


FREE - PLEASE TAKE A COPY JUNE 2019

SYDNEYOBSERVER.COM

 Sydney Observer

Sydney Observer

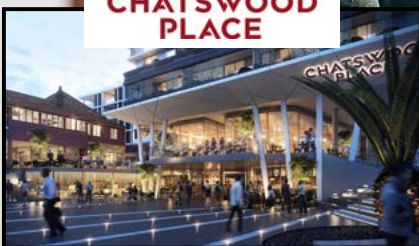
Culinary Queen

Justine Schofield

How to Create
a Winter
Wonderland

Stay Forever
Young with
Yoga

THE MIX
— AT —
CHATSWOOD
PLACE



**UNLEASHED EVENT IS NOW
ON AT ALTO JAGUAR**



**MAIN EVENT IS NOW ON
AT ALTO LAND ROVER**



ABOVE & BEYOND



**WITH SAVINGS EQUIVALENT TO THE GST ON
SELECTED MODELS ACROSS THE JAGUAR RANGE.**

**WITH SAVINGS EQUIVALENT TO THE GST ON SELECTED
MODELS ACROSS THE LAND ROVER RANGE.**

With exceptional savings on selected vehicles there's never been a better time to experience the iconic design, breath-taking luxury and pulse-racing performance of a Jaguar.

With exceptional savings on selected vehicles there's never been a better time to experience the unrivalled capability, refined luxury and thoughtful design of a Land Rover.

Available for a strictly limited time only, so get in quick. Purchase a vehicle from Alto Jaguar today to receive a complementary 5 year service plan.

Available for a strictly limited time only, so get in quick. Purchase a vehicle from Alto Land Rover today to receive a complementary 5 year service plan.

ALTO JAGUAR

405 Pacific Highway,
Artarmon, NSW 2064
Tel: 8817 7899

<https://retailers.jaguar.com.au/alto>

ALTO LAND ROVER

405 Pacific Highway,
Artarmon, NSW 2064
Tel: 8817 7899

<https://retailers.landrover.com.au/alto>

THE ART OF PERFORMANCE

Conditions Apply: Selected vehicles sold and delivered 01/06/19-30/06/19 while stocks last. Excludes 20MY vehicles and I-pace. For more information on 5 year service plan please visit <https://www.jaguar.com.au/ownership/serviceplans.html>.

Conditions Apply: Offer applies to selected new and demonstrator Land Rover vehicles sold and delivered between 01/06/19 and 30/06/19 while stocks last. Excludes 20MY vehicles. Land Rover reserves the right to extend any offer. For more information on Service Plans please visit <https://www.landrover.com.au/vehicles/service-plans/land-rover-service-plans.html>

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

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

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

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

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

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

This comes naturally to Len Wallis Audio.

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

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



CONTENTS

- 8. Local News
- 13. Winter Special
- 16. Yulefest
- 18. Profile
- 20. Education
- 24. Wairoonga Special
- 29. Home & Garden
- 33. Seniors
- 38. Wellbeing
- 42. Food & Wine
- 44. What's On
- 48. Kids Corner
- 50. Clairvoyant

FROM THE EDITOR

The leaves have officially fallen and the season of snuggles is here. This June, *Sydney Observer* is filled with creative ideas that will bring comfort and warmth to your homes, meals and hearts.

This month, our Local News section has a special feature, where we showcase the stylish selection of restaurants at The Mix at Chatswood Place. With exclusive offers for our readers, this will be your new favourite foodie hub (13).

Our Home and Garden section features tips and tricks on how to create a winter wonderland (30), and we will also help you make a statement with your front entrance (32).

The Senior's section will encourage you to sit down for your health with chair yoga (34), while our Health Corner has quick and easy ideas to make you feel fit and fabulous (36).

The Food and Wine section features one pot wonder winter meals and as always, our What's On section is filled with a variety of ideas and activities that will have your weekend plans sorted (44).

So grab a hot chocolate, a cosy blanket and enjoy our June issue.



Hannah

PUBLISHED BY: Kamdha Pty. Ltd.

EDITOR: Hannah Prasad
(editor@kamdha.com)

JOURNALIST: Isabella Ross

CONTRIBUTORS: Tita Smith, Lewis Godwin, Dr. Ian Sweeney, Kerrie Erwin, John Ross, Tanya Sandoe, Rejimon Punchayil, Dr. Sue Ferguson, Sarah Wainwright.

DESIGNER: Frederico S. M. de Carvalho

BOOKING DEADLINE: 15th of the month

PHONE: (02) 9884 8699

ADDRESS: PO Box 420, Killara NSW 2071



Cover photo by Rob Palmer



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

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

Home, Commercial and Bulk Delivery

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

MID-YEAR SUPER SALE

Your bathroom heroes are coming to the rescue with unrivalled choice and value on an incredible range of bathroomware, from tapware and toilets, to baths and basins, vanities, showers and more. Visit our Crows Nest gallery today.

UP TO **60% OFF***

Thermorail 12 Volt Heated Vertical Bar 900mm **15% off** 10 year warranty

Star Twin Exposed Rail Shower System **22% off** 15 year warranty

Milano 600 Vanity with Caesarstone Top **over 60% off** White stocks last

Positano Freestanding Lucite Bath **15% off** 25 year warranty



BATHROOMWARE HOUSE

Crows Nest | 188 Willoughby Rd | 9437 5001 | 1300 788 653
Australia-wide delivery | bathroomwarehouse.com.au

Like us on Facebook | facebook.com/bathroomwarehouse

*Conditions apply



SNIPPETS

New Lindfield Community Centre

A new community centre in Lindfield has officially opened, thanks to local council. The Blair Wark VC Centre is the result of a partnership between the Defence Housing Association and the council and opened for bookings last month. Named after Ku-ring-gai's First World War Victoria Cross recipient, Major Blair Wark, the centre is suitable for hire for both corporate and community events.

"The partnership between the Defence Housing Association and council has produced a brand-new facility for our community to enjoy, and one that also recognises a true local hero," said Mayor Jennifer Anderson.

Allan Avenue Park Concept Plan/KMC



View of the proposed playground.

Construction at Turramurra Park

Allan Avenue Reserve in Turramurra will be the site of Ku-ring-gai Council's latest new park. Work on the new park began in late May and is due for completion next summer. The new park is being built on land the council purchased as part of its Open Space Acquisition Strategy. Features of the new park include a playground catering for a range of age groups and abilities; open areas of lawn with shade trees for relaxing; picnic tables and seating and an accessible pathway. The design for the new park has been shaped by community feedback, with local residents invited to comment on the design as part of further community consultation in late 2017.



Kids' Photography Competition

Young Sydney snappers are invited to capture images and express their creativity for this year's Little Sydney Lives photography competition and exhibition. Children from 3 to 11 years old are encouraged to get involved, with twenty finalists' images to be selected and blown up into large-scale portraits. Closing date for entries is June 16.

"Now in its 9th year, Little Sydney Lives has become increasingly popular with our city's young photographers. It is also a wonderful opportunity to see the perspective of Sydney's youngest residents, who showcase great enthusiasm and originality in their photographs," said Lord Mayor Clover Moore.

Purr-fect Pet Owner

Gordon Library will be hosting free vet talks, demos and prizes for cat owners between 11 and 14 June. Aimed at educating cat lovers on responsible ownership, Vets from Thornleigh Veterinary Hospital will give talks at 10 am on Wednesday, Thursday and Friday during the expo, discussing topics such as adjusting your cat to indoor living and how to prevent roaming. There will also be the chance to ask the vets specific questions about your pet and to win a lucky door prize after each talk.

Nominations Open for Nursing Awards

To help celebrate the work of our nurses, nominations are now open for the NSW Health Excellence in Nursing and Midwifery Awards, closing on June 28. Our incredible nurses across NSW will be celebrated for their dedication and tireless work. NSW Chief Nursing and Midwifery Officer Jacqui Cross said nurses in public hospitals across NSW are the backbone of the health system.

"Nurses across NSW make a huge difference for their patients and their families. You'd be challenged to find somebody who hasn't been impacted by nursing care themselves or by the care received by one of their loved ones. Nurses are at the frontline and in very diverse settings. To all the nurses, thank you for the huge contribution you make each and every day."

hornsby.nsw.gov.au



Landfill Testing at Foxglove Oval Hornsby

Testing of properties around Foxglove Oval has shown that none have been impacted by landfill gas. Like hundreds of parks across Australia, Foxglove was once a waste landfill site. Landfill activities stopped nearly 40 years ago. Despite the risk being low, as a precautionary measure council has conducted landfill gas testing inside nearby residences.

"This is excellent news and I would like to commend council's staff for the swift and decisive manner of their response. Once these investigations have been carried out, council will undertake any remedial action required by the EPA," Hornsby Shire Mayor Philip Ruddock said.

Willoughby City Council applauded for supporting small businesses

Willoughby City Council has been commended for its leadership in making it easier for local businesses to start and grow at the inaugural Small Business Friendly Councils Conference in Sydney.

NSW Minister for Small Business Damien Tudehope said Willoughby City Council was one of 69 NSW councils to join business leaders, mayors and experts from across the country to plan and discuss strategies to stimulate local economies.

Willoughby City Council was presented with a plaque to recognise its commitment to the Small Business Friendly Councils initiative and Easy to do Business, a program that allows small businesses to cut red tape and get established more quickly.

"The Small Business Friendly Councils is a fantastic initiative that provides all NSW councils with information, workshops, networking opportunities and resources to support local businesses," Mr Tudehope said.

ST IVES SHOWGROUNDS
Mona Vale Road
7th June - 10th June

SHOW TIMES		
Fri	7th June	7 pm
Sat	8th June	3 pm & 7 pm
Sun	9th June	11 pm & 3 pm
Mon	10th June	11 am Last Show

WILD WEST
Featuring Wheel of Death, Trapeze, Miniature Horses, dogs & clowns plus exciting circus acts. Boot scooting whip cracking fun and laughter for all ages.

- Tickets on sale 1 hour before each show.
- Cash sales only, no cheques or credit cards.
- On site box office open 10 am - 5 pm. Wed to Sun.
- All children pay ages 3-14 and to be accompanied by an adult.

Online Bookings: www.weberscircus.com
Phone Bookings: 9.00 am - 7.30 pm

FOR ALL ENQUIRIES
0448 247 287 / 0448 CIRCUS

www.facebook.com/weberscircusspectacular

TICKET PRICES	
B Reserve Chairs	
Child	\$18.00
Adult	\$28.00
A Reserve Chairs	
Child	\$20.00
Adult	\$30.00
Ring Side Chairs	
Child	\$25.00
Adult	\$35.00
VIP Chairs	
Child	\$32.00
Adult	\$42.00

Ku-ring-gai Residents have their say

Isabella Ross

Residents within the Ku-ring-gai district have been invited by council to have their say on local reform and development. In a bid to get the community involved, residents can comment on council's Delivery Program 2018 – 2021 and the Operational Plan 2019 – 2020. Both the program and plan include Ku-ring-gai Council's strategies, projects and services that they wish to foster over the next two years. Infrastructure renewal is a top priority according to Mayor Jennifer Anderson.

"This council has a well-defined goal of major improvements to local centres and other infrastructure. Some significant projects to benefit our community will be completed in the next two to three years."

So, to have your say on important community matters, email Ku-ring-gai Council at kmc@kmc.nsw.gov.au by June 12.

Highlights of next year's Operational Plan include:

- Lindfield Village Green.
- Lindfield Village Hub.
- St Ives Village Green.
- Marian Street Theatre.
- St Ives Showground.
- Duff and Allan Street Park.

Specific funding for key capital projects and programs includes:

- \$23.3 million for the Lindfield Village Green project and upgrades to local centres.
- \$13.3 million for upgrades to sports fields, parks and playgrounds.
- \$11.3 million for roads and footpaths.
- \$2.6 million for the natural environment.
- \$3.2 million to improve community buildings.
- \$900,000 for drainage.



Bradfield Solar Communities Program

Isabella Ross

Minister for Families and Social Services and Federal Member for Bradfield, Paul Fletcher, recently announced a new program. The Solar Communities Program aims to lower power bills for community groups in Bradfield. This \$5 million initiative forms part of the Coalition Government's \$50 million investment in the Energy Efficient Communities Program. The program will also contribute to reducing national emissions, as the specific grants will fund new solar PV, solar hot water and battery systems.

Grants of up to \$12,500 will be provided to St Paul's Anglican Church in Wahroonga, Wahroonga Rugby Club and St Matthew's Anglican Church in West Pymble.

"We know that community groups struggle under the weight of high-power prices. That's why we're taking strong steps to ensure they get the practical support that they need to reduce their energy use without reducing productivity," Mr Fletcher said.

The Australian Energy Council's 2019 Solar Report showed that 2018 was a record-breaking year for Australian solar rates. Residential installation rates increased significantly by at least 20% compared to the previous year. This equates to approximately 2 million installations nation-wide.

Taming The Bear Pit

Jonathan O'Dea, Member for Davidson

It is not every day you are physically dragged into a new job, but it is a ritual when Parliament elects a new speaker. I experienced this unusual tradition when Parliament resumed last month and I was elected the 40th Speaker of the NSW Legislative Assembly.

"Dragging" a Speaker to the chair references the sometimes life-threatening peril Speakers historically faced in the British Parliament. If a Speaker went to the Monarch with unwelcome news they would not always leave with their head. Fortunately for me, there have been improvements in the life expectancy of Speakers in the modern era.

