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Home & Lifestyle
Spring 2016

FREE

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Amber Tiles' stunning new porcelain outdoor pavers

Urban Surface, the latest product release from Amber Tiles, is set to revolutionise the paving market by delivering stone-look porcelain pavers made for the outdoors that are perfect for the Australian climate.

Incredibly durable, stain resistant and easy to clean, porcelain pavers replicate the natural beauty of stone to enhance courtyards, patios, swimming pools or driveways without all the difficulties inherent in stone finishes.

Designed to add a stylish look to any home, commercial or public outdoor space, the new Urban Surface range features unique benefits not seen before in the paving market. The

600mm x 600mm porcelain pavers don't require sealing, making them easier to use in multiple locations. They're also frost, moss and mould resistant, so cleaning and maintenance is a breeze.

Urban Surface pavers are also ideal for saltwater pools because they're salt-safe and have low water absorption (<0.5%). The slip resistance makes them a great choice for steps and pool surrounds, as well as paths that get substantial traffic. When adhered to a concrete slab with an approved adhesive, the pavers' superior strength really lasts the distance, while always looking stylish in any

setting. Better still, with an average 20-year lifetime they're guaranteed to look great for longer.

Available in 10 natural looking finishes, including Silver Quartz, Sand, Sandy Beach and Carbon, Urban Surface porcelain pavers are exclusively available at Amber Tiles Gosford 293 Manns Road Phone: 4324 5366 www.ambertiles.com.au/products/urban-surface/urban-surface

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The editor's note...

Welcome to our first issue of Central Coast Home & Lifestyle Magazine.

We are so lucky to live here on the Coast with such a relaxed lifestyle offering pristine beaches, stunning natural features and our picturesque national parks, which makes our region an attractive place to live and work. It really is our little piece of paradise...

I am proud and excited to provide our local community with my latest quality magazine each season which is attractive and informative and best of all FREE. My other titles which were produced over the past 7 years (Update & Renovate and Look Good & Feel Good) were very popular and I was overwhelmed, as many readers contacted me personally to say they loved both theme's and this prompted me to produce this magazine to capture as many facets of our lifestyle all under one cover.

As well as providing you with an interesting magazine to read I love the fact that we are able to promote reputable local businesses to you as it is vital to their survival that we all shop local and support their products and services they are able to provide.

I would like to say a special thank you to all of the local businesses that are kind enough to place our magazines on their counters for our loyal readers to pick up from them every issue, your support is greatly appreciated.

I have been in this industry for many years and am very passionate about magazine publishing and hope that you like the new concept. I strive to make the magazine of interest to Men, Women and families of all age groups with a good variety of topics covered in each edition.

Please feel free to send me an email or a letter to let me know if you like the new format and you can also subscribe to our free eMagazine version each edition if you send me your request.

Finally, Welcome to our Spring edition it is time to enjoy some of the warmer weather and outdoor activities we are fortunate to be able to enjoy living here on the beautiful Central Coast.

Alison Robinson



Central Coast Plant Lovers

Plant lovers, the Central Coast is home to over 2000 native plants and many plant communities.

There is nothing to beat the spectacular displays of wildflowers in the coastal heath communities in late winter to early spring. Boronias, Eriostemons, Grevilleas Dillwynias, Gompholobiums, Pultenaeas, Bossiaeas are just a fraction of what can be seen in these communities. If you only have one bush excursion a year, head for the coastal heathland, (found in all National Parks bordering the ocean.) in spring time!!

In Brisbane Waters National Park, Girrakool, Warrah Reserve and Bouddi National Parks, along the coastal walks and on the Somersby Plateau, many of these can be seen flowering from early July.

Or ask your local nursery which plants are suitable for you to grow in your own garden.



Experience the Zip effect - it's water made irresistible in 9 stunning colours

The coveted Zip HydroTap has a stunning colour makeover. Australian design success story, Zip Water, has launched its new revolutionary Platinum Design Range featuring 9 gorgeous new HydroTap colours for contemporary kitchens. Be prepared to enjoy stunning new on-trend looks and brilliant functionality with crystal clear, boiling, chilled or sparkling filtered water at your fingertips.

