th August, 7pm – 8 pm
Cost: Free
Contact: sydney-science.com.au/2018/event/the-history-of-oxygen-a-talk-by-dr-christopher-hall

Treating the Troubled Mind – Historical Tour

Where: Parramatta Heritage and Visitor Information Centre
When: 17th August, 10am – 1pm
Cost: \$20
Contact: sydney-science.com.au/2018/event/treating-the-troubled-mind-historical-tour

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ST LEO'S STUDENTS SHINE A LIGHT IN KIRIBATI

While most students are lazing around or playing video games on their school holidays, one dedicated group is hard at work helping others in one of the poorest countries on the planet.

A group of Year 10 students from St. Leo's Catholic College in Wahroonga is spending eight days in Kiribati on an immersion experience. Kiribati (pronounced Kiribass) is a chain of 33 remote islands straddling the equator, about half way between Australia and Hawaii. Home to around 100,000 people, Kiribati has limited natural resources, many parts have no electricity and as most of the coral atolls are less than two metres above sea level, vulnerable to the impact of climate change.

The students are living as locals including eating mostly plain rice and fish, sleeping on mats on the floor and washing with cold showers. The students will be living with the OLSH nuns, working with their Sacred Heart College sister school 'buddies', assisting at the Kiribati Special Needs School and in doing so, learning the local language and culture.

St. Leo's Head of Learning Support, Michelle Teys, who is leading the school's fourth visit to the islands said she had set St Leo's students a challenge: "to shine their light in a deeper way

than just handing over a few dollars. Be part of this or another experience to an impoverished country and really live their life – don't just look at it from a traveller's comfortable distance."

"As well as learning to live a simpler life and be thankful for all we have, we are of course trying to make a difference by helping with material things" Michelle said. "As an English teacher, I saw 10 novels being shared by a class of 80 students, so arrived with over 90 kilograms of donated books and resources on my last trip."

In line with their Catholic ethos, 'find your greatness', the students have spent many hours this year fundraising and collecting donations to take with them on this trip and give to the local school, women's shelter and other groups.

At an assembly earlier in the year, Michelle said to the whole school "As you sit there with your lovely uniforms, books, technology, lunchboxes, teachers with a range of resources and opportunities at your feet, think of those with so little. I challenge you to share your good fortune, spread your wings and shine your light". These students are certainly rising to the challenge set for them.

PHOTOS FROM THE 2017 KIRIBATI TRIP



Michelle Teys with local students.



Local Kiribati children.



St Leo's students on the 2017 Kiribati immersion trip.



FREE GARDENING WORKSHOPS

Aaron Christensen

The Ku-ring-gai municipal council are hosting a free workshop designed to provide residents with the knowledge to start their own vegetable, fruit and herb gardens in confined spaces. Another example of the Council's dedication to environmental initiatives, the workshop will be delivered on Saturday August 11th. There will be one for English speaking residents from 10am-1pm and another for Mandarin speaking residents from 2pm-5pm. Both sessions of the workshop will be held at Gordon Library and bookings are essential.



Wildflower ART & GARDEN Festival 2018

SUNDAY 26 AUGUST

Ku-ring-gai Wildflower Garden
420 Mona Vale Road St Ives
Free Entry & Parking

kmc.nsw.gov.au/wildflowerfestival

CHILDREN ARE MORE THAN A SUM OF THEIR ACADEMIC PARTS.



Broken Bay Catholic Schools view emotional wellbeing as a key priority for our students' health and happiness.

We recognise that all aspects of the school community can impact upon students' health and wellbeing, and that learning and wellbeing are intertwined.

Our whole school wellbeing frameworks include great initiatives such as *WorryWoos*, *Bounce Back*, *Friendly Schools*, *Positive Behaviour for Learning* and *Social & Emotional Skills* tracking.

"Emotional well-being is the foundation for happiness and success in school and life in general."

— Dr. John Irvine



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LIMITED VACANCIES FOR 2019 Contact your local Catholic School or visit csodbb.catholic.edu.au



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CHATTING WITH: MARGARET MORGAN

On *The Second Cure* Hanna Moore



It took a stint in criminal law and a bachelor's degree in Advanced Science to bring Margaret Morgan to the genesis of *The Second Cure*. A novel that illustrates a provocative study of our near-reality, *The Second Cure* takes aim at the rise of right-wing populism and the growing divides within our political landscape, set within a dystopic world where a new breed of parasite takes up far more than a residence in their host.

"I became obsessed with parasitology. And particularly with parasites that control the minds of their host, which can include humans," Morgan explains.

"I used that to explore people's political attitudes and how people's own brains direct how we respond to threats."

Morgan's early beginnings in writing started through years spent screenwriting for Australian television dramas such as *A Country Practice* and *GP*. However, a great longing and interest in the sciences saw Morgan undertake a bachelor's degree at Macquarie University which in-turn sparked an interest in parasitology, a branch of biological science that explores parasite organisms.

"In a lot of ways, I feel like this novel has kind of been the culmination of lots of aspects of my life and the things I'm interested in."

Despite this, it took the hard slog of writing a novel to show Morgan that this was what she needed to be doing with her career.

"Now I just want to write novels for the rest of my life," Morgan laughs.

"The thing about writing for television is that it is very collaborative, and you work very much as a team, whereas it [writing a novel] is a very solitary business."

A self-proclaimed introvert, Morgan didn't mind those hours spent in solitude at Hornsby Library, as the background hum of lives carrying on around you can provide a certain type of insulation that can be particularly valued by writers.

"It's such a big job writing a novel and I supposed I didn't realise that when I started, that it would just be so overwhelming and time consuming and take so long."

"You feel like you're starting off with a lump of unformed clay, and you're slowly pushing it

around until finally you get to the point where you start to pull things off and put them in other places and getting down into the fine details."



Morgan's debut novel *The Second Cure* is available in stores and online now.

penguin.com.au

margaretmorgan.info

Realising the Power of a Child's Passion

Roseville College Year 6 students exhibited their Passion Projects to inspire teachers, peers and families this week.

The annual event for Year 6 challenges students to identify an area of personal interest that they can explore, and empowers them to engage in personal inquiry and develop new skills as they create individual projects to present and share with the School and local community.

Among this year's projects are an environmental awareness campaign by Amy Ngo, a children's book about deforestation by Ava Girvin, and Coding-101 teaching resources by Naomi Wu. The girls, while inspired by different motives, agreed that the Passion Projects are a fantastic way to develop valuable skills they will need in Senior School and, later, the workforce; such as project and time management, perseverance, research, graphic design, accounting, print production, budgeting and goal setting.

Amy created a dramatic sculpture of a turtle from found objects and "rubbish", and says she felt empowered "to raise awareness among the public about reducing plastics because it doesn't 'just go away'. It has a lasting impact on the

environment and ultimately on people. Using art as a communication tool was really important as I would find it hard to speak about this in public, because I am quite shy". She plans to donate her sculpture to the Manly Environment Centre to promote the great initiative of Plastic Free July.

Ava, who also wanted to raise awareness about an environmental issue – deforestation, says she never imagined she would write a children's book at 11 years old. Using her passions of poetry, literature, and writing, she wrote a beautiful story, "The Forest Guardian", and learnt a new skill of making collages to create its illustrations.

Unlike the issue-focused projects of her peers, Naomi decided to concentrate on something she simply loves: gaming and coding. Curious about how computer games worked, Naomi completed all the lessons on app, 'Swift Playgrounds', in four weeks, wrote code for four new 'worlds', then combined all she had learnt to produce a Coding-101 teaching resource to share with friends and other people who are interested in learning about coding.



Celebrating
110
years 1908-2018

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

The College is an Anglican school for girls where every student

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

SCHOOL NEWS

Roseville College Year 6 students (pictured) recently exhibited their Passion Projects, the results of personal inquiry that develops valuable skills girls will need in Senior School and, later, the workforce; such as project and time management, perseverance, research, graphic design, accounting, print production, budgeting and goal setting.