I share the Premier's desire to implement reforms to the NSW Parliament to make it more responsive and accountable in the modern world. People may take a certain rebellious delight in having the NSW Lower House known as the "bear



Mr O'Dea was 'dragged' by the Premier, Gladys Berejiklian and by Planning and Open Space Minister Rob Stokes. Mr Stokes and Mr O'Dea started parliament on the same day in 2007.

pit". However, it is truly embarrassing and unacceptable to have visiting school children incredulous at the behaviour of

their parliamentarians during Question Time. It is time to encourage more respectful behaviour.

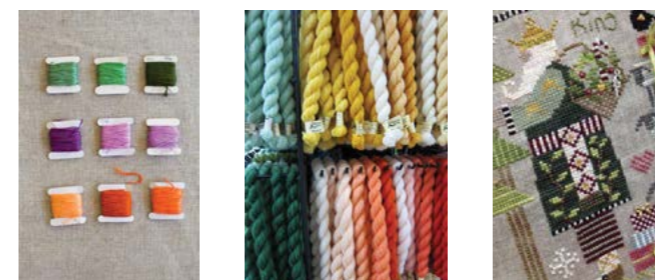
We also need to communicate more effectively and engage more meaningfully with the community in a way that enhances democratic decisions. Potential new projects include allowing for e-petitions from the public, boosting Parliamentary education and outreach resources, as well as sensibly using citizen juries on some controversial issues.

Like any other political system, democracy will never be perfect, but as Winston Churchill stated, "No one pretends that democracy is perfect or all-wise. Indeed it has been said that democracy is the worst form of Government except for all those other forms that have been tried from time to time." Nonetheless, we should always strive to make our political system better.



THE CREWEL GOBELIN NEEDLECRAFT

Tapestry • Embroidery • Crewel Work • Cross Stitch • Classes • Kits • Charts
Specialty Threads • Linen • Wool Blanketing • Felt • Ribbons • Fine Laces
Christmas Stockings • Finishing Service • Needlecraft Tools • Gift Vouchers



9 Marian Street, Killara NSW 2071
Telephone (02) 9498 6831 • www.thecrewelgobelin.com.au



Jonathan O'Dea
Member for Davidson

As the local MP for the Davidson electorate it is my pleasure to serve constituents and our community, including by:

- Representing **your interests** in NSW Parliament
- Taking **concerns** directly to appropriate Ministers for responses
- Advising about **rights** and further **action** people can take
- Advocating for more **resources** for local groups and communities
- Organising **congratulatory messages** e.g. for 50th/60th wedding anniversaries and 90th/100th birthdays

Please visit my website www.jonathancode.com.au to provide feedback and access links to my latest speeches and media releases.

Follow me on Facebook at <https://www.facebook.com/jonathan.odea>

Phone: 9880 7400 Fax: 9880 7488
Email: davidson@parliament.nsw.gov.au
www.jonathancode.com.au

Authorised by Jonathan O'Dea MP using parliamentary entitlements



Community Art Exhibition

Art submissions are open for Link Housing's annual art exhibition taking place this August and September 2019. Artworks will be displayed for free across professional galleries and community spaces in North Sydney, Hornsby Shire and Northern Beaches.

The annual exhibition was founded to highlight the importance of safe and secure housing and to illustrate how a home can transform lives. The exhibition also aims to raise awareness about the lack of affordable housing in Sydney. In line with this, Link Housing asks for the artists to reflect the theme of 'No Place Like Home' in their work.

"We are so pleased that the exhibition is going from strength to strength. We

expanded to include Ryde last year and will do the same again this year as the exhibition continues to grow across Sydney. Thank you to the local councils - City of Ryde, North Sydney, Hornsby Shire and Northern Beaches - for supporting the exhibition and helping to raise awareness about the need for safe and affordable housing," commented Andrew McNulty, CEO of Link Housing.

Now in its 35th year, Link Housing is one of the oldest not-for-profit community housing providers in NSW. It is committed to enhancing the lives of the most vulnerable in our community through the supply of affordable, social and specialist disability (NDIS) housing.

North Sydney Community Centre

When: Thursday 15th - Tuesday 20th August 2019, 10 am - 6 pm
Opening night: Friday 16 August from 2019, 6 pm - 8 pm

Hornsby Wallarobba Art Space

When: Thursday 22nd - Saturday 24th August 2019
Opening night: Thursday 22 August 2019, 6 pm - 8 pm



Winter is the perfect time for North Shore locals to get excited to explore the latest foodie hub in town! The Mix at Chatswood Place is recently opened, boasting a myriad of delicious eateries with beautiful aesthetic interiors that cater to all of the winter essentials. The stellar line up includes Chat Thai, Shuk Café, Kellys Bar and Grill, Eat Fuh, Ramen Zundo, Fishbowl, Saikyo and Albert & Moore. Convenience has not been forgotten, with ALDI Supermarket and over 200 onsite customer car parks accessible from Oscar Street. Whether you are after coffee with the girls, lunch with business colleagues or dinner with the family, there is something to suit everyone. So, get to know the places within The Mix and plan your next visit to warm up this winter.

Volunteers Recognised for Commitment to Community

Lewis Godwin

The City of Ryde Volunteer Recognition Awards acknowledged the effort of volunteers towards uplifting and enriching their community.

Among those honoured was singer and performer Joey Chan, who was named the 2019 Volunteer of the Year. The award recognises her contribution to a number of local community events, such as the City of Ryde's Lunar New Year Festival, the Chinese Citizens Club Day celebrations and the Mid-Autumn Festival concert. This is on top of Ms Chan's eight years' working for Eastwood's Chinese Senior Citizens Club, organising and staging a number of activities to help reduce social isolation among members.

Phillip Brown received the Highly Commended award for his work furthering Ryde's Neighbourhood Watch. With the time, community knowledge and skills Mr Brown has contributed, the program has grown to one of the biggest Neighbourhood Watch programs in NSW.

Isabella Wilks was awarded the 2019 Young Volunteer of the Year award for her work with Sydney Community Services. Ms Wilks has assisted with residents living with a disability, helping them achieve an independent life. She also helps find projects for clients to partake in and writes regular newsletters documenting their individual achievements.



The group stand proudly with their awards as their achievements have been recognised.

The 2019 Group Volunteer of the Year award went to the North Ryde Community Aid Linen Group, who provide clean linen to those in need and assist clients with other issues they may have at home.

GET COZY

Alfresco and casual dining with all of the essentials to stay warm and cozy this winter.

THE MIX
— AT —
CHATSWOOD PLACE

chatswoodplace
www.chatswoodplace.com.au

260 VICTORIA AVE CHATSWOOD

OVER 200 PARKING SPACES

BREAKFAST, LUNCH OR DINNER



Kellys Bar & Grill

Get in my belly! If you've got a hunger that needs to be tamed this winter, Kellys Bar and Grill serve some of the tastiest and largest portions of ribs we have ever seen. Choose from pork, lamb or beef ribs, flame grilled in their house-made basting and served with your choice of chips, rice, baked potato, veggies or salad.

Plus, during winter (June to August 2019), you'll receive a FREE dessert with every adult portion of ribs purchased. This offer is exclusive to their restaurant at The Mix at Chatswood Place and is not valid with any other offer.

To claim your free dessert, mention "winter warmers" to the waiter when ordering your ribs.

Open 12 pm to 2:30 pm Wednesday to Friday, Saturday and Sunday 12 pm to 3 pm, 5:30 pm to late, nightly.



Chat Thai

Chat Thai's rich and creamy Khao Soi will keep you warm this winter. (Khao Soi - Egg noodles and braised chicken in a Northern region coconut curry with smoked chilli oil).

You can find Chat Thai now open at The Mix at Chatswood Place.

Open 7 days, 11 am to 4 pm and 5 pm to 10 pm.



Shuk Chatswood

Breakfast is the most important meal of the day and we can't resist the Shakshuka from Shuk Chatswood! Willoughby and Ku-ring-gai locals can now enjoy the melting pot of Middle Eastern and Mediterranean cuisine at The Mix at Chatswood Place. The best part is, they have recently installed ceiling heaters to keep you toasty and warm during the cooler months.

Open 7 days, 6:30 am to 4:30 pm.



Ramen Zundo

With Ramen Zundo now open at The Mix at Chatswood Place, a piping hot bowl of their signature Sapporo Ramen is sure to give you those warm and fuzzy winter feels. Sourcing their noodles and sauces straight from Hokkaido, Ramen Zundo is the first restaurant in Sydney specialising in Japan's renowned 'Sapporo' style Ramen. Make sure to try their favourite Sapporo Miso Ramen next time you are at Chatswood.

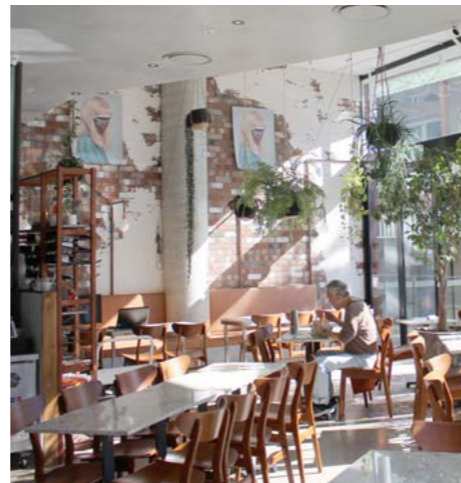
Sunday to Wednesday 11:30 am to 3 pm and 4:30 pm to 8 pm, Thursday to Sunday 11:30 am to 3:30 pm and 4:30 pm to 9 pm.



Albert & Moore

Albert & Moore is your local eatery, serving wholesome, nutritional and tasty food, perfect for Winter. Stop by for a freshly squeezed fruit & veg cold-pressed juice, a Single Origin Coffee roasted in Botany or try their gluten free and paleo options.

Open 7 days, 7 am to 6 pm, Saturday and Sunday until 5 pm.



Eat Fuh

Nothing says winter warmer more than a hearty bowl of pho broth with soft fluffy noodles and an abundance of fresh herbs. Eat Fuh has recently opened at The Mix at Chatswood Place. If you have visited their other stores, you'll know that they are passionate about providing customers with an enjoyable and satisfying dining experience. Not only is their food comforting, their décor is a lush escape from the busy streets of Chatswood.

Open from 11 am to 9 pm.



Fishbowl

Japanese inspired salad bar, Fishbowl has taken Sydney by storm! Their stores focus on premium, sustainably sourced ingredients, which means they are making fine food casual, quick and accessible. The best part? Fishbowl is located right here at The Mix at Chatswood Place.

To help you warm up this winter, Miso soup is on the menu and it's free if you bring your own cup during the month of June! For something more substantial we can't go past their warm Miso Glazed Eggplant, warm Beef Brisket or the cooked Salmon fillets. Get hooked on these warming dishes this winter.

Open 7 days, 11 am to 9 pm.



Saikyo

Lunches do not have to be boring this winter. Saikyo have you covered with steaming hot Bento Boxes. Dine in or takeaway and enjoy your favourite sushi rolls, sashimi or tempura. You can also order party platters to celebrate any occasion.

Monday to Sunday 9 am to 7 pm, Thursday 9 am to 8 pm.



Throne of Flowers

Throne of Flowers have an eye-catching and colourful range of flowers. Their passion and attention to detail will ensure they take every care in coordinating your next arrangement. So, why not spoil someone special with the freshest blooms from The Mix.

Open 9 am to 6 pm.



Moe & Co

Winter months call for a new look and the team at Moe & Co Chatswood have you covered with **50% off any service from 1 June to 1 July 2019***. Think warm, cinnamon, chestnut, chocolate and caramel tones or why not try an ombre style. They also offer Keratin Treatments to keep your hair healthy throughout the season. For an expert barber or hairdresser, with no appointments necessary, see the team at Moe & Co Chatswood.

Open 7 days, 9 am to 6 pm, Thursdays until 8 pm.

*This offer is exclusive to the Chatswood store when mentioning Sydney Observer.



Fresh City

Stock up on fresh produce from Fresh City Fresh Fruit and Vegetables this winter. You'll find the perfect ingredients for winter soups, all at affordable prices. Fresh oranges will help to keep those winter sniffles away too. Citrus fruits are not only tasty but contain high levels of Vitamin C which can shorten the duration of colds.

Open 7 days, 9 am to 6 pm and until 8 pm Thursdays.



ALDI

ALDI at The Mix at Chatswood Place are now stocking ALDI Liquor. We can't think of a better time than winter to enjoy one of their award-winning reds, can you?

Open 7 days, 8:30 am to 8 pm and until 9 pm Thursdays.

THE MIX
— AT —
CHATSWOOD PLACE

260 VICTORIA AVENUE, CHATSWOOD, NSW 2067
www.chatswoodplace.com.au
@chatswoodplace

The Magic of the Mountains

Photos: Brigitte Grant Photography

Yulefest in the Blue Mountains offers the European-style atmosphere people associate with Christmas – a chilly landscape outside and coziness inside with roaring fires, hot food and drinks, traditional decorations and festive music, but without the stress and frosty relatives. Sometimes there's even snow.

This Yulefest in the Blue Mountains enjoy the enchantment of opera performed within a legendary party palace, fine dining, the intimacy of crackling fireplaces and the possibility of snow-dusted landscapes.