Choose from striking new looks including rose gold, brushed rose gold, gold, brushed gold, platinum, gunmetal, brushed nickel, nickel and antique brass to match your kitchen design perfectly. And, of course, the new Zip Platinum Design Range still incorporates the latest innovative technologies for instant water of unparalleled purity, guaranteed to please even the most discerning design palette.

The range features superb user-friendly operation - a single lever allows you to select filtered boiling, chilled or sparkling water as you wish. Also included in the design is the amazing Zip 0.2 micron filtration system - which instantly delivers the purest, tastiest water free from dirt and contaminants as small as 1/5000th of a millimetre. There's no chlorine taste or odour in Zip instant water and yet fluoride is retained, so every glass is healthier and more enjoyable than ever.

The Zip Platinum Design Range also delivers the highest standards of environmental responsibility and sustainability. With advanced energy efficiency, best-in-class cooling technology, and air-cooled ventilation system uses up to 53% less energy than previous models so our most precious commodity - fresh water - is never wasted.

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Renovating for Profit



Founded by renovation expert and TV personality, Cherie Barber in 2009 – Renovating for Profit provides education and workshops to budding Australian renovators. Cherie Barber, creator of the Renovating For Profit course, is Australia's leading renovation expert. With over 21 years of profitable renovations under her belt, Cherie practices what she preaches. The secret of her success is a proven, step-by-

step approach, personally developed on over 50 of her own renovation projects.

Dubbed by the media as 'Australia's Renovation Queen', she has appeared on countless Aussie television programs and publications, including Network Ten's popular, prime time lifestyle program, 'The Living Room'. And coming soon to America's HGTV is Cherie's premier US series, 'Five Day Flip'.

Anyone can renovate, but not everyone can

renovate for profit! Cherie Barber teaches a disciplined and systematic process, unrivaled in Australia, that covers every facet of renovating... from when and where to buy, how much to pay, and how to renovate your property to sell or rent for the highest possible price. Join us and make an investment in your future! For course dates and more information

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HOW DO I GET THE RIGHT TRADES?

WHERE DO I START?

WHAT ABOUT DESIGN, PLANS, COUNCIL REQUIREMENTS, LICENCE!!!

WHO DO I TALK TO?





Lug a Mop & Bucket No Longer!

Wash and vacuum hard floors simultaneously with **BISSELL CROSSWAVE (1713F)**

Dipping and spreading ever-increasingly dirty water with a mop may be the traditional method of cleaning a floor, but even if a rinse of water follows, it's a time-consuming, labour intensive exercise with debatable results.

BISSELL, with its expertise in the deep cleaning market, has combined many of its successful technologies to produce a new appliance to send the mop and bucket to the grave!

The BISSELL Professional Series CrossWave vacuums and washes sealed hard floors simultaneously, to get a better clean in less time, with less effort. It can also clean area rugs.

With every pass, CrossWave simultaneously cleans surfaces with a fresh mix of water, while gently dislodging and sucking up the debris and dirty water into a separate tank for easy disposal. Its dual action micro-fibre and nylon brush roll head rotates at 3,500 RPM and effectively deals with both liquid and solid messes –it can even clean up a broken egg, shell and all!

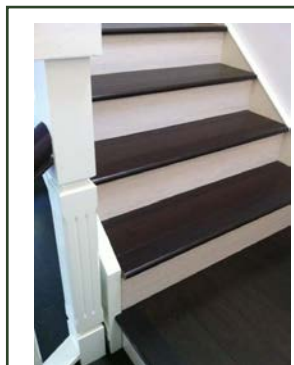
Super-efficient with water usage, one tank combining water and the new BISSELL multi-surface cleaning solution will clean up



to 55 square metres - that's one tablespoon or 15ml of water/formula mix per square meter of floor.

Buttons on the handle make it easy to change modes, from cleaning hard floors to vacuuming and washing area rugs. Cleaning the CrossWave after use is easy too. An option is to sit the unit in its storage tray, add water then run the CrossWave which will effectively clean itself. The brush roll, the window and the vacuum filter are removable and can also be rinsed clean under the tap.

BISSELL Professional Series CrossWave (1713F) RRP \$399 at Harvey Norman, Joyce Mayne and Domayne.