PERSONALISED TOURS

The College's 10th 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

www.rosevillecollege.com

Roseville College is a school within The Anglican Schools Corporation

STC0850818



School is an opportunity to be who we are becoming

What is the purpose of going to school? Increasing proficiency – aiming for excellence – in knowledge, skills and understanding is a common goal for parents, teachers, policy-makers and students. The students in my school are regularly awarded high honours for their excellent achievements in Science, Poetry, Technology, History, Geography and Sport. And a culture of high achievement encourages younger students to aim for the top because they believe it is possible to do amazing things if they trust expert guidance and then work hard in a learning area that interests them.

But is school just about straining upwards towards the highest possible personal best standard of academic achievement? Are schools just places where empty vessels are filled with resources to help meet the needs for a long life journey ahead?

A recent Australian text on the philosophy of education suggests that school could be a place where students are given the opportunity to be the person that they are becoming, a place to 'try on' their future character. The ten-year-old Melbourne Declaration on Educational Goals for Young Australians also says that 'schools play a vital role in promoting the ... moral, spiritual and aesthetic development and wellbeing of young Australians'.

But how can students know who they are becoming?

I am a Headmaster in a Christian school. I believe that God's ultimate purpose for His new humanity is to be like Jesus – the one person in all history who was fully human in his love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Perhaps schools could invite students to 'try on' these undeniable virtues through the school's curriculum as the whole school community presses forward together to be who they are becoming.

During the recent school holidays – with approval from the Kempsey Aboriginal Land Council – Year 10 students from Redeemer Baptist School travelled to Kempsey to build a shelter for the AICM indigenous pastor, Uncle Claude, and his congregation who work to benefit Aboriginal youth and families in the Kempsey region. The Redeemer students had raised \$30,000 towards the project. Then they were joined by a bunch of tradies and experienced labourers who volunteered their time to complete a project that will have lasting benefit for the Kempsey Aboriginal community. The local newspaper front page headline 'Prayers Answered' captured the students' contribution. The students had taken up the real life opportunity to 'try on' virtues that could become characteristic throughout their lives.

Much contemporary life is spent on a screen in virtual reality. I believe that all students would benefit from real life opportunities to do good for others, trying on virtues that could become enduring qualities of who they are becoming.

REDEEMER BAPTIST SCHOOL DRAMA CLUB PRESENTS



DEATH IN EGYPT

based on the novel by Kel Richards

5TH • 6TH • 8TH SEPTEMBER
7:00pm at Sargood Hall

Egypt, 1919. An archaeological team uncovers a long, lost tomb from ancient times, only to discover that it contains the recent victim of an impossible murder.

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- Western Sydney VET in Schools Student of the Year, 2018
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Northside and Stepping Stones recognise that **all students have a natural curiosity and love of learning**. They also understand the need to collaborate with students families to optimise students' learning experience beyond the school environment.

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Wendy Fitzgerald

Find Your Treasure.

Hannah Prasad

Wendy Fitzgerald has always had a creative spark. As a young girl she had a love for creative writing which now inspires children and their imaginations. She is the author of *Bollywood Dreams* and *Indigo Solves The Puzzle*. Wendy runs creative writing workshops for children at the Ku-ring-gai Art Centre in Roseville and will be hosting workshops at the Turrumurra library, where kids can ‘Find Their Treasure’ through writing, workshops and competitions.

Sydney Observer sat down with Wendy to discuss what inspires her imagination, creativity and what she hopes kids will achieve from her workshops.

Can you tell us a little bit about yourself?

I worked as a primary school teacher. I love writing and teaching kids how to write because it's cathartic, the kids are in control and they can do what they like with the characters. It's amazing what comes out of a child's mind. I am a tutor at the Sydney Story Factory and they offer free creative writing workshops, with the concept that “anything the kids comes out with is good”. When somebody listens to kids and their ideas you can see how it affects their self-esteem and confidence. They appreciate that somebody has taken the time to listen to what they have to say.

When did your love of writing first start?

Even as a kid I used to just watch people and make up stories about them in my head. I say to kids, “I don't stare at them, I'm not rude,” I just sort of take them in and make a story up in my head. I have always done that. I like imagining what would happen “if”. What's a person's background, where they live, who are their friends, what are their problems and then try to create a story from this.

***Bollywood Dreams*, explores the concept of cultural differences and the struggles individuals face when exposed to a new culture or society. Can you tell me a little bit more about what inspired you to create this story?**

I wanted to try to get inside the head of someone from another culture who is trying to fit into Australia. I find it fascinating and I like to imagine what it'd be like. I think I would really struggle

if I was a kid and went to India or China or another country, and I couldn't speak the language and I had to work it all out. Which kids do, they are amazing.

***Indigo Solves The Puzzle* is a timeless story of courage and strength. How did it feel having a warm response to this?**

Indigo and her mother set up a foundation to raise money to help other kids with learning problems. She was really bright and went to school but all the numbers jiggled around and she couldn't read properly, then they found out she's dyslexic. She worked hard in a program to overcome that and was able to inspire other kids too.

Why are books and reading so important?

I think they are really important, if you can give a child the gift of a love of reading, that is something they can carry throughout their life.

What do you want kids to get out of your workshop?

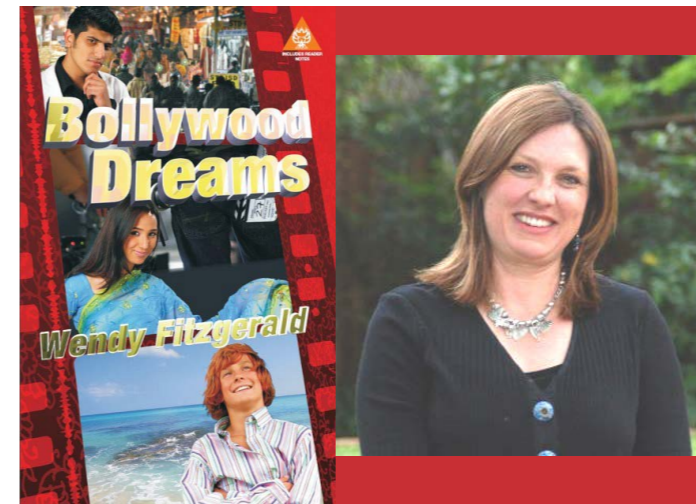
The kids will be working on a story for a competition that the library runs. This time the theme is ‘Find Your Treasure’ as that's the theme for Book Week this year. For the workshops we will be finding a character and ideas for a story. Then there is a presentation at the library where the kids can bring their parents and show them their work.

In a world that is so technologically determined, do you think imagination gets lost or fuelled?

There has been talk about a digital dementia because kids are looking at screens too much which uses different parts of their brain. Typing and writing use contrasting parts of the brain and if kids are tuned into a screen, they get information from various places which their brains process differently. Kids have to decide between what is important and what is not.

Are books going out of fashion?

A few years ago there was this panic that books are going out of fashion but the children's book market in Australia is very



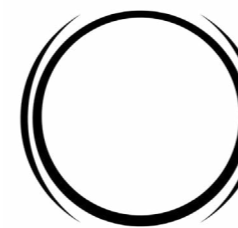
strong. I suppose in high school it drops down a bit because kids get busy. There are so many books around and so much choice that now you have the opportunity to download and read them online. I've been reading to my little grandson, he just relates to it so well, he started off flapping the book around and wanting to eat it but now he sits and is intrigued. Stories are very important, they are very important to cultures too, especially cultural stories people can relate too.

What does ‘Finding Your Treasure’ mean to you and what is your treasure?

A lot of kids will take this phrase literally but not all treasures are silver or gold. People can be treasures, pets can be treasures, food, friendship, loyalty, love, they are all treasures. They are the special things in your life that you really like. So I say to kids find something in your life that you really like doing, and keep doing it till you get good at it, then find a way to get paid for it, perfect life! I am following my own passion and I suppose that's my treasure.

You can book a workshop with Wendy at the Ku-ring-gai Art Centre - Roseville or catch her at the Sydney Story Factory.

Creative writing workshops at:
Where: Turrumurra Library
When: Thursday
 02 Aug 2018 at 4:00 PM -6:00 PM
 Thursday
 09 Aug 2018 at 4:00 PM -6:00 PM
Cost: free.