Indulge in a traditional high tea repose featuring nostalgic Yulefest flavours such as ginger, cranberry and roast pork in the elegant Wintergarden Restaurant overlooking the spectacular Megalong Valley from June 29 and throughout July.



The decadent Yulefest theme will continue with degustation dinners each Saturday throughout July, with special winter flavours in the Wintergarden Restaurant at the Hydro Majestic and the historic Darley's Restaurant on the Lillianfels property.

June 22: Relish the romance and nostalgia of Austria's operatic golden age led by Opera Australia, Oper Köln, Opéra Comique & Théâtre du Châtelet, Paris and

English National Opera tenor Brad Cooper against the magnificent Megalong Valley backdrop. The performance will be matched with a five-course degustation dinner. Bookings: (02) 4782 6885.

July 20: One of Australia's favourite adopted sons, Mark Lizotte (aka Diesel) will celebrate with a special performance at the Hydro Majestic, 30 years since he stepped off the bus with his band and set off on a chart-topping 15-album career

The Hydro Majestic presents

YULEFEST
BLUE MOUNTAINS

Snow-Dusted Yulefest Winter Warmers at The Hydro Majestic Hotel.

www.hydrumajestic.com.au



THE HYDRO MAJESTIC



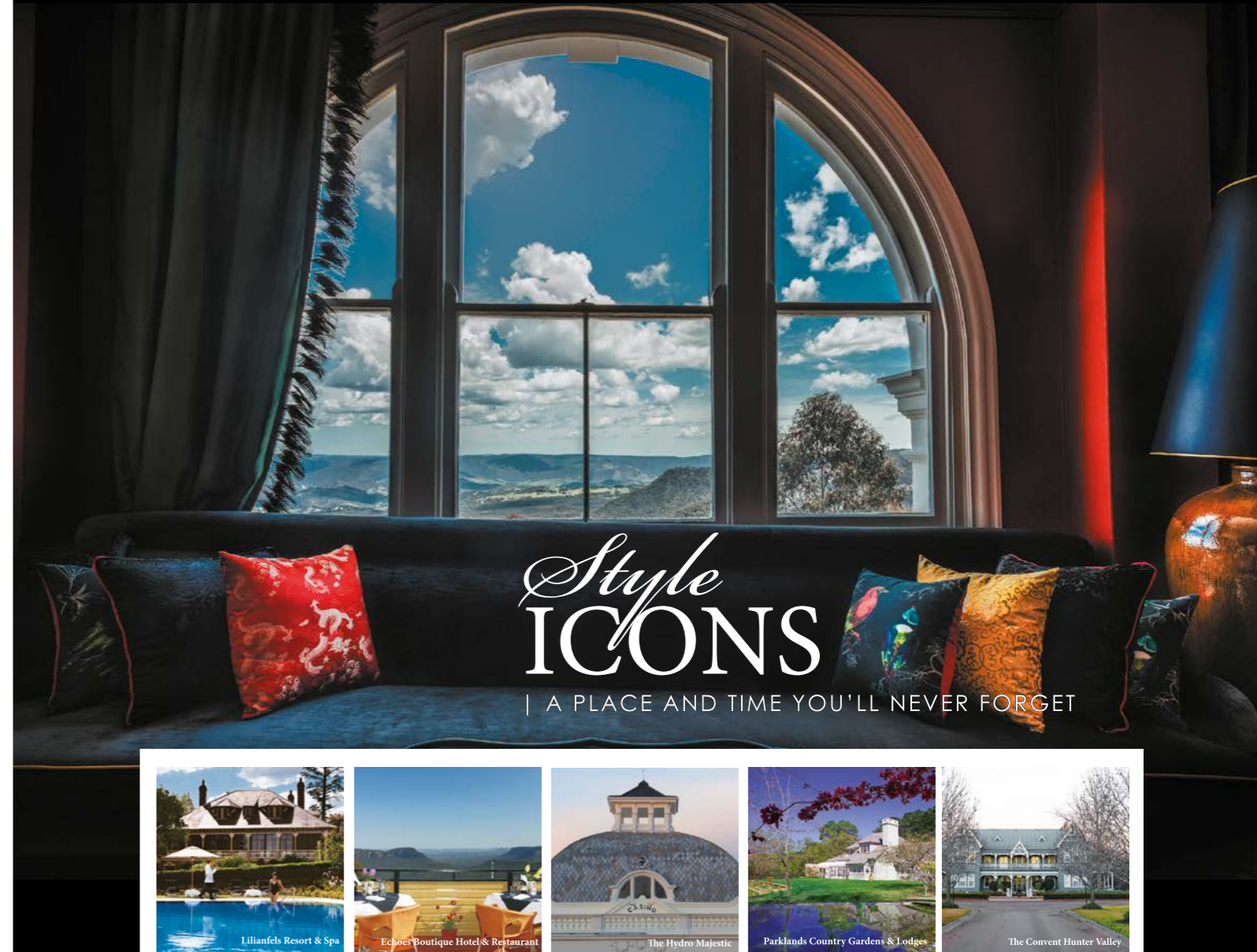
'A Night In Vienna'
Saturday 22nd June



5 Course Degustation Menu
Every Saturday Jun 22 - July 27

ESCARPMENT GROUP

Boutique Collection Of Luxury Escapes

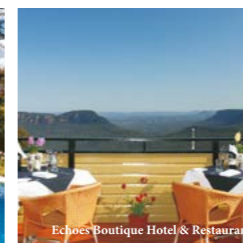


Style
ICONS

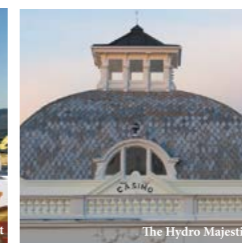
| A PLACE AND TIME YOU'LL NEVER FORGET



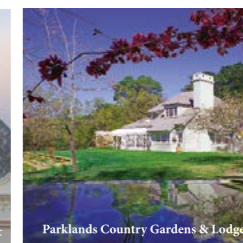
LILLIANFELS
BLUE MOUNTAINS
RESORT & SPA
www.lilianfels.com.au



ECHOES
BOUTIQUE HOTEL & RESTAURANT
www.echoeshotel.com.au



THE HYDRO MAJESTIC
www.hydrumajestic.com.au



PARKLANDS
BLUE MOUNTAINS
www.parklands.com.au



THE CONVENT
HUNTER VALLEY
www.convent.com.au

ESCARPMENTGROUP.COM.AU

Culinary Queen

Justine Schofield

Hannah Prasad



Justine shows her love by cooking for her family and friends.

Rob Palmer

Justine Schofield is the culinary queen who showcases the beauty behind simple ingredients. From her days on *MasterChef* to hosting her own show, *Everyday Gourmet with Justine Schofield*, her fuss-free cooking style has won her a legion of fans as she creates delicious meals out of ordinary ingredients. With the release of her third book, *The Weeknight Cookbook*, an ode to pantry, freezer and fridge staples, *Sydney Observer* spoke to Justine, who vibrantly shared where her love for cooking stems from, her cooking style and the beauty of simplicity.

Justine has loved the art of cooking since she was a child. Influenced by the magic her mum would create, the memories those meals hold are an important and unforgettable reminder of her passion.

"I always come back to mum. She was my biggest influencer when it comes to food. As a child, I used to always be in the kitchen watching her cook and would always be amazed. I'd always be drawn back to the kitchen and sitting on the bench and watching her cook. I always thought it was so incredible that she could use a few

ingredients, put them together and make the most delicious things. I find memories so important and I cherish them quite a lot, to keep the heritage alive."

"I think that's where my main inspiration comes from and you know, it's as simple as I just love eating and I love cooking. I show people I love them by cooking for them. I've always been like that. For me, if I cook for you, I must love you. I enjoy the whole theatre of cooking something from scratch and sitting down and enjoying it with friends."

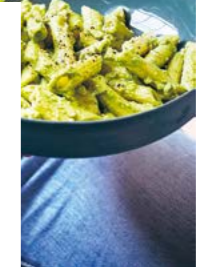
Justine's cooking style is a reflection of her work on *Everyday Gourmet*, where she showcases the power of simple ingredients and how to transform them into delicious meals.

"I used to say my cooking is French, but it's not. That's what I was brought up with. That's what I love and that's what I know how to do with my eyes closed, but for me, finding after *MasterChef*, there is a market of people out there that want to know how to cook simple food and how to get the basics right. How to make mashed potatoes, how to poach eggs, how to make an omelette, how to make simple sauces and how to grill steaks. I'm happy to be that person to reiterate over and over again how to poach eggs. I don't care if someone says, 'oh, you're doing that again,' because if there's just one person that goes, 'wow, today I poached eggs the way Justine said and it worked,' that's my job done."

"There's definitely a purpose behind the simplicity of things. I think for a long time I sort of resisted it because I thought, 'oh, it's too simple, no one's going to take me seriously.' But not now, I think after doing *Everyday Gourmet* for nine years and bringing out my third book which really states the simplicity of cooking weeknight dinners."



"It's as simple as I just love eating and I love cooking."



Jeremy Simons

The Weeknight Cookbook aims to fuel the fire for cooking that can be lost in some households. With busy lives, it is no surprise we turn to apps for quick meals or head to the nearest takeaway option. Justine's book is a comforting and warm journal of recipes on how to make the most of the ingredients in your pantry, fridge and freezer. It's about planning and preparing good quality produce and realigning with the joy of the process and nourishment you are feeding your body.

that challenge of resisting and going, 'no, what can I do with things I have in my pantry and freezer.' I really got my fridge, freezer and pantry stocked up and tried not to go to the supermarket as much as I could. Apart from fresh veggies and fruit."

To keep up to date with Justine follow her on Instagram @justineschofield and catch her cooking up a storm on *Everyday Gourmet with Justine Schofield*.

The Weeknight Cookbook by Justine Schofield, Published by Plum, RRP \$34.99, Photography by Jeremy Simons



How to make the most of pantry staples

1. Having a form of protein in your freezer is not a bad thing. It's a convenient and quick way to make versatile meals.
2. You don't always have to go with a starch like a potato, pasta or rice. Pulses such as lentils, are a wonderful substitute and create a great meal.
3. Flavour bombs. Making the effort to go to an Asian grocer for example, and finding black vinegar, miso paste and Korean chilli paste. All these items have a long shelf life but can transform a dish.
4. Eggs are eggcellent. Though this sounds obvious, there are 1000 ways to use eggs. They aren't just for breakfast.

Premier's Sporting Challenge

Entering its 12th year, the Premier's Sporting Challenge has kicked off. Staff are being encouraged to join school students in the state-wide fitness challenge. The NSW Premier's Sporting Challenge is an annual program which encourages students and Education Department staff to be physically active during the colder months of the year.

More than 400,000 young students and 10,000 staff took part in the 2018 challenge, the largest uptake in the history of the challenge. The program aims to support participation in physical activity and promote health and wellbeing. Employees across the department will be involved, with 20 teams captained by senior departmental leaders.

Reigning team champion Secretary Mark Scott encouraged students and staff to "put your best foot forward, many, many times".



Play ball: Secretary Mark Scott takes on Rydalmere East Public School students in a game of soccer.

"To me, a great place to work includes the opportunity to have a little fun, do something that benefits my health and

also allows me to promote that to others. I look forward to the challenge ahead and seeing you all pacing around the place."

Talented Student Makes a Splash

Isabella Ross

Kicking down doors and barriers is talented student Brooke King, who is hearing impaired. The 14-year-old is the youngest athlete selected for the Australian team at the 2019 World Deaf Swimming Championships. A testament to her ability, Brooke has previously represented her school at the NSW Combined High School championships.

Held in Brazil this August, the championship is one of two elite level competitions for deaf and hard of hearing athletes. Hearing impairment is unfortunately not classified as an eligible category for the Paralympics.

Brooke's determination and conscientious behaviour was acknowledged at the Public Education Foundation Awards in



late May, where she was among 86 recipients of the Harding Miller Education Foundation Scholarship. The scholarship provides practical support to lift educational outcomes and career aspirations of high potential girls.

"She's worked incredibly hard," remarked her school principal Jennifer Parrett, revealing the school community was looking forward to seeing Brooke compete in Brazil. Her passion for swimming isn't just competitive, with her ambition to study marine biology after high school.

Nurturing a Rhythm of Giving at School

Russell Bailey, Headmaster Redeemer Baptist School

School students around Australia have just finished NAPLAN tests. For three years in a row, my school has received commendation from ACARA stating that our students have, "demonstrated substantially above average gain" – a credit to the students and their teachers. There is an academic rhythm at school that encourages development in skills, knowledge and understanding.

Other rhythms of life at school are also powerful. There is the rhythm of individual and team sports that give opportunities for teamwork and promote healthy lifestyles. Another rhythm in many schools is the annual school drama or musical presentation. A creditable performance takes months of detailed preparation as students grow in creativity and confidence. This month at my school,

students will be performing a musical adaptation of *Bridge to Terabithia*. This rhythm of entertainment brings joy to the whole school community.

There is another rhythm in my school that is also powerful – the Annual Gala Day program with its fun, carnival atmosphere on the school oval, where Year 10 leads the school in a charitable project to assist Indigenous communities. This year, our students will garner the support of volunteer tradesmen and use the funds raised to finish the Oasis Ministries Centre for Aboriginal communities in Boggabilla.