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ask THE EXPERT

BY GEOFF GARLINGE

Q I've been a sleep deprived shift worker for many years. When I get home I have trouble winding down, so spend hours staring into a computer screen until I finally nod off from total exhaustion. I've finally now come to understand I was in denial thinking I could just soldier on and stay healthy on 3-5 hours sleep and a diet including heaps of junk food. I'm not even 40 and a recent check-up revealed that my blood pressure & sugar levels are elevated. To add insult to injury I also have a fatty liver! And I thought this stuff only happened to substance abusers & alcoholics (FYI I don't drink). I realise medications can control but not actually fix my problems. I prefer not to go there if possible anyway and until now have avoided taking any prescription drugs. Have I done irreversible damage or can anything natural help in my situation?

A Sleep deprivation is the curse of the busy hi-tech age and now sadly epidemic. Yours is the classic case of the diligent worker snared in the unsustainable lifestyle cycle. Everybody wants more energy & stamina, yet few understand that a vibrant life only emanates from the balance that brings about recovery in the truly natural scheme of living.

A recent study demonstrated the negative implications of constantly gazing into electronic blue screens via laptops, mobiles etc. even in the very young i.e. decreased concentration ...and what a surprise – sleep deprivation. Without restful & adequate quality sleep (7-8 hours) our bodies rapidly lose ground in the fight against premature ageing. Then one day we wake up to the shocking revelation that we are indeed literally old before our time.

But take heart...there are natural solutions and easy ways to naturally kick-start the process towards restoration via supporting, relaxing and invigorating both the brain & body – thereby significantly slowing further premature ageing. The secret is to dictate to your lifestyle rather than it dictating to you. It is possible, even doing rotating shifts (although wise to seek alternatives) to strike the required balance. However, this comes only via a resolve to embrace a mental shift along with corresponding changes required to regain an energetic enjoyable life. Firstly, start each day with a chemical-free lemon in filtered warm water, another glass of water, then a heaped teaspoon of Bee Pollen (test initially with 2-3 granules under tongue). Eating a healthy wholefood breakfast (whatever time it occurs in your present schedule) is imperative to recharge to fuel

your brain & body... comprising alkalising fruits, organic sugar-free yoghurt, raw muesli, nuts, sunflower seeds, pepita kernels, Goji Berries, Volcanic Black Chias, Hemp Seeds & Oil, Nutritionally rich fats including EVO Hexane-free Coconut Oil for cooking (yes, it's even healthy in frying), avocado, plenty of clean oily fish, Organic Flaxseed Oil all of which will supercharge your recovery. And don't believe the myth that any of these make you fat. It's actually sugar in conjunction with the wrong fats & empty carbs (hence no fast food, sausages, deli meats, pies, cakes, ice cream, lollies etc) ...all served with a dehydrated sedentary lifestyle. Enjoy real food only, drink a minimum of 1.5 litres of filtered water infused with Coconut Probiotic Concentrate, and as it and the following shake begins to power you up, start walking daily(stairs are best), gently stretching and enjoying fresh air & sunshine whenever possible. Take Dr Sandra Cabot's Livatone Plus formula which is excellent for fatty liver, along with plenty of sweet potato, organic baby greens, Red Clover & Dandelion tea regularly, add Golden Kelp to your meals, and you'll be well on the way to far better days ahead. Ps- Pull the plug on the computer after work... unwind with a good paper book instead... enjoy a relaxing Hops Slumber tea and you'll be snoozing in no time towards mornings when you just can't wait to get up & go – it can and will happen if you persevere to stay on the natural path.

This formula is to be shaken morning & night approximately 10-15mins prior to eating. Also take 1 x Hawthorn 2000, 1 x Circummin (morning only for these 2) and 1 x Kyolic Garlic. After each meal also take 2 x Glucopia + 2 x CardioZest caps.

- 1 Level teaspoon Maqui Berry Activate
 - 1 Heaped teaspoon of Green Fusion
 - 1 Level teaspoon Livatone Plus
 - 1 Level teaspoon Pure Ceylon Cinnamon
 - 1 Level teaspoon Spirulina
- *Shake well in Pure Cherry Juice 10-15mins before breakfast & again before dinner

Q I've always been an active person and love playing squash, tennis & footie until gradual pain which has now become excruciating has stopped me in my tracks. I still have the motivation and the energy, but simply can't continue unless the pain stops. I've tried all the usual creams & rubs without any decent results, plus heaps of different pills and just feel like giving up. Any natural ideas that can get me going again will be hugely appreciated.