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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

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FINDING THE PERFECT OUTFIT

Isabella Ross



Cocktail Party

It is officially time to go beyond the conventional little black dress. Cocktail parties are a staple in any person's social calendar so having to purchase a new outfit for each occasion can become a strain on the wallet. Playing with coloured pieces that match your skin tone in the form of a dress or jumpsuit is the perfect way to stay on trend yet remain elegant. For this event don't be afraid to shop online, as cocktail attire is commonly inexpensive and therefore gives you the option to tailor the clothing if needed.

Formal

Purchasing a dress sooner rather than later is the best way to maximise your chance of having an original look, as there is nothing worse than showing up on the big night to discover a clone or two. This will also help you not break the bank balance, as specialty dress stores tend to raise their prices during the chaotic formal season. If you are willing to take the chance and if money is a concern there are numerous online social media groups selling used formal dresses for a fraction of the cost.

Wedding

One of the most important tips when shopping for an outfit for a wedding is to find out beforehand the colour of the bridesmaid's dresses. This will ultimately save you from the significant embarrassment of being consistently asked why you are not seated at the bridal party's table. For this event it is best to do some research to uncover the best deals available. For example, it sometimes ends up being cheaper to go in store, try something on and then purchase it online at a discount. Picking an outfit that isn't over the top is another must, as this will allow you to recycle the clothing pieces and just switch up the accessories and hair for a future event.

Baptism or religious event

When it comes to any religious celebration or event, etiquette remains a crucial component when deciding what to wear. So anything that is too low-cut or showy shouldn't be on the shopping list. Opting for a tasteful daytime dress with a shawl is ideal, as this outfit can be readily found at any department store and cater to any specific budget.

Channel your inner Great Gatsby at the Carrington Hotel

Set in the heart of Katoomba there are few places that can match the romance, elegance and charm of the heritage listed Carrington Hotel located in the iconic Blue Mountains National Park, two hours west of Sydney.

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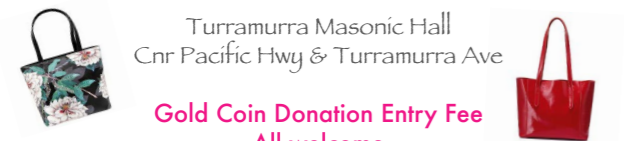
The Carrington's award winning Grand Dining Room is open for dinner Wednesday to Saturday nights from 6.30pm and Sunday afternoons for the Grand High Tea. Lunch is served on weekends from noon. Enjoy modern Australian cuisine, coupled with and extensive Australian wine list, in one of the last remaining Victorian Era Dining rooms in the country. Reservations are essential.



'A Day of Beautiful Things'

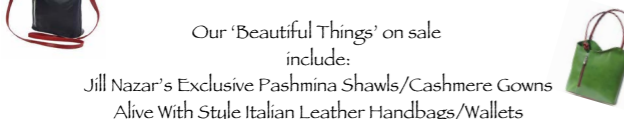
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Often it takes an artist's eye to find the perfect frame for a particular piece. Which is how Joe Bollen of MY FRAMER originally began his business.

An artist, graphic designer and Vexillologist (flag expert) Joe manages to combine his many artistic passions through the art works, flags, logos, banners and signs he retails from his Turrumurra studio. Restoration, conservation, consultation & installation.

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PREPPING YOUR SKIN FOR THE BIG EVENT

We all tend to focus on the make-up look for the big day, but the very important step of incorporating skincare techniques prior to an event cannot be underestimated. Ensuring your skin is in top condition, feeling relaxed, soothed and calm will not only help your make-up last longer, but help your skin recover after wearing make-up for a long period of time.



MASK

Treating yourself to a face mask is a great way to prep your skin and leave you feeling clean and refreshed. Srsly Honey has utilised the rich source of vitamins, antioxidants and flavonoids found in honey to create the perfect face mask. Containing a formulation of raw organic honey, bentonite clay, rose water, coconut oil and cinnamon, this mask leaves the skin healthy and glowing.

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PRIMER

Once you're ready to put make-up on, it's always a good idea to use primer, locking in the longevity of your make-up and mattifying the face in all the right places. The Magical Moringa Primer from LUSH works to soften and prime the face at the same time. The beautiful mattifying effect will leave your foundation lasting longer and your skin feeling smooth all day.

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MAGICAL MORINGA, \$44.95/55g

lush.com.au

How To Shop This Formal Season

Isabella Ross

Formal Season is officially nearing with most teenagers counting down the days until they can show off their unique style. Being an occasion where you are expected to be picture-perfect, a pinch of stress and uncertainty can often occur in the lead up to formal night. So here to provide some much needed aid is Sydney Observer, which has extensively researched the latest trends, tips and tricks to get you formal ready!

For every budget there is the perfect dress. In our contemporary world online shopping has diversified the market for formal dress purchasing and caters to those holding onto their purse strings a little tighter. Online fashion boutiques have dominated social media, with an extensive percentage of women now expanding their search digitally when on the hunt for a gown. Even Facebook has joined in on the craze, with a numerous amount of public groups dedicated to selling used dresses for a fraction of the original price.

Another formal dress shopping trend that has increased in popularity is renting a dress. Across Sydney's North Shore there are a range of formal boutiques that allow you to rent your gown for a cheaper sum overall. Dress For a Night is a shop where you can hire the dress of your dreams for four days. Their showroom in North Sydney has a range of designer labels on offer including Elle Zeitoune, Jadore, Camilla and Alex Perry.

For the majority of formal-goers the tradition of wearing long dresses to your Year 12 formal has remained resonant to this present day. If choosing to wear a floor length gown it is important to know that your shoes will not be on display. This will give you the opportunity to purchase heels that are comfortably practical and not on the basis they match your dress.

Some may think of their clutch as just an accessory but truthfully it will be your saving grace. Having a back up stash of makeup, whether it be powder, lipstick or concealer, is pivotal to ensuring your makeup stays fresh throughout the night. To end with our most important tip - organise everything with a fine toothcomb. Since the word formal has taken on somewhat of a stressful connotation, aim to organise and arrange all of the final details well before the big event. Booking appointments with salons, steaming drycleaners, makeup artists and transportation in advance will ease the anxiety and allow you to plan the day out chronologically.

In the end, your formal is all about having fun with your friends, wearing gorgeous gowns that make you feel glamorous and enjoying a fun-filled occasion. Staying true to your own individual style and exerting confidence will guarantee a formal night you will never forget!



Make your interior blossom this Spring

Isabella Ross

Soon it will be time to bid farewell to the gloomy chills of winter and embrace the rays of sunshine. With the change in weather comes a shift in interior design styles including colour palettes, textures, furnishings and décor. So it is now the time to invite the beauty of spring into your home by implementing this season's hottest trends.



Pops of Colour

With spring comes a vast array of pastels, floral hues and even crisp neutrals. As it's the season for creativity this is the perfect time to experiment with bold yet airy shades in the design of your interior. Colour has long been considered to reflect our aura and sense of energy. This trend completely comes down to personal interpretation so opt for a spring-inspired shade that echoes tranquillity. Whether it is painting the front door or incorporating statement cushions and embellishments it is simple to brighten up any living space.



Have a Green Thumb

Inviting gorgeous green foliage into the home is great when aiming to recreate the idyllic natural atmosphere of spring. Originality is key when it comes to design and plants. Try repurposing teacups, weaved baskets or glass jars as pot vessels. Create a terrarium of succulent varieties and floral cacti that will definitely become the showpiece of any table design. There's no excuse to give nature's beauty the cold shoulder so welcome leafy textures that will coerce your design to blossom blissfully.



Patterned Feature Tiles

Best used in kitchens and bathrooms feature tiles have become one of the most popular trends to take hold of the design world this year. An artsy touch to an otherwise modern space can ensure an ambience that looks comfortable rather than stiff and conventional. To comply with spring style opt for the colour palette mentioned previously and look for quirky geometric or paisley patterns. To elevate the design do not be afraid to mix and match tiles with other textiles such as wood panelling, limestone or marble.



A Touch of French Provincial

With an air of classic elegance French provincial décor has remained a popular style in interior design. Adding small accents of this trend is ideal whether it is a chesterfield, linen cushions, scalloped Parisian bed heads or any furniture with cabriole legs.