To adapt the lyrics of an old pop song, *The Rhythm of Life at School* is a Powerful Thing. I believe that habituating a rhythm of charitable giving at school

can be transformative, opening the eyes of our students to see the needs of others and getting them personally involved in helpful solutions. This year, one of our Gala Day student leaders – Pariselle Hughes – was proclaimed the Parramatta Young Citizen of the Year. She was one of thirty-four Redeemer students to receive a certificate from the NSW Premier in her Volunteer Recognition Program.

What if, in addition to other habits nurtured in the rhythms of school life, there were also regular opportunities to personally respond with creative solutions to genuine human needs outside the school community? Perhaps parents and teachers could join together with students to popularise a new school rhythm, *#LoveYourNeighbour*. Wouldn't that be a powerful thing?



REDEEMER BAPTIST SCHOOL
a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



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



- > BHP Billiton Science & Engineering Awards semi-finalists (6), 2019
- > STANSW K-2 Budding Young Scientist of the Year, 2018
- > Parramatta City Council Australia Day Young Citizen of the Year, 2019
- > Western Sydney VET in Schools Student of the Year, 2018
- > 1st, Dorothea Mackellar Poetry Awards, 2018
- > ICAS Medal, Mathematics, 2018
- > CIS Athletics Bronze Medal, 2018

You are invited to our
GALA DAY
Saturday, 22nd June, 2019: 11am – 3pm
for tickets + details, see www.redeemer.nsw.edu.au



Supporting projects in remote and regional Indigenous communities

ENROLMENT 2 Masons Drive
ENQUIRIES North Parramatta NSW 2151

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

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

Sky's the Limit at Glenaeon

1 7-year-old Glenaeon Rudolf Steiner School student and Middle Cove resident, Sky Boe has won the Gordon Waterhouse Scholarship competition run by the Chatswood Rotary Club, which was held at the Zenith Theatre in Chatswood. Boe competed against nominees from six other schools.

The vocalist sang three songs 'Sunday in the Park with George' by Sondheim, 'La Vie en Rose' by Edith Piaf and Louiguy and 'Will there really be a morning' by Ricky Gordon with words by Emily Dickinson to win the competition and take home the \$2,000 prize.

Glenaeon Rudolf Steiner School student Natasha Petit, who won the competition in 2018, returned to provide entertainment whilst the judges made their decision. The violinist performed Café 1930 from L'Histoire du Tango by Piazzolla.

Glenaeon Rudolf Steiner School, which has won the competition for two years in a row now, has a very strong musical education program.

Head of Department (Music) Mr Christian Lillicrap said, "Studies have shown

without doubt the importance of music education and at Glenaeon we take this seriously. Right up to Year 12, every student sings in a choir regardless of their HSC elective subjects and all students learn an instrument until Year 9. It is very exciting for us as a small school to be fostering musicians such as Sky and Natasha who perform at such a high standard. We are very proud of them."

Head of School, Andrew Hill said, "Music is an integral part of the Glenaeon curriculum at all age levels. From the fluid, heartfelt singing and movement of early childhood to the conscious discipline of more formal music tuition, music is a core component of Steiner education."

"Music deeply nurtures the physical, emotional, mental and spiritual aspects of the growing child. It enriches the learning process of each individual, enlivens the family home, enhances the atmosphere of the classroom and draws together the whole school community. Acquiring the skills and tools for artistic expression offers an opportunity to explore and experience the highest qualities of what it is to be human."



2019 Year 12 Student Sky Boe wins the Gordon Waterhouse Scholarship competition.

Learning Festival Success



Students, guided by their teacher, prepare to exhibit a virtual reality simulation at the Learning Festival.

The Anglican girls school Roseville College hosted another highly successful Learning Festival for hundreds of visitors at its campus in Bancroft Avenue.

The Festival celebrates "Learning for Purpose" by girls in Kindergarten to Year 12, with more than one hundred different displays and activities on the afternoon's program. The Festival is hosted by students and their teachers, who are excited to show visitors, including family, friends and fellow students, what they are doing at Roseville College each day, and to demonstrate the reason and purpose behind it.

"It was a delight and privilege to welcome visitors to our campus for a fun and engaging afternoon to connect with the learning and efforts of our students," says Principal Ms Deb Magill, who added that the program included a wide variety of exhibitions, recitals, performances, demonstrations, workshops and presentations across five precincts of learning: STEAM (Science, Technology, Engineering, Arts and Mathematics), the Humanities and Social Sciences, the Performing Arts, Sports and Wellbeing, and the Junior School.

"Each year, our staff report countless comments from adults who wish they

could return to school and experience the calibre of learning that our Roseville girls enjoy every day," she says. "At Roseville College, each girl truly matters - in her learning and her wellbeing."



Year 6 students presented Passion Projects based on an area of personal interest.

Heritage Site Turned Educational Facility

One of Strathfield's heritage-listed sites, Lingwood House, has been restored and renovated to become a state-of-the-art educational facility for four to six-year-old children. The campus was officially opened recently by renowned children's entertainer, Mrs Naomi Young ("Nay Nay"). The upgrade showcases the original features of the 1880s-era building, as well as the latest innovations in environmental, architectural and educational design selected to meet the developmental needs of Pre-Kindergarten and Kindergarten students.

The Lingwood Campus is one of three campuses of Meriden, An Anglican



Children's performer Nay Nay entertaining the kids.

School for Girls, which are all adjacent to each other along Margaret Street, Strathfield. Each campus is purpose-built for the age of its students, the Junior School Campus for Years 1 to 6

and the Senior School Campus for Years 7 to 12.

"Meriden is proud to have been part of the social and educational fabric of Strathfield. The fact that we care for buildings like Lingwood House means they remain part of the living history of the area. Lingwood Campus provides a nurturing introduction to formal schooling. The specially-designed classrooms, dedicated library, covered Science and Art spaces and outdoor play areas help foster curiosity and

enthusiasm for learning and make the site a safe and stimulating place in which students can begin to learn and grow in the school environment," Meriden Principal, Dr Julie Greenhalgh said.



KU-RING-GAI ART CENTRE Semester 2, 2019



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

TERM 3
22 July - 21 September

TERM 4
14 October - 14 December

BOOKINGS OPEN

11 JUNE current students | 24 JUNE new students

02 9424 0310
kmc.nsw.gov.au/artcentre
artcentre@kmc.nsw.gov.au
@kuringgaiartcentre

Bancroft Park 3 Recreation Ave, Roseville

Clockwise from top: 'Chrysanthemums and Hydrangeas', solarplate intaglio and relief print, Susan Baran (tutor); 'Among the Columns', oil on linen, Kevin McKay (tutor); 'example of sketching in clay', Assaf Carmeli (tutor); 'Nolwazi', watercolour, Dee Jackson (tutor)



Happy Birthday to the Bush School

Tanya Sandoe

Wahroonga Public School stands proudly among the Blue Gum High Forest at Wahroonga and is known locally as the 'Bush School'. Celebrating 75 years of outstanding education in 2019, the school is recognised on Sydney's North Shore for its future-focussed opportunities for students, its warm, welcoming nature and unique bushland setting.

New Principal Mrs Alison Filipic has been excited to join the team this term. "It's wonderful to be part of a school that respects its culture, tradition and history while also providing opportunities for students that set them up for a lifetime love of learning," she says.

With a focus on wellbeing encompassing the social and emotional aspects as well as the cognitive and physical needs of children, there is something for everyone at Wahroonga. Boasting lunchtime clubs as diverse as bush building, chess, debating, dance, robotics, sport, ukulele and drama, students in Kindergarten to Year 6 have plenty of opportunities outside the classroom to develop their interests and learn to work and grow together. Inside the classroom, students are encouraged to set personal learning goals, use creative and critical thinking and reflect on their learning.

Perhaps uniquely among public schools, Wahroonga Public School boasts two swimming pools, which are used in the warmer months for student swimming lessons. The pools reflect the ongoing strength of the school's Parents and Citizen's Association – not only did the P&C raise the funds for the pools but parents were hands-on in designing and building the structures way back in 1958. The pools have been used ever since.

Native birds like Kookaburras and brush turkeys are regular visitors to the school grounds, so it's appropriate the school mascot is Kooki the Kookaburra. Kooki encourages students to embody the school values: Be Respectful, Be Responsible, Be an Active and Engaged Learner.

With an exemplary band program that regularly wins awards at music festivals across Sydney, choirs that are invited to perform year after year at the Opera House, Sydney Town Hall and the coveted Schools Spectacular, an activity-packed Out of School Hours (OOSH) Care program and a staff team of dedicated teachers, Wahroonga Public School is a hive of activity beyond its quiet bushland setting.

You're invited to come on a school tour. Contact Wahroonga Public School on 9489 3086 or check our website, wahroonga-p.schools.nsw.gov.au/ for more information.

BATTLE OF THE BANDS

On Sunday 16 June Wahroonga Public School will be hosting the Wahroonga Music Festival, where more than 50 bands featuring over 2000 students from neighbouring schools are expected to participate alongside our own home-grown musicians. The Bush School will showcase all its bands that day, from Beginner, Junior, Intermediate and Concert Band. It's a massive day in our school calendar and one not to be missed!

Also coming up, is our Spring Fair on Saturday 7 September.



Opening day of the Wahroonga Public School swimming pool, on 18th October, 1958, and Local MP Alister Henskens SC visiting the school for its 75th birthday celebrations.



A history of Our Home

Tita Smith

Around 200 million years ago, as early as dinosaurs roamed and wandered through each corner of Sydney's borders, magma rose up through the skin of the earth, spilling and exploding, as rocks crunched and fused together. Today, in the picturesque location of Wahroonga, soccer players now fill the landscape where dinosaurs were once painted, as the imprint of diatreme volcanic rock remains embedded in the earth's crusts beneath Brown's playing field.

But long before Saturday sports-drop offs began, the Aboriginal people of the Darug and the Guringai clans – who give Ku-ring-gai its name – lived off the land for thousands of years, calling this region home. It wouldn't be until 1822 that Wahroonga would



be colonised and provided with its first industry by Thomas Hyndes, a convict – turned wealthy landowner – who was granted 2000 acres of mine timber, to supply throughout the colony of New South Wales.

A year before Hyndes' death in 1855, John Brown, another sawyer, acquired his land – replacing the timber – torn fields with orchards, and triggering

the next era of the district's trade. He left his local legacy engraved behind in the sites bearing his name. But it was in 1890 when the North Shore railway came to town that the municipal began to shape, as it is now known.

The dense vegetation and abundance of flora and fauna that sets Ku-ring-gai apart from the cement surrounds of the inner city, became prime real estate

for wealthy businessmen seeking spacious residential blocks to turn into investments. The early architectural greats of Australia, such as Harry Seidler, also found a place to harvest their niche. Behind the heritage houses, generous gardens, and soft slopes that now adorn Wahroonga, an Aboriginal word meaning 'our home', has a rich history that created the community we live in today.

75
AD SUMMA
WAHROONGA PUBLIC SCHOOL
Aiming higher for 75 years

'Ad summa', the motto of Wahroonga Public School, has been inspiring students to aim higher since 1944. The Bush School is where future-focussed learning meets inclusivity and opportunity in a welcoming, bushland environment. Discover for yourself our band program, our on-site swimming pools, our state-of-the-art library and our nurturing classrooms. Open to students in Kindergarten to Year 6.

Call the school to book a tour today
Phone 9489 3086.
www.wahroonga-p.schools.nsw.gov.au
71 Burns Road, Wahroonga NSW 2076

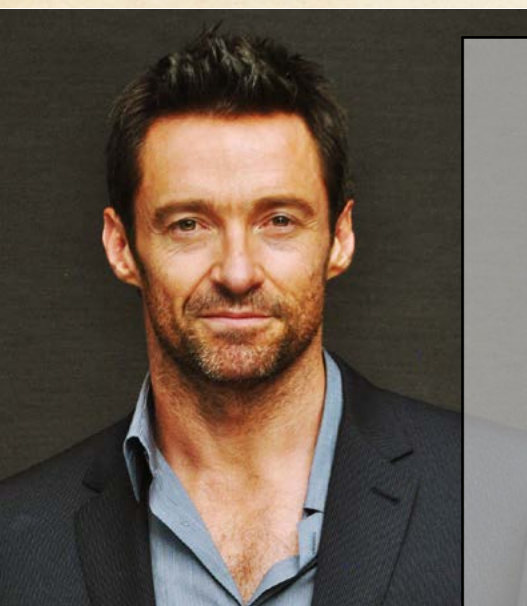


The Stars of Wahroonga

Tita Smith

The affluent area of Wahroonga and its suburban charm has offered a prized environment for stars to flourish. It has raised talented athletes and artists, across various

fields, and drawn in others to reside amongst the picturesque nature later in life. Here are a few of the famous inhabitants that have also once called Wahroonga home.