A Unfortunately, your story is all too common in sporting circles and for those who lead busy active lives. The original slogan of the fitness industry "if you don't move it, you lose it" is very true and without remaining physically active many formerly fit people seize up before their time via failing to heed this common sense message. Couch potatoes don't end their lives well and certainly never get to enjoy the ride in between, usually suffering from lethargy, depression, crippling arthritis and in many cases osteoporosis too.

The other side of the coin however, is that the continual bumping & grinding associated with sport inevitably leads to painful inflammation, along with ensuing wear & tear resulting in joint replacements. In the absence of a preventative strategy, over-exercising inevitably causes the same result. Though this may seem a no-win situation, thankfully there is great news in the form of herbal & natural anti-inflammatory substances that can successfully reduce pain & inflammation with powerful herbal formulations that can be both taken internally as well as applied topically in an easy-use spray form. Aptly named PainGo, its secret lies in the ability to rapidly increase blood flow (circulation) to the affected area, substantially reduce pain & inflammation, while facilitating rapid penetration to relive not only arthritis.. even bone-on-bone & osteoporosis pain.

In order to return to the sport you love, you'll need to work from the inside out to rip down the inflammation, restore your connective tissue, and return elasticity to your joints. If you act now to implement a sustainable natural strategy including the following, you can potentially sidestep a bone-on-bone situation and corresponding traumatic joint replacement surgery. A new lease of life can be yours by employing the following...

BASIC RECOMMENDATIONS

- Reduce & keep inflammation down, as chronic inflammation leads to degeneration
- Take Bovita, MSM, Turmeric in 100% Cherry Juice + Reparen, PainGo, Salmon Oil Plus
- Maintain alkaline state – lemon water to start day followed by 80:20 alkalising foods
- Eat fresh fruit & veg(lots green), organic yoghurt, walnuts, VB Chia Seeds, Bee Pollen
- Use PainGo Spray (not to be confused with Painaway) regularly as required

NB: Please feel free to contact the writer re individual requirements & dosages.

© 2014 GEOFF GARLINGE Dip. HC MRA (Medical Reg. Aust) - Geoff Garlinge is a Certified Health Counsellor, Nutritional and Nutraceutical Cancer Support Specialist & consultant to Australian University research facilities and the Natural Health Industry. With over 25 years experience in the field, Geoff has lectured with doctors, pharmacists & CM Practitioners concerning natural health strategies. The author of many articles in national publications and founder of AUSTRALIA'S OWN which he has headed up for the past 20 years, Geoff may be contacted there on 1300 888 012

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Ziera orthotic-friendly shoes have extra depth and a removable inlay to accommodate your custom orthotic; from dress shoes, walking shoes to corporate classics.

We offer plenty of options with adjustable fit, generous width, roomy toe area, padded toplines, strong steel shanks and the support you need as well as a large selection of other styles including the highly sought after Silver Linings soft leather comfort sandals, Chrissie, Zeta, Taos, Skechers, Florsheim and Saramanda to choose from.

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How to maintain Healthy Teeth with Braces

For some of us, it can be difficult to maintain a healthy smile, even without wearing metal braces. Our friends at The Ortho Practice Kincumber share their 7 tips for maintaining a healthy, clean smile during treatment.