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THE BATTLE FOR AFFORDABLE HOUSING ON THE NORTHERN BEACHES

Isabella Ross

The Northern Beaches community has been left in disarray as a result of the continuing rebuttal between local council and the Urban Taskforce. The situation began as a result of council's decision to request a moratorium, or suspension, on the state government's Affordable Rental Housing Policy and Seniors or People with a Disability Policy. This came to the outrage of the Urban Taskforce, a property development industry group that represents Australia's most prominent property developers and equity financiers. Yet this uproar has left many scratching their heads in confusion, wondering whom to trust.

Urban Taskforce CEO Chris Johnson issued a statement in relation to the moratorium request, arguing that the decision represents a worrying trend in the build up of councils rejecting necessary planning policies.

"The state government has a responsibility to represent not only current voters but the next generation including those young families looking for affordable housing and the key workers who want to live near their workplace.

"The government must not accept the proposal to eliminate state government policies by the Northern Beaches Council as this is wrong in principle but could open the flood gate to 50 councils wanting to avoid responsibility to housing affordability."

However, Council did not welcome the Urban Taskforce's comments, instead urging the industry group to focus on the outcome for communities rather than profit driven development. Northern Beaches Council affirmed its commitment to sustainable, well-planned affordable housing and aimed to find long-term solutions, which the moratorium will provide.

"We know affordable housing has to be a priority for us. That's why Council has no choice but to call for a moratorium to ensure we can plan properly. It's unfortunate the Urban Taskforce has failed to do their research and recognise the planning the Council has already done – although we've come to expect it from this property developer lobbyist," argued Mayor Michael Regan.

At this stage it looks like Northern Beaches Council has won this war on words, pledging to echo the sentiments of the community and remain a leader crusading for housing affordability.



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Bring Country-Style To Your Garden

Isabella Ross

There is no denying the charming appeal of a country-style garden. With chirpy floral accents to classic patio seating areas, it's undeniable this design theme is effortlessly sublime. Regardless of your garden's size, here are just four ways that you can create a practical yet country style exterior with a modern twist.

Floral country classics include the colourful variety of roses, hydrangeas, lavender and daisies.

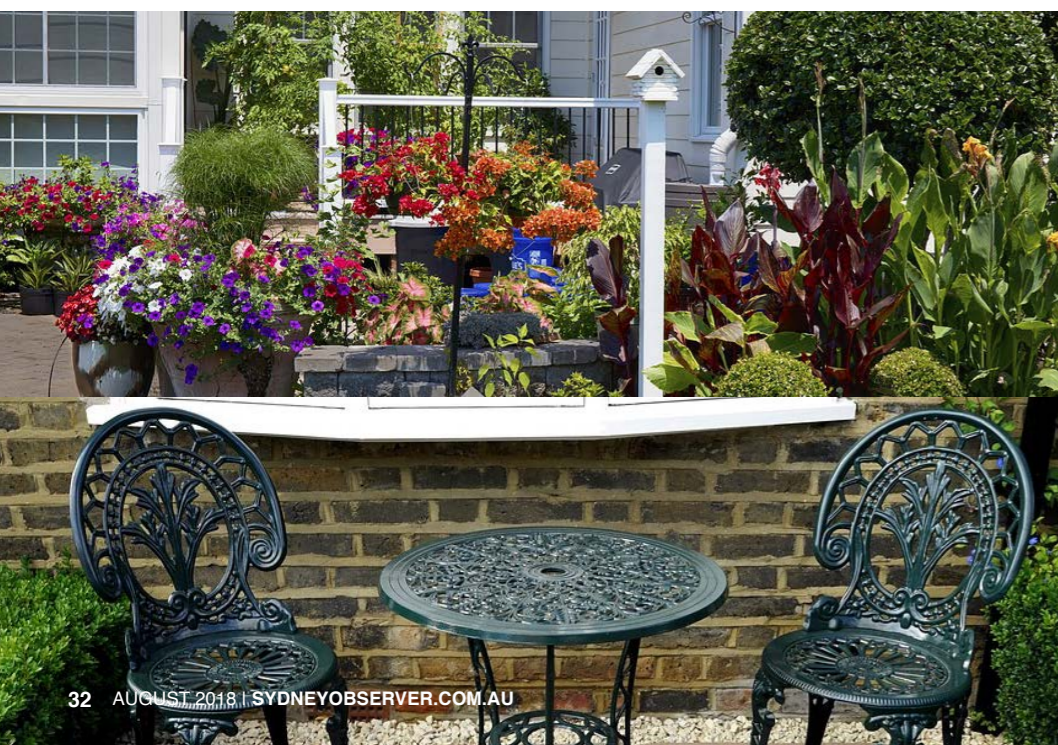
To modernise a traditional style and create a feature piece in your garden, plant a few young citrus trees in statement pots. If you are on a budget feel free to spruce up an old pot by giving it a fresh coat of paint in a hue that will compliment the space's colour scheme.

Designing a thoughtful space of solitude outdoors is an essential component of any country-style garden. To have a contemporary edge, purchase a quaint wrought iron chair set and paint it a modern colour, deep charcoal, lavender and teal are currently trending. Unifying with colour is the best way to enhance any design regardless of whether it is outdoors or indoors.

One of the most welcoming features of a country exterior is that when present in the space you feel as though you are in a private cottage oasis. There are multiple ways to recreate this privacy in your garden. The one-of-a-kind white picket fence is a styling staple that continues to remain resonant in contemporary design. However if fencing is not an option

consider using plants that will cater as a privacy screen. Visiting a local nursery for professional horticultural advice is best when looking to see which variety of evergreen hedging will best suit your soil and sunlight exposure.

Adding stylish elements of charming character to your garden will also echo a country-style sentiment. Examples include revamping an unused wheelbarrow into a flowerpot, adding fretwork to the outdoor awning or attaching a lattice screen with a flower creeper. Welcoming native fauna is also an excellent way to add life and movement in the garden. Birdbaths and feeders are country classics however if you have a decently sized exterior, perhaps opt for a unique koi fishpond.



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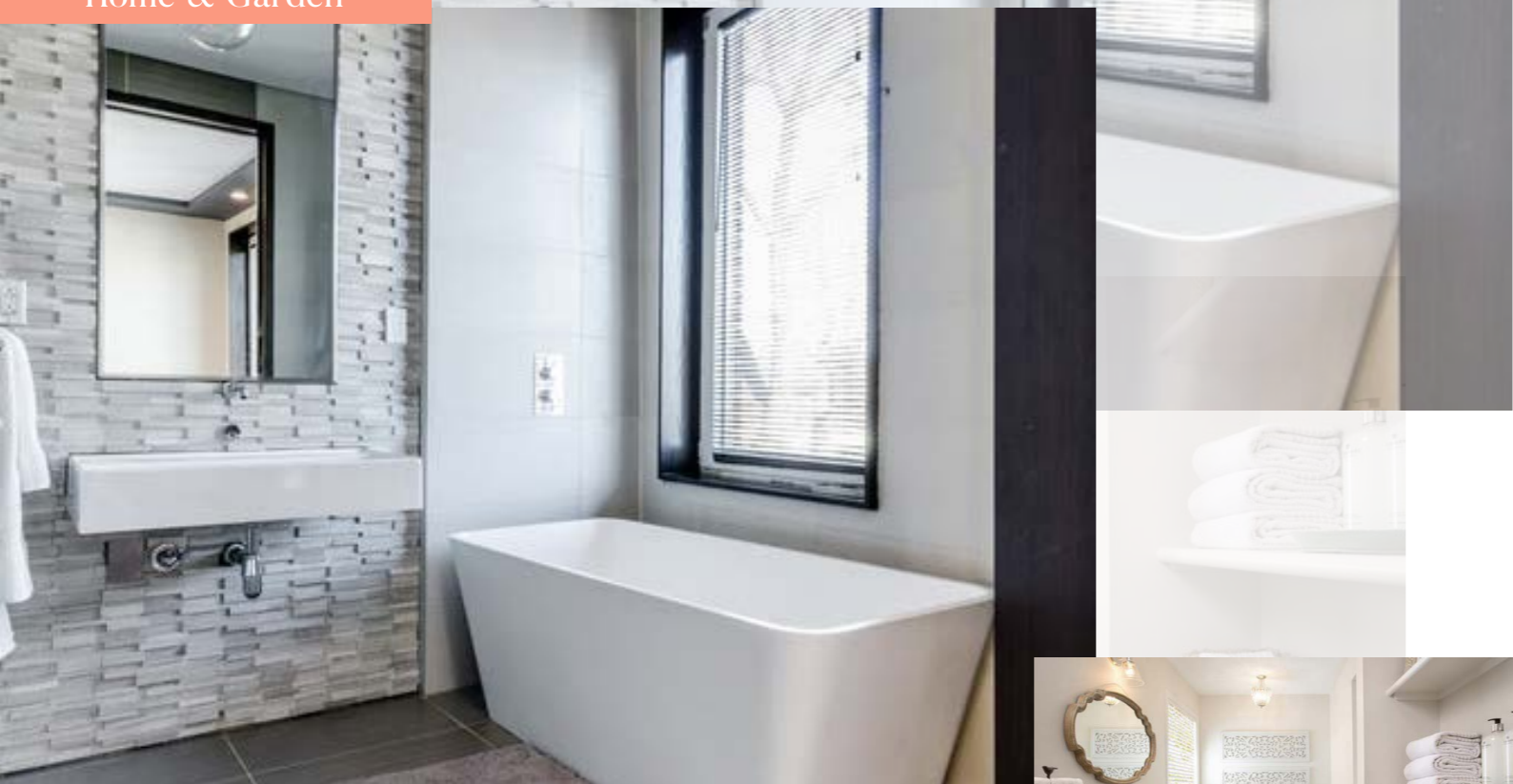
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How To Design A Feature Bathroom