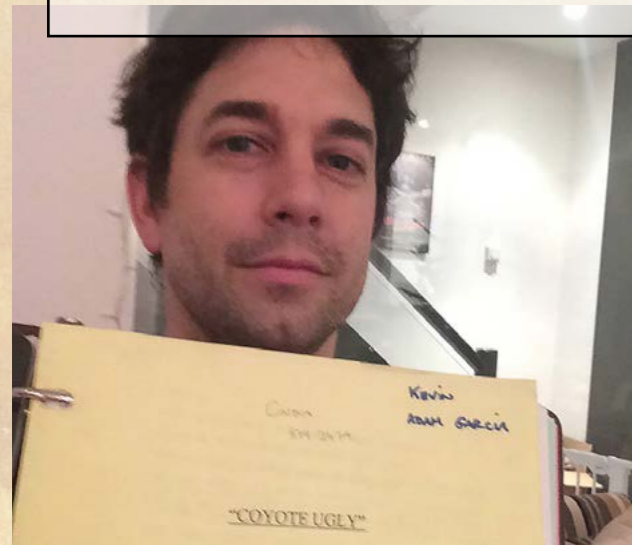
Hugh Jackman

Famous Hollywood actor Hugh Jackman was born on the 12th of October 1968. After attending Pymble Public School, he went on to Knox Grammar School, where he would be the star of the 1985 production of My Fair Lady, and become school captain the following year in 1986.

It was not until he had already completed a Bachelor's Degree in Communications that he decided to pursue his interest in acting, which took him to Perth's prestigious acting school, the Western Australia Academy of Performing Arts (WAAPA). Although Jackman's childhood in Wahroonga was plagued by the departure of his mother to the UK after his parents' separation when he was 8 years old, his relationship with Knox Grammar has remained strong. He visited and watched the drama students perform in 2012, and donated his blazer to the school, where he is highly lauded as a Knox alumnus. Today, Jackman resides in New York with his wife Deborra-Lee Furness and their two children Oscar and Ava.

Adam Garcia

Coyote Ugly heartthrob, Adam Garcia, is another Wahroonga local. He also attended Knox Grammar School, like Hugh Jackman, before using his talents in acting, singing, and dancing to take him onto the Hollywood scene. He stars in noteworthy films Bootmen (2000) and Riding in Cars with Boys (2001). These days Garcia continues to perform in musicals, now residing in London with his wife Nathalia and daughter Arya.



Mel Gibson

Two-time Oscar award-winning actor and director, Mel Gibson, attended St Leo's Catholic College in Wahroonga after his family relocated to the area from America during his early teen years. After attending the National Institute of Dramatic Art (NIDA), Gibson acquired his breakthrough role as Max in the Mad Max enterprise, which led to a successful yet controversial career, both acting in and directing commercially successful films.



Ellyse Perry

Famous dual international footballer and cricketer, Ellyse Perry, was born and raised in Wahroonga. She attended Beecroft Public School then Pymble Ladies' College before becoming a sports star. Her achievements include claiming the title of the youngest Australian to play international cricket in 2007 at age 17, while playing against New Zealand in the Rose Bowl series.

Halse Rogers Arnott

Youngest son of Arnott's biscuits founder William Arnott, and later chairman, Halse Rogers Arnott, took residence in Wahroonga in later life. A Medical practitioner, Arnott was born in Newcastle before moving to Hunters Hill in the 1870s where he raised his five children with wife Alice Johns. During the 1940s, Arnott relocated to Wahroonga, where he had a new family home built at 70-74 Burns Road, designed by architect William Richardson. Upon his father's death in 1947, he became the chairman of Arnott's until he passed away in 1961. The house remains a landmark property of Wahroonga today.



Cutting Edge

TAILORING AND ALTERATIONS
Quality Professional Tailoring

Ladies and Gentlemen's

- < School Uniforms
- < Formal/Wedding/Bridal Wear
- < Invisible Mending
- < Dressmaking
- < Made to Measure
- < Tailored Suits

PH: 9487 3865

wahroongatailor@gmail.com

3/5 Redleaf Avenue Wahroonga

Mon-Fri 9 am to 5:30 pm, Sat 9 am to 2 pm, or by appointment



Alister Henskens SC MP

State Member for Ku-ring-gai



"It is my pleasure to be able to serve our community as the Member for Ku-ring-gai in the NSW Parliament. If you ever have a problem, please do not hesitate to contact me and I will do my best to help you."

As your local State MP, I can:

- Advise you of your rights and further action that you can take
- Take your problem directly to the appropriate Minister or part of government to obtain a response
- Put you in touch with a service that can help you
- Advocate for more resources for your group or community
- Organise congratulatory messages for 50th and 60th wedding anniversaries and 90th and 100th birthdays
- Work with you to make democracy work for us all

www.alisterhenskens.com.au

P: 9487 8588 | kuringgai@parliament.nsw.gov.au

27 Redleaf Avenue, Wahroonga NSW 2076

Authorised by Alister Henskens SC MP, 27 Redleaf Avenue, Wahroonga NSW 2076, using parliamentary entitlements

Wahroonga Special Heritage Hub

Tita Smith

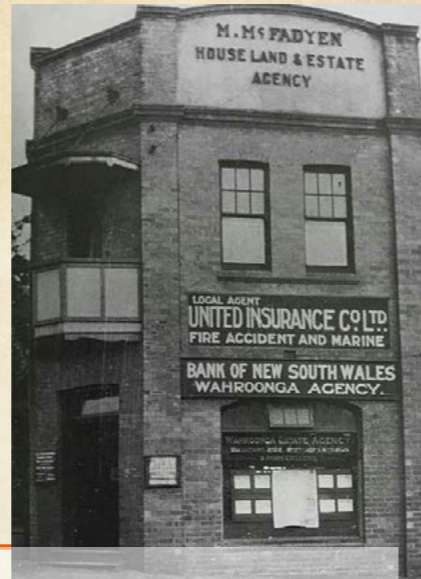
By the 1920s, word of the large residences and lush leafy landscape reached the higher-socio-economic population, turning Wahroonga into an attractive location to settle. The beautiful grand houses on large lots and winding streetscapes scattered with bright crimson, mustard and pear leaves throughout autumn, provide the perfect suburban locale just a skip away from Sydney's bustling city. Many sites in Wahroonga have remained and transformed over the past century, and it is no wonder with such rich history, that it is home to an abundance of Heritage Listed sites.



Wahroonga station, 1915

Wahroonga Railway

Wahroonga station was originally called Pearce's Corner when it opened on 1 January 1890. It was later renamed 'Wahroonga' on 30 August. In 1999 it was added into the NSW Heritage Site Register for its well-preserved island platform architecture and historical significance.



The Bank of New South Wales agency, 1927.

Westpac Bank

The Bank of New South Wales opened on the corner of Railway and Red Leaf Avenue on May 17 1927. It became Westpac Banking Corporation when it was integrated with the Commercial Bank of Australia in 1982. It has been renovated several times throughout this period but resettled into its current position on Railway Avenue in 1944.



Commonwealth Bank, Coonanbarra Road, 1956

Commonwealth Bank

The Commonwealth Bank first opened on 7 May 1956 on Coonanbarra Road. The bank was rebuilt again and opened in September 1963 on Railway Avenue where it still stands today over 50 years later.



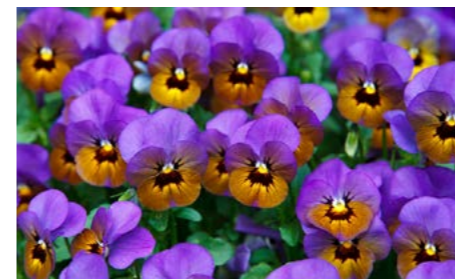
Native flowering shrubs, such as Grevillea can endure dry conditions.

What to Plant in Winter

Lewis Godwin



Marigolds will thrive in the sunlight.



Pansies love the cooler climate.

Want to keep the colour alive in your garden over winter but are unsure of what to plant?

Unfortunately, for temperate regions, the list of options is shorter than cold climates. However, winter does provide the best time for flowering annuals.

While annuals have shorter lifespans than perennials, they are renowned for their tolerance to low temperatures. Flowers such as pansies and violas, for example, love the cooler climate.

Annuals can be divided into two groups: those best planted in the shade, which can include pansies and viola, and those that will thrive in the sunlight, such as petunias and marigolds. Though, whichever flower you choose, it is

important to give your plant soil with ample drainage. You can also use clay if you have sandy soil.

Using liquid fertiliser can help to boost your annual's growth and even extend their lifespan.

Native flowering shrubs, such as Grevillea or Leptospermum (tea-tree) are also a tough, hardy species that can endure dry conditions.

Easy to propagate from seeds or cuttings, there are about 80 varieties of Leptospermum in Australia. These trees have low water requirements once established and sprout five-petalled, nectar-filled flowers in whites, pinks and reds. Light pruning will help prevent the plant from becoming straggly.



Steven Cavanagh, Angry White Man, Neon tube, 2018 (detail)



Electricity

an exhibition of drawing enhanced by a simple electric current curated by Dr Maryanne Coutts Head of Drawing National Art School

Wednesday 5 June to Saturday 13 July 2019

OPENING EVENT SATURDAY 15 JUNE 2-4 PM with ANNE RYAN Curator Australian Art, Art Gallery New South Wales

Artists: Steven Cavanagh, Tango Conroy & Amelia Skelton, Maryanne Coutts, Ben Denham, Euan Heng, Paul Higgs, Gabriella Hirst, Lisa Jones, Alex Karakonji, Ken Smith

Gallery hours Mon to Fri 10 am-5 pm Sat 9 am-4 pm FREE ENTRY | Gate 7, 1666 Pacific Highway, Wahroonga | 02 9473 7878 gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au | An Anglican Pre K-12 Day and Boarding School for Girls



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



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

DIY OR CONTACT AN INSTALLER TO:

- Measure
- Get a Quote
- Install



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



Create a Cosy Winter Wonderland

Isabella Ross

Interior design in the cooler months can be a bit of a grey area. Many seem to think that blue tones can make a space look cold, bleak and clinical looking. However, choosing the right shades, textures and features can make all the difference. So, to fashion a cosy winter wonderland in any of the rooms in your household, read on!



Sweetpea and Willow

The Master Suite

Sometimes the winter wonderland design theme can be a touch too feminine. So, to combat this, try and work some shades of grey into your space. For example, a light charcoal colour scheme with hints of blue will give the bedroom some understated elegance.

Original Style



Bathroom

Coloured tiles can pack a punch when it comes to designing your bathroom or ensuite. Deep blue shades are a great choice, because even though they are cool-toned, the depth of the colour will ensure your space exudes warmth. Some fluffy white towels and classic silver tapware will seal the deal.

Oz Design Furniture



The Sitting Area

When entertaining guests in the cooler seasons, it's always a good idea to have some cosy blankets and throw rugs available. If you are thinking about having a special family movie night, these plush textures dotted around the space will create a cosy and comforting sanctuary.

Lights4fun

Kids Bedroom

If you're looking to refresh the kid's bedrooms, then this interior theme is perfect. For a youthful spin, take inspiration from the cloud motif – whether it is a patterned bedspread, fluffy cushions or even a glow-in-the-dark wall hanging. There is even a cloud lighting fixture on the market that possesses a whimsical air that children are sure to love.



How to Add Value to Your Home

A Warm Inviting Atmosphere

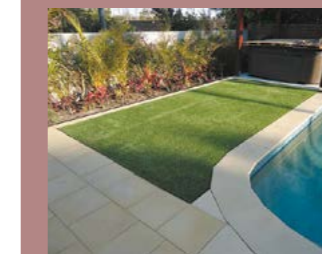
Decking brings warmth and comfort to any outdoor area, especially when it's combined with a pergola. Entertaining outdoors is popular in Australia, and potential buyers will almost certainly pay extra for the privilege.



Recent downward trends in the market have seen homeowners battling to increase the value of their properties. A great way to do this is by adding functionality and practicality through outdoor renovations.

Adding an extra feature such as a timber deck or a stylish set of outdoor blinds will ensure your investment increases in value in the years to come.

Just because the market is facing a downward trend, it doesn't mean you have to sit idly by and watch your home decline in value. Adding one or more of these products is a great way to increase the value of your investment. Take action and renovate your home. The costs you'll incur might just equal profit in the future.



Create a Lush, Green Oasis

Artificial grass has a number of benefits, all of which have the potential to increase the selling price of your home. It looks great, it doesn't need watering or mowing, it stays green all year round and it's perfect for families with children and pets.

Create an Atmosphere

Outdoor blinds can add another room to your home and block out the weather on those cold winter evenings. They also offer an insulated barrier, meaning you can control the temperature while you entertain.



FREE INSTALL* **UP TO \$1500 OFF***

ARTIFICIAL LAWN	OUTDOOR BLINDS	PERGOLAS, VERANDAHS & CARPORTS	DECKING
-----------------	----------------	--------------------------------	---------

AUSTRALIAN OUTDOOR LIVING
love *Your Life* outdoors

Call for your free measure & quote
1300 13 13 49
australianoutdoorliving.com.au

*Terms and conditions apply. ABN: 92148940112 CAN: 148940113 Builders Licence: 301891C



Be Bold with Colour

Nothing says 'wow' like a nice pop of colour! On the outside, houses can sometimes look a little drab compared to the interior, especially those without renovated exteriors. Given the cost factor, many focus on redecorating the inside rather than out. Although this is understandable, a great way to freshen up your home's outdoor entrance is to give the door a lick of paint. Bold shades such as crimson and navy blue are popular yet tasteful options.