- 1. Avoid sugary and sticky foods.** It's no secret that foods high in sugar and acid can damage your teeth and increase plaque. You will often hear your orthodontist remind you to steer clear of nuts, apples and other hard foods to avoid damaging your braces. Sticking to a low sugar diet with soft and healthy foods is the first step in maintaining a healthy smile whilst you or your child has braces.
- 2. Brush regularly.** We recommend brushing for three minutes, three times per day. However, with braces we also recommend you brush each time you eat to avoid a build-up of food and plaque around your teeth and gums. It may seem extreme, however it is very important during treatment as braces can often get in the way of giving your teeth a thorough clean.
- 3. Try disclosing tablets.** Ask your orthodontist for these. They are chewable tablets which turn plaque deposits to pink to help you see where plaque has built up around your teeth. This makes it easier to concentrate on the parts of your mouth that need extra attention.
- 4. Healthy toothbrush, healthy smile.** Normally we would advise changing your soft bristled toothbrush every three months. However, the bristles may wear down quicker with braces making your toothbrush less effective in cleaning your teeth and gums. We recommend changing your toothbrush every other month or more frequently if needed.
- 5. Don't forget to floss.** This can be difficult with braces. However, where possible it is important to clean between your teeth to avoid cavities and gum disease. Often patients forget to floss as they believe it is impossible. We are here to tell you it is possible, a bit tricky but totally worth it.
- 6. Try rinsing.** If you are at a restaurant or a friend's house and your toothbrush or floss are nowhere in sight – try rinsing your mouth with water. This will help rinse away any bits of food stuck in your braces. It will also help neutralise some of the sugar and acid in your mouth after a meal. Just don't forget to brush the moment you get home as this will not be enough to keep your smile clean.
- 7. Visit your dentist.** Above all, please remember that it is important to visit your dentist twice a year for regular check-ups and a professional clean. Your dentist will work with your orthodontist to ensure that by the end of your treatment you will be left with not only a beautiful smile, but a healthy one.

The Ortho Practice is located at 84 Avoca Drive, Kincumber, are a Diamond Invisalign® Treatment Provider and a member of the Australian Society of Orthodontists. Be sure to give their friendly team a call on 4369 2209 to take advantage of their current offer, exclusive to Central Coast Home & Lifestyle readers.



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Could It Be Depression?

Being unhappy isn't the same as being depressed. Depression is a term often used loosely to describe how we feel after a bad week at work or when we get dumped. But major depressive disorder – a type of depression – is much more complicated. There are specific symptoms and signs that determine whether it's depression or just a case of the Mondays.

Major depression is a mood disorder that affects the way you feel about life in general. Having a hopeless or helpless outlook on your life is the most commonly associated

symptom of depression. Other feelings may be worthlessness, self-hate, or inappropriate guilt. Common, reoccurring thoughts of depression are vocalized as, "It's all my fault," or "What's the point?"

Depression can take the pleasure or enjoyment out of the things you love. A loss of interest or withdrawal from activities that you once looked forward to – sports, hobbies, or going out with friends – is yet another telltale sign of major depression. Another symptom of major depression is a decreased sex drive and even impotence.

Part of the reason you might stop doing things you enjoy is because you feel very tired. Depression often comes with a lack of energy and an overwhelming feeling of lethargy, which can be the most debilitating symptoms of depression. This could lead to excessive sleeping or no sleep at all.

Depression is also linked to insomnia, as one might lead to the other and vice versa. They can also make each other worse. The lack of quality, restful sleep can also lead to anxiety.

The physical and mental toll of depression also contributes to anxiety and irritability. Depression also affects the sexes differently. Research shows that in addition to irritability men may display symptoms not typically associated with depression, like escapist or risky behaviour, substance abuse, or misplaced anger.

Weight and appetite can fluctuate differently for each person with major depression. Some will have an increased appetite and gain weight while others won't

be hungry and lose weight. A distinguishing factor to determine if the dietary changes are related to depression is whether they are intentional or not. If they're not, it might be a clue that something larger is wrong.

One minute it's an outburst of anger. The next you're crying uncontrollably. Nothing outside of you prompted the change, but your emotions are up and down at a moment's notice. Depression can swing your moods around, keeping you away from the calm you so desperately want. In a similar way to another mood disorder, bipolar disorder, moods can fluctuate uncontrollably, which is one reason why the two are often confused.

The scariest reality with depression is its connection with suicide. Suicides rarely come without showing symptoms first. Often people will talk about it or have a first attempt before succeeding in ending their life. If you or someone you know are suicidal, reach out and talk to someone who cares and can help you.... call 131 114 today or see your local doctor.

If you have had some of the previously mentioned symptoms for more than two weeks, you might be suffering from major depression disorder. Recognizing that you are depressed and finding the right information is pivotal to getting the right help. Depression affects millions of people, but there are varying treatments available, from lifestyle changes to medications. No matter the path of treatment you choose, asking for professional help is the first step to getting back to feeling like yourself again and finding peace and happiness.