Isabella Ross

There is no question that a good bathroom renovation can transform a dated old space into a showstopper. Revamping your bathroom can add tremendous value to your home, as it is one of the principle rooms that homebuyers expect to be modern and stylish. Yet when it comes to design it can be quite challenging to reflect a style that will suit the tastes of any future owners and remain contemporary over the course of time.

Ray White Double Bay sales agent Evan Williams spoke with Sydney Observer to offer first-hand advice regarding what homebuyers are currently looking for when it comes to bathrooms.

“Adding personalised touches to your bathroom can turn a practical space into a main feature. A bathroom can become a showpiece of a home. For example we are selling a bespoke art deco apartment in North Bondi and the vendors have incorporated a rainwater showerhead with a touch of herringbone-patterned tiles. All of a sudden you have created a symphony of style and perfect symmetry in the home.”

Niches have become a necessary design element in bathrooms recently. These recess boxes often situated within showers walls are both practical for everyday functionality and can be implemented as a feature piece with a statement tile. Size and storage are also key objectives that homebuyers are looking for when it comes to bathroom design. Whether it's a large family, couple, flatmates or singles looking to purchase, storage is a practicality needed for all.

“Buyers who are upsizing from an apartment to a house expect to not only see an increase in the number of bedrooms but also see it as a necessity now to have a second and potentially also a

third. Neutral bathrooms are by far the preference but touches of colour in feature tiles and marble bench tops certainly raise the bar,” said Director of local real estate agency Savills, Charles Caravouanos.

When it comes to trends the longitude of the phase can be uncertain. If bold colours are up your alley than choose to style with colourful towels, soap dispensers and bath mats. By doing so you could potentially save a considerable amount of money in the future by not having to replace those black fixtures and tapwear that were only in fashion temporarily. Neutral tiles, fixtures and cupboards that are key to certifying the design of your bathroom will remain classically current for years to come.

Well-known bathroom supply store Rogerseller has echoed this sentiment, with brand manager Tanya Sharpe suggesting customers should look for enduring versatility rather than seasonal trends.

“Selecting timeless products in terms of both the design aesthetic as well as high quality from our showroom in Waterloo will ensure a lifetime of love for your bathroom. Another design secret is simplicity. Chose one hero feature, for example a freestanding bath, feature tile, or timber cabinetry rather than over designing a space to appear mix-matched.”



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LEMON WATER: FRIEND OR FOE?



Lemon water is an increasingly popular drink amongst celebrities and health conscious people looking to add to their detox diet. Lemon water has been suggested to aid digestion, flush toxins from the Liver, improve indigestion as well as help with weight loss.

However, from a dental point of view, lemon water may be doing more harm than good. Lemon juice is particularly acidic, having a pH of between 2-3. At this level of acidity, the lemon water will lead to erosion of the tooth enamel. The added temperature of drinking hot lemon juice will further exacerbate the erosion, as erosion increases with temperature.

Lemon water is not the only cause of dental erosion. Sports drinks are also

responsible for increased amounts of dental erosion.

We are certainly seeing more cases of erosion appear, particularly in the early adult age group, as well as the regular gym goers.

Athletes often use a high carbohydrate diet, including sports drinks and sports bars during training. These have the ability to lower the pH in the mouth into the acidic range causing dental erosion and decay.

Sports drinks were originally developed to improve hydration and performance in athletes taking part in intense or endurance sporting events. They contain high levels of carbohydrates (sugars), salt, and citric acid. Combined, these ingredients create the potential for dental disease such as decay as well as erosion.

During sport, our mouths become dry from dehydration as the level of saliva production reduces. Saliva is a natural buffer to acid in the mouth. Without saliva the acid

drinks will erode the teeth. Finally, the sweet sugary component of sports drinks will increase the rate of decay as the tooth is already being demineralised and broken down by the acid.

Studies have shown up to 55 per cent of athletes had tooth decay, while other studies suggest that dental erosion is also on the rise in children and adolescents.

Damage caused by erosion and decay may require extensive dental rehabilitation to restore normal tooth function and aesthetics.

Preventive measures and early diagnosis by your dentist will, as always, help to minimise damage of dental disease.



Dr Ian Sweeney
northsidedental.com.au

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

HEALTH CORNER

Isabella Ross



Kombucha

Arguably the most popular trend to sweep across the globe in 2018, Kombucha is well known for its ability to improve gut health. Made commonly from black tea and natural sugars, Kombucha is a fermented drink, which means it creates healthy bacteria that can aid your digestive system. Contrary to popular ideology, Kombucha is a non-alcoholic beverage, as it contains no more than 0.5 per cent of alcohol per the national standards for fermented drinks. Initially the drink was only popular in hipster cafes, however now that its health benefits have been revealed Kombucha is now readily available on supermarket shelves.



Charcoal

Taking over the beauty industry, activated charcoal has been increasing in popularity this year. Once treated with oxygen, activated charcoal acts like a magnet to absorb all the dirt and oil from our skin, and even draw out stains and plaque when used in a toothpaste formula. Another benefit of this clever carbon substance is that it can rid unnecessary grease and impurities from your hair, therefore resulting in a healthier scalp and faster hair growth. With a range of beauty products on the market offering this trendy ingredient now is the time to try the detoxifying genius of charcoal.



Essential Oils

Described as nature's gifts, essential oils have been used for centuries in daily health regimes. But recently, they have been saturating the internet and jumped on the natural wellness bandwagon. These oils have been credited to boost immunity, relieve stress and even assist in digestion whilst continuing to have its trademark aromatic compounds. Another positive about these miracle potions is that they can be used in a range of formulas including lotions, perfumes, exfoliants, ointments and even hair masks. With tea tree oil known to treat acne-prone skin and lavender oil for alleviating tension, it is evident that essential oils make a perfect supplement for everyone's health routines.

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Daffodil Day: A National Symbol of Hope

It is the sombre but realistic fact that everyone knows someone affected by cancer. The 24th of August is Daffodil Day, one of the biggest events run by Cancer Council Australia. The event aims to raise awareness and much-needed donations for cancer research, prevention, advocacy and support services. Now in its 32nd year, Daffodil Day has become one of the largest merchandise fundraising events in the Southern Hemisphere.

CEO of Cancer Council Australia, Professor Sanchia Aranda, urges all Australians to get involved and help raise necessary funds.