Make a Statement with your Home Entrance

Isabella Ross



Garden Trading

Plantation Details

First impressions of a home can often be made by casting your eyes on the front garden. Not all of us are premier gardeners with keen knowledge and passion, but a few simple tricks can make all the difference. If your awning is low enough, try a hanging basket plant. With numerous materials and designs available at your local Bunnings, these baskets are the perfect way to add character to the entrance, especially if you choose a brightly-coloured floral or a cascading variety. Symmetrical hedging or Mother-In-Law-Tongues also make quite the impact when positioned on either side of the doorway.



Kira & Kira Store

A Creative Showpiece

When walking into any home, one of the key goals is to draw the eye upwards, to give the illusion of a larger space. Two great ways to do this are lighting and artwork. A statement light piece like a chandelier or industrial-inspired globe are pieces that are hot on the market. Artwork is also a wonderful way to express personal flair and style.

Dealing With Arthritis This Winter

Rejimon Punchayil

Arthritis is one of Australia's major causes of disability and pain, with winter being a time when sufferers of arthritis face most of their challenges. Every simple task looks daunting. Independence comes with mobility and our ability to conduct our daily chores with the 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. These tools provide enhanced independence that feed our self-worth and self-esteem.

It may be worth considering options in addition to medication to alleviate the inconveniences and sheer pain inflicted by arthritis during winter. There are many natural remedies and exercises available. Dr Paul Lam, from the 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 and sock aids can make a challenging task a simple one for arthritis sufferers. Arthritis gloves of various types can be a great relief during the colder seasons. 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 back support.

For more information on this and other helpful topics visit comfortdiscovered.com

Products as tap turners can make a challenging task a simple one for arthritis sufferers.



73 Jersey St North, Hornsby, NSW 2077 | www.comfortdiscovered.com

9987 4500



With us YOU get to choose the Home Care Equipment in your "My Aged Care" Package!

End of Financial Year
EOFY SALE UPTO 50% OFF

- Corner of Jersey Street North and Bridge Road
- Under Cover Parking on Ground Floor at the Rear
- Easy Access to the showroom from the Parking
- Enter from Jersey Street North, driving north bound

Home Care Beds, Rise Recliners, Mobility Scooters, Wheel Chairs, Walkers, Day Chairs, Toilet, Bathroom and Daily Living Aids. Registered Provider for My Aged Care, NDIS, DVA and Insurance Companies.



The atmosphere is calming and refreshing at chair yoga.

Photos: Benjamin Arthur Photography

Chair Yoga for Seniors

Hannah Prasad

Chair yoga's motto is, 'sit down for your health' and this one line simply sums up chair yoga's initiative. Targeted at seniors, but suitable for all ages, the gentle movements in this class not only uplift and elevate the body but will help your mind flow into a state of calm.

I had the pleasure of attending a class and spoke to Paula O'Connell who conducts the local activity. Paula started running the classes in St Ives after she saw the difference and benefit it can have on the physical and mental wellbeing of individuals. All the poses are modified for a chair and the difficulty levels can be tailored towards numerous ages and skill sets.

"I want the students to be physically active for as long as possible, so they keep their independence. If they can have more strength and stability given from yoga classes, then that's better for them," states Paula.

I also spoke to a couple of the lovely students who shared why they are so fond of chair yoga.

"I want the students to be physically active for as long as possible, so they keep their independence."

Yoga Trainer Paula O'Connell

Roz has had two hip replacements and a broken femur. She used to do yoga and after reading about chair yoga she decided to come to a class. She has been coming to the classes twice a week and says it's fantastic. She moved elegantly and effortlessly in the class



Roz and Brendan not only enjoy yoga but the friendships they have been making.

and incorporates the movements into her daily routine.

Helen decided to come to yoga because she has bad lungs. She needs to do gentle exercises and finds the activities in the class help with her breathing. She says it has helped to loosen her joints and mind.

After Brendan broke his pelvis he started coming to chair yoga and found that the exercises were useful and helped build his strength back. He said he will be celebrating his 90th birthday this month and he never thought he'd be involved in yoga. He cheekily said he loves telling people he's going to his yoga class.

Extra Funding Needed For Aged Care

Isabella Ross

There is no question that our seniors and older Australians within the community are some of the most vulnerable. National Seniors Australia have expressed their disappointment regarding the lack of necessary funding being directed towards aged care in Australia. The nation's Royal Commission into Aged Care Quality and Safety is still underway. While conclusive findings have not been released yet, it is evident that the Royal Commission has shed light on the importance of aged care.

But with the Royal Commission's final report expected to be finalised by April 30th 2020, National Seniors Australia is worried that more needs to be done in the lead-up.

"Older Australian's can't afford to wait for the Royal Commission's



The Advertiser

recommendations. We can and must do better as a nation. The Royal Commission has uncovered appalling evidence of aged care failure and it is time to commit to action." said National Seniors Chief Advocate Ian Henschke.

Thus far, the Royal Commission has heard that 16,000 people died in 2018, waiting for necessary home care packages. What is for certain is that our seniors deserve better, and with the support of the public and Royal Commission, circumstances will hopefully begin to change.



For Sale

MacKillop Grange Retirement Village is situated in Mosman, on Sydney's beautiful North Shore.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment. MacKillop Grange offers on-site management and a 24 hour medical alert.

Secure your chance today to live at this exclusive address in the heart of Mosman.

JOIN OUR WAITING LIST TODAY



28 Wudgong Street, Mosman
 Phone: (02) 8969 3240
 Email: info@mackillopgrange.com.au
www.mackillopgrange.com.au

MacKillop Grange

Paying attention to the positive pays off!

Dr Sue Ferguson

All too often we focus on what's going wrong. But, what if all of us focused on the positive as well? Not ignoring things that are going wrong, but being more balanced. What if we savoured the good times?

Savouring involves paying attention to positive experiences (similar to mindfulness), noticing sights, sounds, smells, and emotional aspects of the experience. However, it also involves responding to positive experiences with thoughts and behaviours intended to increase and potentially prolong enjoyment. For example, describe the scene in your head, smile, then write it down, or tell others about it. This can boost your resilience and improve relationships. Savouring the good times we're having now, and going over pleasant memories of past events in detail (reminiscence) are both important, as is looking forward to positive things to come (anticipation).

Savouring not only boosts the pleasure in the moment, but also helps you remember and value these experiences. World expert, Professor Fred Bryant has

found that in older adults, greater savouring ability predicted greater happiness and fewer depressive symptoms. As we grow older, focusing on positive things happening right now is increasingly important for our mental health.

So to age positively, one thing you can do is practice savouring, for example:

- Learning to appreciate the little things that often go unnoticed.
- Taking a mental picture as you go for a walk, rather than using your phone.
- Imagining the positive things that will happen to you in the next week.
- Doing some good old-fashioned show-and-tell, for example, taking an object that means something with you when you visit your grandkids, and telling them all about it.

So stop and smell the roses, then tell a friend about it!



Dr Sue Ferguson has a Masters in Clinical Psychology, and a PhD focused on Positive Ageing from Macquarie University.

Care with Love and Dignity

Adventist Aged Care has been caring for older people in Wahroonga since 1960. Amongst the green lawns, native shrubs, the shade of the old gum trees and the cheeky rainbow lorikeets who forage on the flowers in the beautiful gardens, the residents, clients and families of Adventist Aged Care directly enjoy the gardens in the leafiest suburb of the North Shore, which has always been Wahroonga.

“Care with love and dignity still underpins how we provide our services some 59 years later,” says Brian Swanepoel, Managing Director of Adventist Aged Care Sydney.

“However, our services have expanded greatly to meet the expectations of our clients today. We have moved well beyond the concept of caring for vulnerable people to providing a continuum of care with a wide range of choices.”

The modern facilities at Wahroonga include apartments, villas, residential aged care and respite choices for the



community Adventist Aged Care Sydney serves. The committed and outstanding staff at Adventist Aged Care help to maintain the highest possible quality of life in the inspiring and beautiful surrounds of Mount Pleasant Avenue.

This includes social and recreational programs and nutritious vegetarian

meals freshly cooked on site. There is a spacious lounge, dining facilities and large activity room where a range of recreational and leisure activities such as carpet bowls, board games, quiz events, guest speakers, musical appreciation, crafts and excursions are catered for.

“Making a decision about care choices for yourself or a loved one can be emotionally and financially complex. We believe that the care and wellbeing of our clients and staff is our number one responsibility. There are so many varied and unique details that matter when you are making such an important decision. We are always available to listen and understand what details matter most to the people we care for.”

For information about Adventist Aged Care Sydney Residential Aged Care and Independent Living Units at Wahroonga, please visit aacsyd.org.au or phone 9487 0600.

Health Corner

Isabella Ross

Consult your doctor before embarking on any lifestyle changes



Daily Movement

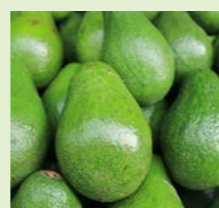
Keeping your muscles pumping is important at any age. Vigorous exercise is not the way to go for seniors, rather stick to your own pace and find a particular activity suited to your ability. Aqua aerobics is incredibly popular among the older section of our population, as movement within the water ensures less strain on the body. North Shore councils also offer a range of specialised activities for local seniors, including yoga, walking clubs and stretching classes. A walk on the beach can go a long way!

SUSTAGEN®



For many Aussies, bone health and energy function become bigger priorities with old age. SUSTAGEN® Hospital Formula has been a staple for numerous seniors for over 3 decades. Filled with lots of vitamins, protein and minerals, the nutritious drink formula is available in many delicious flavours. Available in the health aisles of supermarkets and chemists, SUSTAGEN is also often used by patients enduring illness and recovery who require extra nutrition. Before introducing anything new into your diet, it is best to seek advice from an accredited practising professional.

Good Fats



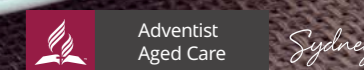
When people talk about ‘good’ vs ‘bad’ fats it can be a little confusing. With such a difference between the two varieties, good fats are understandably the preferred option.

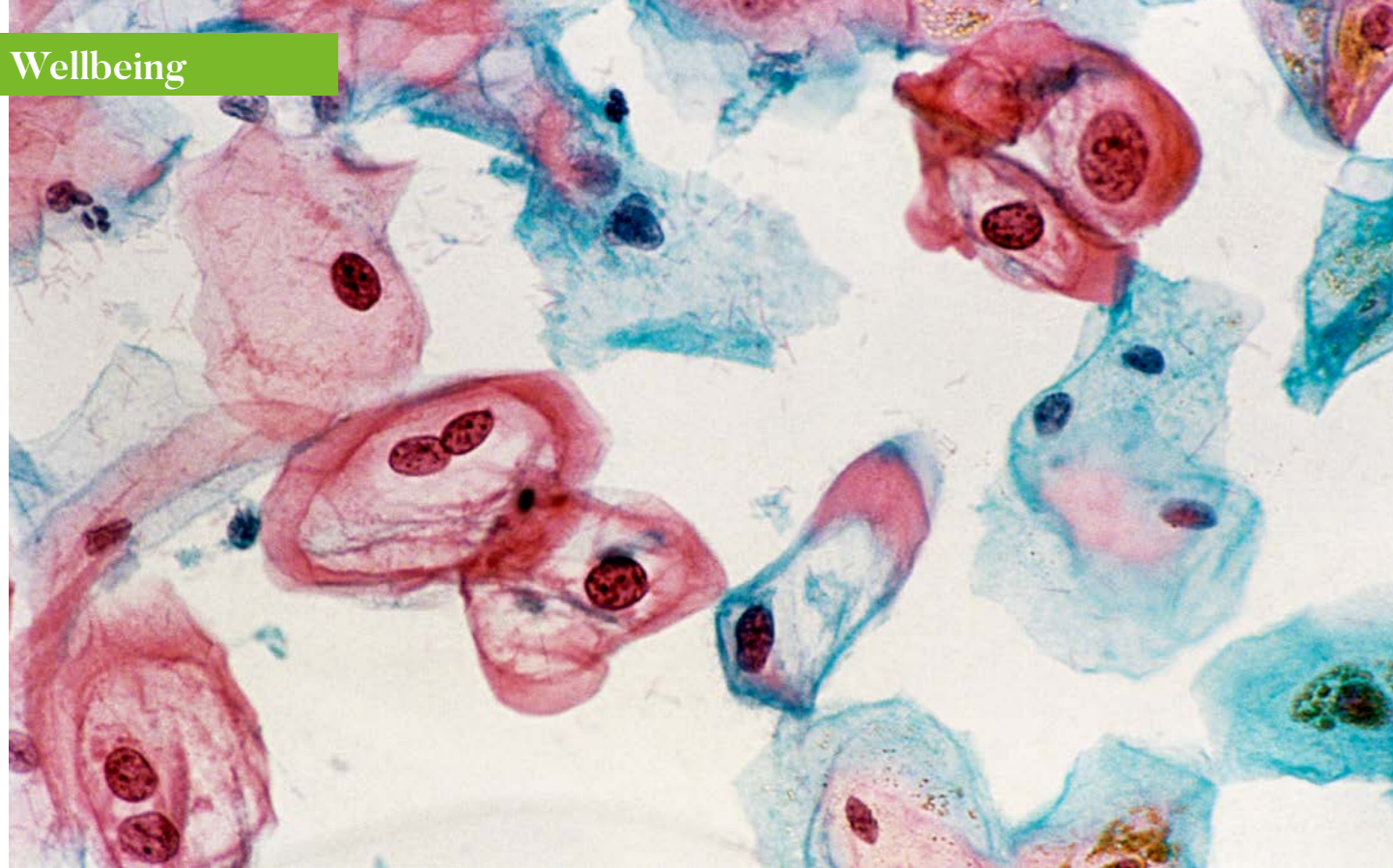
According to the Heart Foundation, healthy monounsaturated and polyunsaturated fats help to lower your cholesterol and risk of heart disease. So, to live a long and prosperous life, make sure to get an optimal balance of good fats into your diet. Fish oil tablets have also been found to have a myriad of benefits. Salmon, avocado, tree nuts, olive oil and dark chocolate are all great options that are high in good fats.