“We are so fortunate to have the support from the community that we do. It enables us to continue our work and it’s vitally important that those affected can access suitable services when they are needed.”

Volunteer efforts are the predominant way to get involved in this worthy cause with over 50 sites in Sydney’s metropolitan area offering volunteer opportunities. Some of the locations situated within Sydney’s North Shore include Gordon Centre, Royal

North Shore Hospital, North Sydney Train Station and Hornsby Centre. With the option to collect donations, sell fresh daffodils and merchandise for cancer research there is an abundance of ways to offer your time for an important cause.

If time has got the best of you and volunteering isn’t a possibility, donating or purchasing merchandise at your local shopping centre or train station is still another way to express your care.

\$20 will help Cancer Council protect children from potentially harmful sun exposure through their SunSmart school program. \$50 can go towards making sure there is a cancer specialist nurse available to offer information and emotional support to callers. This highlights the significance of a small donation so everything is appreciated.

If you are passionate about supporting the charitable work of the Cancer Council or a loved one affected by the dreaded disease volunteer or donate this Daffodil Day.

To get involved or for more information visit:

<https://www.daffodilday.com.au/chooseyourstate/>



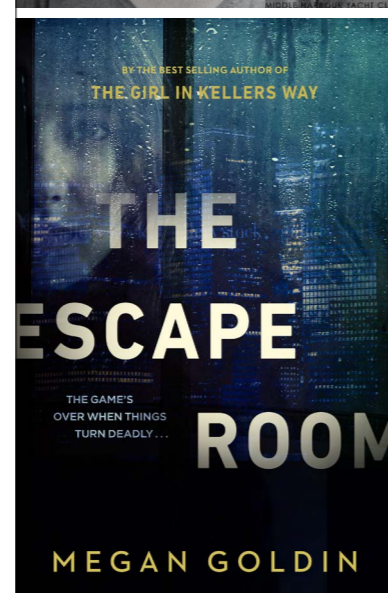
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Arthritis and Tai Chi Rejimon Punchayil

Arthritis is Australia’s major cause of disability and pain. Winter is a time when sufferers of arthritis face the most challenge. Every simple task looks daunting. Independence comes with mobility and our ability to conduct our daily chores with least dependence on others. Simple solutions like a pick-up-reacher, a key turner, a jar opener or a tap turner can make a huge difference. The enhanced independence feeds our self worth and self-esteem.

It may be worth considering options in addition to medication to alleviate the inconveniences or sheer pain inflicted by Arthritis during this winter. There are many natural remedies and

exercises. Dr Paul Lam, Director, Tai Chi for Health Institute speaks about how Tai Chi can help to deal with Arthritis.

Products as innovative and indispensable as Tap Turners, Jar Openers, or as essential as Sock Aid, can make a challenging task a simple one for arthritis sufferers. Arthritis gloves of various types can be a great relief during this season. It is good to know that there is a range of cutlery that can assist a person who is experiencing difficulties at the dining table. Likewise, there are pressure care products like the simple seat cushion, seat wedge or a back support. You can find more information on these solutions at www.comfortdiscovered.com

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AUGUST HOTSPOTS

Isabella Ross

Stanley Street Café



Just a stone's throw away from the bustling laneways of St Ives shopping village is the community-loved breakfast spot Stanley Street Café. A classic Australian style menu with a Middle Eastern twist, the suburban café is perfect for the avid brunch enthusiast. Two of the crowd favourites continue to be the Phoenician eggs with hummus and Lebanese pita along with the Smashed Avocado. Boasting an edgy interior with an impressive mural of a pug dog drinking an espresso, Stanley Street Café is a quaint place for all walks of life to enjoy.

[facebook.com/stanleystcafe](https://www.facebook.com/stanleystcafe)

Two Months of Tequila



The home of tequila this season is the Four Season's Grain Bar, where cocktail aficionados can celebrate the South American regional spirit. Masterclasses and bar takeovers will be on offer, including the ultimate fiesta to mark the end of the celebration where you will find Mexican food, décor and even a Mariachi band! With a range of activities to warm the soul there is no excuse to bring your friends and sombreros and get ready to toast in style to the end of the season's winter blues. Booking is essential to make sure you don't miss your ticket for the tequila train running from 12 July – 31 August.

[grainbar.com.au/news/twomonthsoftequila](https://www.grainbar.com.au/news/twomonthsoftequila)

Italian Food and Wine Festival



Your Italian adventure awaits! The much anticipated Italian Food and Wine Festival is back this August to celebrate the iconic flavours and delicacies of Italy. Coming to Sydney on the 26th the festival will include cooking demonstrations, pop up restaurants, wine bars, live music and food tasting stalls. A kids play area and spectacular pizza acrobatics performance will be on offer to keep the kids amused while parents can enjoy themselves. Fun for the whole family, this is an event not to be missed so opt to book sooner rather than later as this ticketed affair is red hot.

[italianwinefoodfestival.com.au](https://www.italianwinefoodfestival.com.au)

The Newport



Recently revamped, The Newport has been masterfully created into a contemporary outdoor eatery with photo opportunities available at every corner. There is something to please every patron's taste buds, including a pizzeria, burger shack and seafood shed throughout the waterfront beer garden. Also to the delights of cocktail lovers there is an extensive beverage list that includes craft beer on tap, artisan margaritas and even flutes of bubbly. Now classified as the Northern Beaches go-to, this venue is perfect for any occasion, whether it be a Sunday Brunch, Kid's Birthday or Happy Hour with the girls.

[merivale.com/venues/thenewport](https://www.merivale.com/venues/thenewport)

Pork and Prawn Wontons

INGREDIENTS: Wontons

"This is a recipe by John Ross, a professional executive chef with over 30 years of experience."

- 200 grams of lean pork mince
- 100 grams of raw prawn meat
- 20 grams of grated fresh ginger
- ¼ bunch spring onion
- ¼ bunch of coriander
- 2 tsp. of sesame oil
- 2 tsp. of fish sauce
- Large pinch of black pepper
- Large pinch of salt
- 1 packet wonton wrappers- readily available from local Asian grocery



Dipping Sauce

- Light soy sauce
- Red Chilli

METHOD

1. Chop and finely dice the prawn meat and then mix it in with the pork mince in a large bowl.
2. Wash the coriander and spring onions in cold water and then dry between kitchen paper.
3. Finely slice the white part of the spring onion on an angle, and then finely chop the roots of the coriander. Chop the coriander leaves roughly. Add this to the pork and prawn mixture.
4. Add the grated ginger, salt, pepper, fish sauce and sesame oil to the bowl, mix thoroughly and then cover with glad wrap. Leave this in the fridge for 30 minutes to ensure the flavours marinate and mix.
5. To check the taste of the mixture, fry a small piece in a small sized frying pan and adjust the flavour desired to your taste if needed, with salt, pepper or chilli.
6. To assemble a wonton, place a wonton wrapper on the bench and add a tsp. of the mixture in the middle. Use a pastry brush and wet one side of the wrapper with room temperature warm water. Proceed to then fold it over on a diagonal. Make sure there are no air pockets.
7. Steam wontons for 10 minutes.
8. For the sauce, combine a small amount of light soy, the green part of the spring onion finely diced and chopped chilli into a separate small dipping bowl.
9. Serve and enjoy.

The Hunter Valley's favourite Spring music festival returns!

Adrian Buckley

About an hour from Wahroonga lies the picturesque village of Wollombi, often referred to as the gateway to the Hunter Valley. For 9 years the Wollombi Music Festival has all but kicked off the Spring/Summer festival season and this year they've expanded to 2 nights at their stunning Cranky Rock site.

An eclectic mix of musical genres including blues, roots, funk and soul, there is enough great music on their two stages to get excited about, but when you add in free camping, burlesque and

magic, a designated 'Mini Wollombi' for the kids plus artisan markets and gourmet food trucks you're really talking about a great weekend away in the countryside.

Wollombi Music Festival runs across Friday and Saturday, September 21 and 22. Tickets are priced between \$110 and \$150 with Kids 12 and Under free.

Go to www.wollombimusicfestival.com.au for all the details.