Loving Care Home Christian

We believe that a loving & respectful environment is the best place to live and to carry out our work.

Join us at Adventist Aged Care Residential & Independent Living Units, please call us on 9487 0600 or visit us at www.aacsyd.org.au





Science Photo Library/Getty Images

Competing Priorities and Health Screening

Sarah Wainwright

Anne Helen Petersen describes how millennials (people born between 1981 and 1996) became “the burnout generation”. Being busy has become a proxy for status and being in demand, however, this busyness causes stress, anxiety and burnout.

Priorities are a reflection of our values. Values are stable beliefs that we consider important in the way we live, work, make decisions and interact with others. Writing down your top values and what your goals are can be helpful in identifying priorities. A priority could be attending to personal physical and mental health, which busyness and stress may push to the bottom of your to-do list. Psychological barriers or fears about health screening may also exist for many people, further pushing this priority out of conscious thought.

Sitting down with Dr Elizabeth Tracey, Conjoint Senior Lecturer, University of Newcastle, School of Medicine and

Public Health, Dr Tracey explains, “Cancer screening can help protect your health through early detection, even if you don’t have any symptoms. In the US and Australia, detecting early cancer can mean the difference between survival at least five years after diagnosis of 100 percent for breast cancer localised to the breast to 32 percent if diagnosed at the latest stage.”

Each state and territory have a cancer registry that monitors trends in cancer incidence rates, death rates, as well as cancer survival rates after diagnosis. Reassuringly, Dr Tracey indicates that, “in Australia, we have one of the highest survival rates in the world for breast and bowel cancer when benchmarked against other countries with similar health systems.”

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), counselling, learning-support teaching assistant, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_

Dr Tracey shares that screening saves lives and are government funded.

CANCER SCREENING PROGRAMS

- If you are aged 50 to 74 and are invited to have a bowel screening test, please complete the test!
- If you are a woman aged 50 to 74 and invited to have a free mammogram then please have one!
- For females aged 25 to 74, please book a GP appointment and have Cervical Screening Test!

In light of the evidence, Dr Tracey encourages Australians to put health check-ups at the top of our priorities list, as well as encourage those we love to do the same.

Relaxation Corner

Lewis Godwin

Sound

Studies have found that natural sounds help calm us down, as they are perceived by our brains as non-threats. Water in particular, be it the flow of a stream or pitter-patter of rainfall works much like white noise. It is a constant sound that we tend to tune out.

The ebb and flow of a tide is a familiar, comforting pattern, much like the rhythm of one’s breathing: in and out, in and out. The crashing of waves on the shore, though loud, are the result of a steady build up. They do not disturb us, unlike a sudden, peaking sound.

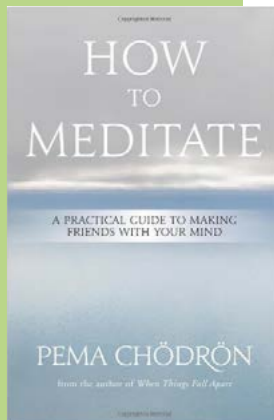
The beach, in turn, is a place shown to have a positive effect upon our wellbeing. The journal Health & Place published a study finding those who live by the coast report better physical and mental health than those who don’t. Breathing in sea air also has respiratory benefits that can help with getting a better night’s rest.



Book

Buddhist nun Pema Chödrön is one of the world’s leading teachers of meditation. Her book ‘How to Meditate’ is a spoken-word course, sharing practices for peaceful living even in the face of uncertain situations. It tells the reader how to relate to the mind and embrace the fullness of our experience.

“If we can train ourselves through meditation to be more open and more accepting towards the wild arc of our experience... we can become more settled and relaxed amid whatever life brings us.” – Pema Chödrön



Barry, Denise, Pam and Ruwan after winning a Toastmasters competition.

Turrumurra Toastmasters

Turrumurra Toastmasters is where leaders are made. With meetings run on the first and third Wednesday of each month, individuals are encouraged to arrive at 7:20 for a 7:30 start, as part of the class is being respectful and punctual of each other’s time. Each class is aimed at helping individuals gain confidence in their public speaking abilities, with varying goals to help build confidence internally. There is feedback and a tight-knit community of supportive individuals that encourage and build each other up, so step out of your comfort zone and see what opportunities arise when you let them.

Dates: First and Third Wednesday each month
facebook.com/Turrumurra-Toastmasters-279108269354613/



1958 - 2019

61

YEARS

PRICE'S

pharmacy

— WEST PYMBLE —

Our happy, dedicated staff give caring, family friendly attention to all of your pharmaceutical needs

OUR SPECIAL SERVICES INCLUDE:
Preparation of Webster-Packs for daily medication regime
Sub-agent for Diabetes Australia
FREE local-area home delivery by "Delivery Boy" with over 50 years experience
Justice of the Peace usually available - please ring first

WINNER Outstanding Pharmacy Award 2017 & 2018 in the Hornsby Local Business Awards

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

Sweet Dreams

Dr. Ian Sweeney

For many years we have been told that diet and exercise are the essential ingredients for a healthy lifestyle. Now, the National Sleep Foundation has added sleep to the list of essential ingredients.

Sleep is vital in helping the body recover from fatigue and helping to rejuvenate the mind. Adequate sleep is needed to maintain good cardiac and immune function, as well as regulating our mood, aiding in memory recall and learning functions.

It is generally accepted that the incidence of sleep apnoea is between 10% -38% of sleep study participants. Not only will sleep apnoea dramatically affect the quality of sleep, it may lead on to other health risks such as stroke, heart attack, congestive heart failure and daytime sleepiness.

Sleep apnoea may also have some effects on the oral cavity. Symptoms including dry mouth, teeth grinding, periodontal disease, tooth fracture and tooth loss may occur. Patients who for no medical reason are waking up with a dry mouth, sore throat, headache, or who experience chronic insomnia may, in fact, be suffering from undiagnosed sleep apnoea.

During sleep, our rate of saliva production is greatly reduced. Saliva is needed to wash away

bacteria and neutralise acids that cause decay. Saliva also helps to keep our mouth moist and healthy. Should airflow be reduced, the body's natural response is to start mouth breathing. Breathing through your mouth will greatly dry out the inside of your mouth, increasing bacteria growth and the risks of dental decay and gum disease.

Many people grind their teeth at night. Teeth grinding or bruxism results in wearing away natural tooth structure. Many researchers believe teeth grinding is another protective mechanism to reduced airflow. Grinding your teeth often results in bringing your jaw forward. Forward jaw movement will help to open the airway. Chronic bruxism will severely damage teeth, resulting in cracks, chips and tooth fractures.

Over time, a dry mouth, teeth grinding, higher decay rate and gum disease will take its toll on your teeth, gums, tooth roots and supporting bone levels. This may possibly lead to tooth loss.

Regular dental visits may help to identify and treat some risk factors associated with sleep apnoea. Suspected sleep apnoea should always be assessed by a sleep physician. Early diagnosis and treatment may reduce the possibility of serious health consequences.



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



NORTHSIDE
DENTAL & IMPLANT
CENTRE

NORTHSIDE
SEDATION
CENTRE

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

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

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

Let our family,
give your family,
a reason to smile!



Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

Turrumurra Practice

1253 Pacific Highway,
Turrumurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



Atmospheres of the Nordic Table

Iittala proudly launches Raami, a new tableware collection designed by Jasper Morrison. The carefully composed pieces in ceramic, glass and wood which make up the Raami family, are intended to work together to invoke a Nordic inspired table

atmosphere, from morning to night. Each item from the Raami collection is an individual, perfect on its own, yet a significant part of the entirety. Like a family, or a group of friends, each member brings their own characteristics to the table.

Tumbler pair, 260 ml



Serving tray



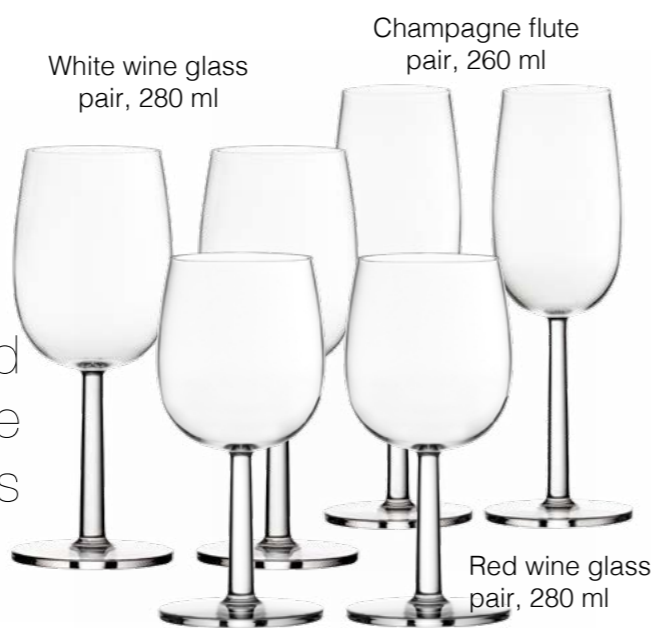
Deep plate



Mug



Wine and Champagne Glasses



Bowl



Hearty Winter Wonders

Isabella Ross

Healthy Carbonara Spaghetti

Recipe from Good Food

Ingredients

- 85 grams parmesan
- 2 eggs
- 200 grams frozen peas
- 350 grams spaghetti
- 1 tbsp. olive oil
- 100 grams lean bacon, fat removed, finely diced
- 3 garlic cloves, finely chopped
- Handful of basil
- Salt and pepper

Method

1. Bring a large saucepan of water to a boil with a pinch of salt.
2. Grate the cheese and beat the eggs with a little pepper. Cook the peas in boiling water for 2-3 minutes, drain and set aside.
3. Cook the spaghetti to al dente following pack instructions. Once spaghetti is cooked accordingly, drain using a colander.
4. Fry the bacon in the same pot for several minutes until it starts to get crispy. Stir in the garlic and cook briefly until brown. Tip in the peas and then the drained pasta. Quickly pour in the whisked eggs and cheese, lifting and stirring with the tongs so everything mixes well, and the spaghetti gets coated. Ladle in a touch of water, enough to coat the spaghetti and create a bit of sauce in the pan.
5. Serve immediately with a sprinkling of the parmesan, some chopped basil, salt and pepper.



Pumpkin Soup with Paprika

Recipe from Produce on Parade

Ingredients

- 1 small pumpkin, peeled and cubed
- 2 tbsp. olive oil
- 1 small red onion, diced
- 2 garlic cloves, diced
- ½ tsp. dried thyme
- 400 grams coconut milk
- 2 cups vegetable broth
- 2 tbsp. lime juice
- 1 tbsp. smoked paprika
- A pinch of chipotle chilli powder
- Handful of parsley
- Salt and pepper

Method

1. Heat the oil in a large soup pot and sauté the onions, garlic and thyme until fragrant, for 5 minutes.
2. Add in the cubed pumpkin and continue to sauté for an additional 10 minutes, or until the pumpkin begins to soften. Then add in the remaining ingredients and simmer over medium heat for about 15 minutes or until the pumpkin can be easily pierced with a fork.
3. Transfer carefully to a blender and whiz on high until silky and smooth. Make sure to allow the blender to vent at the lid.
4. Serve hot with parsley and a sprinkle of paprika.



What's On

June



Terrarium Workshop

Dates: 4 June

Treat yourself to some terrarium tranquility with training from Art Love Plant's, Tue Nghi Au. Learn what local plants work best and take home your very own creation, with plants and soil mix provided. You will need to bring your own vase or large jar. Make sure to complete your booking online to secure a place, and you are sure to leave with a stunning new accessory for your home décor!

kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Terrarium_workshop



Ku-ring-gai Orchid Society

Dates: 17 June

The Ku-ring-gai Orchid Society will be hosting their monthly meeting on the 3rd week of June. Located at the West Lindfield Community Hall, culture classes start from 7:15 pm and cater towards those that are just beginning to grow these beauties and need a helping hand. The main meeting is held at 8 pm and features an array of speakers, books and of course, orchids for sale. This is a great community event that is full of like-minded people with a love for orchids!