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What's on in Macarthur

Isabella Ross

Glenalvon House



One of the oldest homesteads in the historic Macarthur region, Glenalvon House is a site of historic grandeur and architecture. The property will be opening its doors exclusively to the public this month, offering free entry to all who come and wish to explore the majesty of the 177-year old Georgian house. Described by the National Trust as 'an exceptional two-storied sandstone home of colonial design' the picturesque site will be available to the public on the 6th, 11th and 25th August. Perfect for families and seniors, this destination is sure not to be missed when exploring the serene region of Macarthur.

Camden Fresh Produce Market



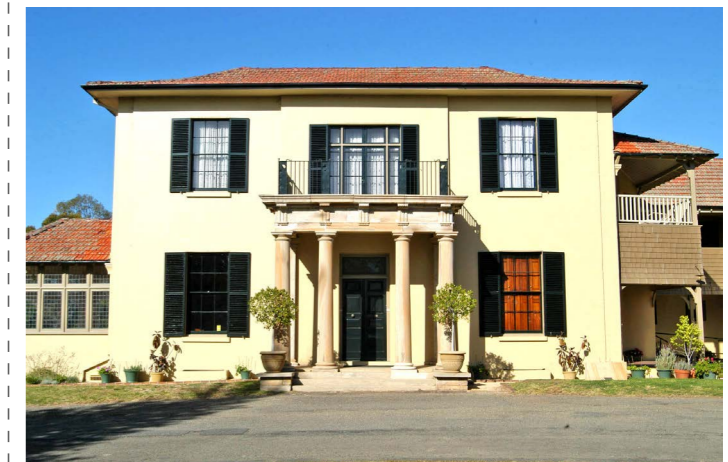
Arguably one of the most authentic farmers markets available in Macarthur, this market ensures that stall owners sell products direct from the farm or kitchen without any wholesale involvement. With a wide variety of artisan goods available including fresh flowers, jams, organic produce and tasty treats there is always something on offer to please all. Located in Camden's Town Farm every Saturday, the market boasts an amazing view of the countryside, so come along and stroll along the stalls to uncover some exquisitely fresh produce.

Dharawal National Park Guided Tour



A special guided tour is the perfect way to immerse yourself in the picturesque landscape of the Dharawal National Park. In celebration of National Science Week, Dr Rowena Morris, a geomorphologist who is also the local Dharawal ranger, will be leading the guided tour and discussing some of the current challenges affecting the local environment. To uncover pristine waterholes, marvel at spectacular lookout platforms and waterfalls book online for the event being held on 18th August.

Wivenhoe House



Another iconic property for history buffs to visit when in the area is Wivenhoe House, one of Macarthur's oldest mansions. One of the most impressive features of the site is the Wivenhoe Wine Cellar that extends under the entirety of the main building. Still used to this day, the cellar holds some of Macarthur's best drops from local wineries in the region. A guided tour of the house available only on the 5th August will allow guests to glimpse into the architecture of the bygone era and look at period photographs and artefacts.

For more information on any of the events listed visit: <http://www.macarthur.com.au/>

HEAVENLY HAWAII THE PLACES TO GO

Isabella Ross

A bustling city with rich culture, Honolulu, Hawaii is a destination of tropical glamour. Marketed to all walks of life, this oceanic paradise is idyllic for families, seniors, backpackers and even honeymooners. With the island being home to some of the most magnificent coastal sceneries and cosmopolitan delights, Hawaii should definitely be on any traveller's list. So here is a guide of Honolulu's highlights.

Parasailing

To get your adrenaline pumping and capture a panoramic view of Honolulu's shoreline book for a parasailing adventure. Even though it may sound daunting the 1000ft line is the best option to choose when parasailing to make sure you get your money's worth.

For prices and further information visit hawaiianparasail.com



Pearl Harbour Memorial

For those avid history buffs, the USS Arizona Pearl Harbour Memorial will be high on the list when travelling through Oahu. Taking a tour is the easiest way to experience the memorial site and gain insight into Hawaii's military history.



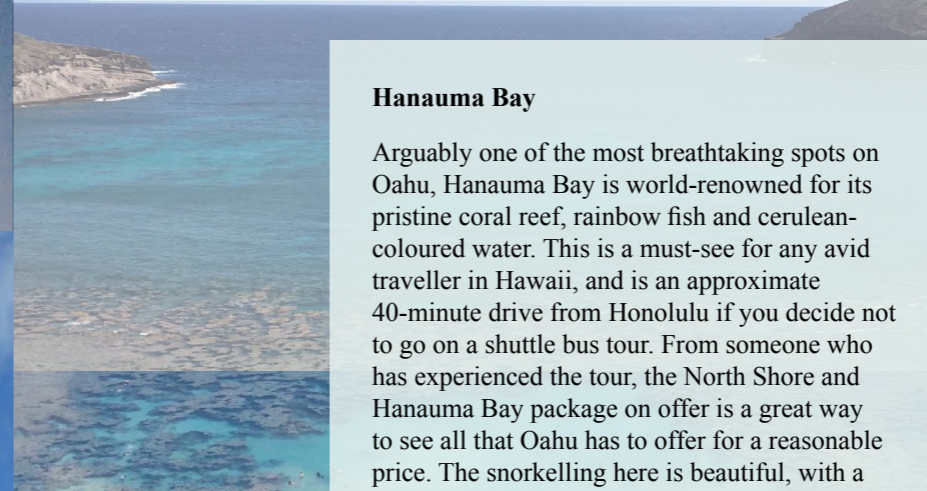
Shop til you drop!

Honolulu is well known for its Ala Mona shopping centre that boasts some of your favourite outlets and designer brands. Waikiki's main drag is also home to some popular US stores such as Nordstrom and Macy's. Just make sure to wear comfortable shoes, as you will definitely be in no hurry to leave once the discounts surface.

Hanauma Bay

Arguably one of the most breathtaking spots on Oahu, Hanauma Bay is world-renowned for its pristine coral reef, rainbow fish and cerulean-coloured water. This is a must-see for any avid traveller in Hawaii, and is an approximate 40-minute drive from Honolulu if you decide not to go on a shuttle bus tour. From someone who has experienced the tour, the North Shore and Hanauma Bay package on offer is a great way to see all that Oahu has to offer for a reasonable price. The snorkelling here is beautiful, with a plethora of marine life calling the bay home.

For more information on the tour and bay itself visit hanaumabaystatepark.com



Paddle Board

If surfing is not your thing give paddle boarding a go. With the option of either standing on the board or sitting on your knees, beginners can try the leisure activity as well. Waikiki Beach on Honolulu's shoreline has several huts where you can hire a board and explore the oceanic delights.

Diamond Head

For exercise enthusiasts who love a good scenic walk look no further than the Diamond Head hike. The walk may appear daunting but in reality the approximated time is 40 – 60 minutes to reach the 760-foot summit. When you get to the top you can witness the amazing 360-degree view of Honolulu's surroundings.



PSYCHIC CHILDREN

Psyhic children have their gifts for a reason and it is not an accident. As part of their spiritual contract they signed up for in spirit, they are here on earth with unique purposes and missions to create change, manifest blessings and help restore the energy of love and peace on the planet. Many have a profound ability to bring healing to others as well, both spiritually, mentally and physically and we are seeing this more and more as this is becoming increasingly part of the norm. They may share messages from the other side, or simply complete this work through their vibration of love, light, and their joyful presence in the moment.



Kerrie Erwin, Psychic and Medium

HOW TO RECONISE

As we go through the changes on our planet, more and more children that are different are being born. Some of these children have what we call Rainbow, Indigo and Crystal energies.

Rainbow: These children are entirely fearless and are often called little avatars. They are also claimed to only be here to give, provided they are already at their spiritual peak. They are also known as the "Star children".

Crystal children: Deeply gifted individuals with soulful eyes and a soft calling energy. These children are extremely sensitive and very intuitive.

Indigo children: Indigo children are usually old souls, are very driven, stubborn and seem to answer to a higher calling.

For those of us who can see auras these children have a purple halo around the top of their head.