Sydney Opera House



Matador Cabaret

Dates: 18 June – 29 June

For a night of cabaret and class against the backdrop of Sydney's Darling Harbour, book yourself a ticket for the new production, Matador. Playing at the Opera House, the performance is a tale of forbidden love, desire, passion and pain. With spectacular aerials, dancing, choreography and music, Matador will ignite all your senses.

sydneyoperahouse.com/events/whats-on/dance/2019/matador-tickets.html?icid=175123:WT:p11:20190416

Good Food and Wine Show

Dates: 21 June – 23 June

Sample delicious delights from hundreds of homegrown and international exhibitors at the Good Food and Wine Show. Located in the heart of Sydney, this event is a great day out for food and wine enthusiasts to learn from some of Australia's premier chefs. On offer are a range of masterclasses and champagne and cheese tastings.

goodfoodshow.com.au

Boys in the Band – Jukebox Revolution

Dates: 22 June

The Concourse will be putting on an all-singing, dancing concert, filled with 50 years of mega-hits that are sure to get the audience on their feet. Jukebox Revolution celebrates the most iconic artists of the 20th Century, including Queen, Elvis, John Farnham and ACDC. Performed by the internationally acclaimed 'Boys in the Band', now is the time to get your dancing shoes on to boogie the night away!

premier.ticketek.com.au/shows/show.aspx?sh=BOYSBAND19

European Outdoor Film Tour – Newtown

Dates: 28 June – 29 June

Adventure is waiting! The European Outdoor Film Tour (EOFT) is an outdoor adventure film event from across the globe, that is expanding. 2018 was its opening year, and to the delight of Sydneysiders, the event is set to return and it's bigger than ever. With each film shown produced by a team of expert filmmakers, the audience is guaranteed to be impressed.

sydney.com/destinations/sydney/inner-sydney/newtown/events/european-outdoor-film-tour-newtown



Life Drawing Sketch Club

Dates: Every Friday

Improve your drawing skills at the Willoughby Art Centre's sketching classes. Set in scenic surrounds, the class offers those with drawing experience the opportunity to expand their skills with a life model. If you're a drawing devotee, bring your own equipment and head to Willoughby. If you're a beginner and don't know where to start, check out some of the other classes on offer that are sure to spark your creativity.

workshoparts.org.au



Child Car Seat Safety Check Day

Dates: 12 June

Ensuring your child's seat is adjusted correctly is critical. So, the Ku-ring-gai Council is holding a child car seat safety check to offer educational advice to help realign your child's seat. Book online and head down to Gordon for this informative event.

kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Child_car_seat_safety_check_day_-_12_June

Comedian Urzila Carlson

Dates: 15 June – 19 June

Star of Hughesy, We Have a Problem and Have You Been Paying Attention, stand-up star Urzila Carlson is conquering the comedy scene in Australia. The South-African New Zealander has won a legion of fans worldwide, and she will be performing her show 'Loser' at the Opera House.

sydneyoperahouse.com/events/whats-on/comedy/2019/urzila-carlson.html

Are we there yet?



You come and relax we'll wear the Kids out.

Mowbray Park Farm just 1 hour from Sydney off the M5
Animal nursery • Pony Rides • Camp fires • Collect the Eggs
Cow milking (it's from where?) • Crack a Whip

Days of fun for everyone, this is life in the Country

Mowbray Park Farm Holidays

Web: www.farmstayholidays.com.au

Email: mowbray@farmstayholidays.com.au

745 Barkers Lodge Road Picton NSW 02 4680 9243



School Holiday Fun

Isabella Ross



hands-on activities

National Gallery of Australia

To keep their young minds occupied, a day trip to the museum is a great educational choice. The National Gallery of Australia is one of the best in Sydney, even featuring a kid's sector in the museum. With free general admission for children, hands-on activities, self-guided tours and interactive elements, there is so much to see, do and learn!

Ku-ring-gai Aquatic Centre

Even though the weather is a little chilly, that doesn't mean the little ones can't still enjoy the water. Ku-ring-gai Aquatic Centre is an ideal location for locals, with state-of-the-art facilities and a heated indoor pool. With cheap prices for kids and an adjoining café for the parents, this aquatic centre is the place to get your swimming on.



Indoor pool

Winterfest at Luna Park

Back by popular demand these school holidays is the magical ice-skating rink at the iconic Luna Park. A magical winter wonderland, this ice rink is set to dazzle with LED lights. Taking the ferry to Luna Park is also a fun way to engage the kids, ensuring you definitely won't hear the dreaded words 'are we there yet' on the journey!



Winterfest



Baby and child-friendly

Roseville Cinemas

There's nothing kids love more than a box of buttery popcorn and an animated film on the big screen. The North Shore local Roseville Cinema is also baby and child-friendly, with its own screening room dedicated to being suitable for families.

Family Picnic

Picnics are another fun way to spend time together as a family. There are numerous places along the North Shore that are perfect, thanks to their stunning scenery and lush gardens. Hornsby Heights and Wendy's Secret Garden in Lavender Bay are lovely options.



Explore the North Shore

Emma Nedov: Local Gymnast's Time to Shine



Isabella Ross

One of Australia's top Women's Artistic Athletes, Emma Nedov has made a name for herself within the national gymnastics' scene. A local Turrumurra girl who attended Brigidine College in St Ives, Emma started pursuing her passion for the sport at the age of six. Known for her impressive performances at three international World Cups, Emma is jetting off to the 2019 National Championships in Melbourne as part of the NSW State Team. When asked whether any Olympic aspirations are on the horizon, Emma was quick to express her enthusiasm.



for you, but you have just got to persevere, and you'll get there in the end!"

"Yes definitely! Everything happens for a reason. That is my absolute motto – especially in gymnastics. It's totally normal to have those days where you don't want to go into the gym or the skills aren't working

Seeking selection onto the Australia Team for Artistic Gymnastics World Championships is the next step in Olympic qualification. Overcoming numerous

hurdles throughout her gymnastics career, including a snapped right Achilles, Emma has shown great resilience.

"After my injury, I took some time off. Believe it or not, I'm considered quite old for gymnastics, but my body definitely feels a lot older than when I was 16! At that point of injury, I was just going to chuck the towel but then I realised I wanted to give it one more go and so here I am."

With such a positive attitude and determination under her belt, Emma's future in the gymnastics sphere looks bright. We wish her the best at the upcoming 2019 Australian Gymnastics Championships.

To keep up-to-date with Emma's gymnastics, follow her on Instagram @ejnedov

WILD WEST WEBERS CIRCUS

TRICK PONIES ✦ ACROBATS
FUN CLOWNS ✦ WHEEL OF DEATH
HULA HOOPS ✦ RUSSIAN SWING
PLUS MUCH MORE FUN FOR ALL THE FAMILY

HAWKESBURY SHOWGROUNDS
Racecourse Road
14th June - 23rd June

SHOW TIMES		
Fri	14th June	6 pm
Sat	15th June	3 pm & 7 pm
Sun	16th June	11 pm & 3 pm
Thurs	20th June	7 pm
Fri	21st June	7 pm
Sat	22nd June	3 pm & 7 pm
Sun	23rd June	11 am only

WILD WEST
Featuring Wheel of Death, Trapeze, Miniature Horses, dogs & clowns plus exciting circus acts. Boot scooting whip cracking fun and laughter for all ages.

- Tickets on sale 1 hour before each show.
- Cash sales only, no cheques or credit cards.
- On site box office open 10 am - 5 pm. Wed to Sun.
- All children pay ages 3-14 and to be accompanied by and adult.

Online Bookings: www.weberscircus.com
Phone Bookings: 9.00 am - 7.30 pm

FOR ALL ENQUIRIES
0448 247 287 / 0448 CIRCUS

www.facebook.com/weberscircusspectacular

TICKET PRICES	
B Reserve Chairs	
Child	\$18.00
Adult	\$28.00
A Reserve Chairs	
Child	\$20.00
Adult	\$30.00
Ring Side Chairs	
Child	\$25.00
Adult	\$35.00
VIP Chairs	
Child	\$32.00
Adult	\$42.00

What's On Kids



DinoSnore

When: Friday 7 - 8 June, 6 pm - 8 am
Where: Australian Museum
Prices: \$130 - \$150 (6 - 12 years old)



Pizza Thursdays

When: Every Thursday from 3:30 pm - 6:30 pm
Where: AWOL Youth Hub Gordon
Prices: Free (children - teens)

Rhyme Time

When: Every Tuesday from 10 am - 10:25 am and 1:30 pm - 1:55 pm
Where: Glebe Library
Prices: Free (0 - 2 years old)

Aussie Hoops

When: Wednesdays, 4:30 pm - 5:30 pm and Saturdays, 8:30 am - 9:30 am
Where: Alexandria Basketball Stadium
Prices: \$130 (5 - 10 years old)

Miss Jacqui's Ballet Classes

When: Every Monday from 4:15 pm - 5:45 pm
Where: Pyrmont Community Centre
Prices: \$22 (5 - 7 years old)

Colouring fun





PH: 9997 8888
THE RUG CLEANING SPECIALISTS

- Complete washing & detailing of all types & styles of area rugs
- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service

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

Jorian Blanch & Co
 With Richard Fischer



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

Proudly servicing the local community for over 40 years

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

ROOFS
 ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking...
 Act Now



Contact us for a free no obligation quote

Phone: 9654 6000
www.roofsabove.com.au

Our services available include.....

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

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



New Term Starting Soon
 Beginners Welcome

Hatha Yoga Classes
 Workshops
 Meditation Courses
 Corporate Classes
 Private Classes
 Retreats



BOOK NOW

KU-RING-GAI YOGA
 WWW.KURINGGAIYOGA.COM.AU
 P: 02 9875 5358 / M: 0426 212 622
 PYMBLE UNITING CHURCH
 CNR PACIFIC HWY & LIVINGSTONE AVE
 PYMBLE 2073 NSW AUSTRALIA

KURT & DANIEL SEIFERT
 JEWELLERS

Local family owned and run

Alterations • Remodelling • Repair
 Engagements • Weddings • Anniversaries

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold


- Whether to save or sentimental we can reuse.
- We also buy jewellery and gold.

onsite workshop



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

BOOK RESTORATIONS
 Bookbinding and Repairs
 Since 1976



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

By appointment

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

Northside Washer Service
 authorised agent Kleenmaid Speed Queen

WASHING MACHINE & DRYERS, REPAIRS & SALES

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

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

GORDON MARKETS 2nd Sunday of every month



Gordon Station Council Park
 (middle level)

9 June, 14 July & 11 Aug.
 8.30am to 3pm

UNDERCOVER
 Protected from heat and rain!

Information: www.gordonmarkets.com.au

BLIND INSPIRATION

Shutters • Curtains
 Blinds • Awnings Home Automation

YOUR LOCAL SHUTTERS & BLINDS

1300 925 463
 FREE IN HOUSE DESIGN CONSULT

4/6 Chaplin Dr Lane Cove West
www.blindinspiration.com.au

The Power of Positive Thinking

Kerrie Erwin



Kerrie Erwin is Psychic and Medium

Now that winter is upon us, it is time for slowing down and looking back at your life in reflection to see how far you have come. This is a good time to see what you have learnt and how you can improve your journey for better, peaceful and brighter outcomes.

If you feel you need a change, or you're not happy with your life, why not use the power and process of positive thinking.

Have you ever wondered why things never go right in your life? Why you are constantly feeling stuck or lacking motivation and energy? Do you feel you attract bad luck constantly, never seem to attract the right partner, friends, job and no matter how hard you give it a go, life is a constant battleground where you feel like you never get a break or get ahead?

If this is how you think of yourself, it's not a good image or life. So, it is time to move on, shake off all the negative energy and implement boundaries to make simple changes.

Instead of doing nothing and feeling sorry for yourself and talking about it to your friends, family and anyone who wants to listen, now is the time to take action and become the creator of the life you want and deserve. By taking personal responsibility of your life and clearing the negative energy in your mind and the way you think, you can change your life forever, as you will make the effort to never listen to another bad thought again.

This process will not only make you happier, attract like-minded people like yourself, it will open the door to a new

world where you will feel healthier and more prosperous than you could ever imagine. As time goes on, the energy will also completely shift around you, bringing more positive experiences that you never thought possible.

Once you have done this, your life will without a doubt dramatically change in the most incredible ways imaginable and you can sit back and watch as your hopes, wishes and dreams finally become a reality.

LIKE ATTRACTS LIKE

The power of positive thinking is an incredible force. Your body, mind and emotions are made up of energy. The energy is designed to flow in and out like your breath, but sometimes it can get stuck. Energy can have a positive or negative charge. The Law of Attraction is based on the concept that like attracts like, that positive energy attracts positive energy. If you can train your mind to think positive thoughts, then you will attract more positive energy into your life.

Positive thinking takes practice. Start by observing your own self-talk, look in the mirror and be aware of what you think. If it's negative, replace it with something positive. As you go about your day be aware of your thoughts and attitude. If you catch yourself thinking something negative, sweep it away and replace it with something positive. Positive thinking is not about ignoring the more challenging aspects of life, it's about approaching all situations in a positive and productive way. Once you understand the way the mind works nothing is impossible.

What do you have to lose?



INTERESTED IN A PSYCHIC READING

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

UNDERFLOOR HEATING

"Invisible luxury"



Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort Heat designs each system to reflect the required outcome of the clients as well as taking into account each plan and location. The systems can be controlled manually or designed to be completely automatic. They can be zoned or operate as one system.

Ask your builder or architect today for an efficient heating system in your new home or renovation or visit - www.comforheat.com.au

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

www.comforheat.com.au



ComfortHeat
Superior Floor Heating Systems

TERM AND CONDITIONS APPLY.

**20%
OFF
SALE**

- SHUTTERS
- BLINDS
- AWNINGS
- CURTAINS
- MOTORISATION

9427 9312

14/4 Chaplin Dr Lane Cove West

blindinspiration.com.au

BLINDINSPIRATION