They may also be:

- Highly sensitive, physically and emotionally to other people, places or things.
- Have a heightened awareness, intelligence, an incredible imagination and are generally very creative in every way.
- Demanding and challenging.
- Prone to nightmares or vivid dreams that seem real.
- Known to speak about things they would never be able to even understand or know about, including deceased loved ones and certain things about people and past lives.
- Described as not having a filter.
- Suffering from anxiety or have headaches.
- Generally feeling like they do not fit in and are often bullied by other children who describe them as weird.
- Are able to see auras and are generally very inquisitive.

WAYS TO HELP YOUR PSYCHIC CHILD

As parents we must learn to listen to what they have to say and to believe them, even though it may seem extraordinary. In their eyes, what they see is very real. We need to teach them that they will be okay if they talk to us about these matters. Teach your psychic child to harness their abilities and learn to focus them in positive directions.

- If they are having spirit visitations in the night, encourage them to have a night-light on. This will generally deter any spirit that may be around, as spirits generally like to creep around in the night.

- Teach them how to imagine a beautiful white light around them like a protective cocoon. The white light is connected to the Christ consciousness energy and is the most powerful energy in the universe as it is pure, unconditional love. I still use this all the time, to protect my home, my car, my kids and myself wherever I am. It works if you believe.

- Watch their diet for hidden sugars, as these are not helpful for their general wellbeing. Too much sugar in the blood will make them even more overactive than what they already are and it will be difficult for them to concentrate, not feel irritated, focused, out of sorts and imbalanced.

- Teach them the art of meditation. This can be done with a tape, CD or video they can listen to. You can also buy special CD's, programmed for confidence and encouraging them to have a healthy mind and positive outlook in life through the subconscious mind. If this doesn't work find a meditation class for young children so they can learn to listen to their own guides and inner voice.

- I always encourage crystals for children as well as they generate beautiful energies, like rose quartz, which is especially good in the bedroom.

- Martial arts, yoga and tai chi are excellent as well as it will center and ground their energies.

PROTECTION / WHITE LIGHT EXERCISE

Gently close your eyes and imagine white energy of pure love pouring in through the top of your head and coming down into your body.

You may begin to feel a warm sensation or type of tingling on your skin.

Imagine yourself gently wrapping this pure energy or light around your entire body. This will last for as long as you want throughout the day.

When you go to sleep at night, mentally wrap it around your bed and room so that nothing can penetrate its energy.

Whenever you are out, or are around toxic people, imagine the white light coming out of your finger.

Use it to protect your loved ones, and anything you want. It is simple and free and always works no matter how many times you use it.



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



WHAT'S ON AUGUST

2 – 6 August

Sydney International Boat Show

- 📍 International Convention Centre Darling Harbour
- 🕒 10am – 7pm
- 💰 From \$22
- 🌐 sydneyboatshow.com.au

4 August

Royal Randwick Race Day

- 📍 Royal Randwick Racecourse
- 🕒 TBC
- 💰 From \$12
- 🌐 australianurfclub.com.au/royal-randwick

4 August

Mosman Market

- 📍 Mosman Square and Village Green
- 🕒 8am – 3pm
- 💰 Free
- 🌐 mosman.nsw.gov.au/recreation/markets

12 August

City2Surf Fun Run

- 📍 Hyde Park
- 🕒 Various times
- 💰 From \$77
- 🌐 city2surf.com.au

Until 15 August

Festival of Truffles

- 📍 Mode Kitchen and Bar, George Street
- 🕒 Various times
- 💰 From \$90
- 🌐 modekitchenandbar.com.au/truffle

17 August

Homegrown Herbal Tea Workshop

- 📍 Dougherty Community Centre Chatswood
- 🕒 11am – 1pm
- 💰 Free
- 🌐 willoughby.nsw.gov.au

18 August

Vintage Preloved Fashion Market

- 📍 Marrickville Town Hall
- 🕒 10am – 3pm
- 💰 \$2 Entry fee
- 🌐 roundshegoes.com.au

Until 25 August

Bottomless Brunch at The Royal

- 📍 The Royal Hotel Paddington
- 🕒 11am – 1pm every Saturday
- 💰 From \$70
- 🌐 royalhotel.com.au/winter-bottomless-brunch

26 August

Italian Food and Wine Festival

- 📍 Australian Technology Park Eveleigh
- 🕒 10am – 6:30pm
- 💰 From \$30
- 🌐 italianwinefoodfestival.com.au/sydney/sydney-tickets

From 29 August

Jersey Boys The Musical

- 📍 Capitol Theatre
- 🕒 Various times
- 💰 From \$110
- 🌐 capitoltheatre.com.au/jersey-boys

Every Wednesday

Turrumurra Fresh Produce and Gourmet Market

- 📍 Karuah Park Turrumurra
- 🕒 8am – 1pm
- 💰 Free
- 🌐 facebook.com/turraproduce

Throughout August

John Mawurndjil Indigenous Art Exhibition

- 📍 Museum of Contemporary Art
- 🕒 10am – 5pm daily
- 💰 Free
- 🌐 mca.com.au/artists-works/exhibitions/john-mawurndjil-i-am-the-old-and-the-new



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AUGUST HOROSCOPES



Glenne Clifford, Astrologer
facebook.com/astroangelinsights

Leo

(July 24- August 23)

The Eclipses have been illuminating your sign since February 2017. This has likely caused significant changes around your personal life and relationships. The New Moon Eclipse on the 11th is again illuminating your sign helping you to focus on putting yourself first, looking after your body, mind and spirit.

Scorpio

(October 24 – November 22)

You have a chance to tie up loose ends around home and family matters, this may see you needing to communicate effectively and get to the bottom of any concerns. Fresh new beginnings are possible regarding career and your public reputation at this New Moon Eclipse on the 11th.

Aquarius

(January 21 – February 19)

Relationships have been a strong theme since February 2017 with the eclipses travelling through your sign. There's a chance to rework, redo where love is concerned and with the New Moon Eclipse on the 11th in your sign, this can bring fresh starts and new beginnings or endings.

Taurus

(April 21-May 21)

Impending change has been prominent in your life since May use this period to pause and reflect on what this means. The New Moon Eclipse on the 11th can bring fresh beginnings and shakeups around home and family which can see a move, renovations and changes for you on the personal and domestic front.

Virgo

(August 24-September 23)

Secrets and all things hidden can be revealed this month so tap into the recesses of your mind through journaling, hypnotherapy or past life regression. Take some time to withdraw and retreat and allow time to rest and meditate. Dreams can be extra potent for connecting with your higher self.

Sagittarius

(November 23 – December 21)

The first half of the month may see you quieter than normal; you may be processing thoughts and ideas rather than verbally expressing them. Sagittarians are the gypsies of the zodiac and the New Moon Eclipse on the 11th can open your mind to new adventures through travel and learning.

Pisces

(February 20 – March 20)

The Full Moon in your sign on the 26th illuminates the need to find a balance between your own wants and needs and your partners. Work and daily routines may need to be reassessed, and the New Moon Eclipse on the 11th can be ideal for making improvements around health and diet.

Gemini

(May 22 – June 22)

This can be a great period to catch up on all paperwork, emails, and phone calls. Possible delays with transport and if travelling; double check all the details until after the 20th. A time to find your voice and speak your truth with the New Moon Eclipse on the 11th.

Libra

(September 24 – October 23)

Your ruling planet Venus turns on the charm in your sign; this may find you irresistible to others and find you seeking pleasure through your relationships. There could be stress and tension and extra responsibilities with family members and around your living situation on the 10th and 27th.

Capricorn

(December 22 – January 20)

Capricorns don't shy away from difficulties and staying committed to their long term goals, you have the resolve to go over plans and rework them. Great period to look at finances and any joint projects as new opportunities and lucky breaks may be on the cards over the coming 6 months.

Aries

(March 21-April 20)

This is an ideal period to revisit and rework finances and friendships. New beginnings are possible with a creative endeavour or bringing some fun and pleasure into your life with the New Moon Eclipse on the 11th. Second chances and missed opportunities regarding career may come back around mid month.

Cancer

(June 23-July 23)

The New Moon Eclipse in your cash zone on the 11th is great for financial opportunities, new sources of income or unearthing some of your talents over the next 6 months. Beautifying your home and creating a soothing tranquil environment can bring some peace and harmony into your life.



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