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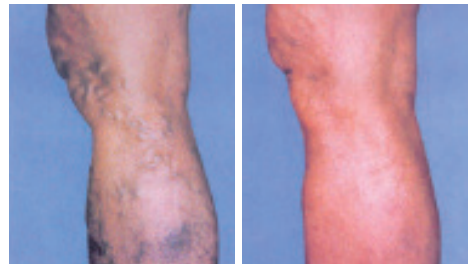
Thinking about COSMETIC Rejuvenation?

Ashbrooke Medical Institute at Erina provides a range of medical and cosmetic treatment for skin, vein and other medical complaints that can change the way people look and the way they live their lives.

Doctors at Ashbrooke can help diagnose and treat common but troublesome problems such as varicose and spider veins. Unsightly and painful leg veins can be treated by sclerotherapy, a method of injecting a solution into the veins to seal and eliminate them.

Thinking about cosmetic rejuvenation?

They can also advise the use of cosmetic injections to smooth out or eliminate frown lines, wrinkles and forehead lines. The derma filler comes as a smooth injectable gel and is placed below the skin's surface to 'plump up' static facial wrinkles and folds, creating a natural and more refreshed facial appearance.



before

after

The injections can also be used for lip enhancement to add volume and improve lip definition in younger lips or for lip rejuvenation by treating vertical lines around the lips, giving it more youthful appearance. One injection can also be used to reduce excessive underarm sweating.

All these procedures are carried out on a walk in walk out basis and can benefit both men and women. All such medical treatments have benefits as well as potential side effects and the doctors at Ashbrooke Medical Institute can help you decide which treatment is right for you. The Practice at Erina has been operating on the Central Coast for over 15 years.

At Ashbrooke all procedures are carried out by trained doctors and you can be confident in their advice and in your ultimate decision.

To organise a consultation telephone us on 4367 6600



Hair Loss

It's a fact that nearly all men will lose some or all of their hair over time. There's a hereditary element, so if your father lost his hair by the age of forty, there's a good chance that you will too - but if your grandfather had a full head of hair at eighty, then you may also.

The main reason why most people lose their hair is male-pattern baldness - and women can develop it as well, despite the name. It usually follows the same pattern, a receding hairline, then hair thinning out on the crown of the head and at the temples. Many men find that their hair loss either slows down or stops completely as they get to retirement age.

Male-pattern baldness only affects the hair on your scalp. Alopecia, another cause of hair loss, can mean losing the hair everywhere on your body, though not everyone with alopecia is this seriously affected. If the hair on your head starts coming out in patches, see your GP it could be alopecia.

An underactive thyroid can also make your hair fall out, as can losing weight suddenly- another reason why it's best to try to reduce your weight gradually. Whatever the cause, losing your hair can really lower our self-esteem, whether you're male or female, and support groups can be useful for anyone who has problems with it. It can be particularly traumatic for women also, but there is help available, so do ask.

Male-pattern baldness got its name because it's related to the male hormone testosterone, but testosterone levels are usually normal in someone who's losing their hair in this way. What happens is that the hair follicles convert testosterone into dihydrotestosterone, which can cause them to shrink, and as they shrink each new hair is thinner than the one before until they become so short and fine that they don't appear above the surface of the skin.

There's some work being done which suggests that reducing the level of testosterone will help, and there are drugs which can block the conversion of testosterone, so talk to your GP if worried

about it. Drug treatments are only effective while you are using them though. Women who experience male-pattern baldness should always get themselves checked out, as it could be a sign of having raised testosterone levels due to polycystic ovary syndrome.

Alopecia can strike at any age, but most sufferers have their first run-in with it in their teens or early twenties as this condition can come and go. Some aspects of alopecia are still unexplained, for example we don't know why only some parts of the scalp are affected. About 20% of sufferers have a relative who has also had it at some point. It is believed to be an auto-immune disease, one in which the hair follicles are attacked by the body's immune system, because it somehow sees them as 'foreign'. This falls out, and the distinctive bald patches develop. If the immune reaction dies down, the follicles are capable of growing hair again, and in some cases the hair grows back in a year or so.

If you're anaemic, you may be deficient in iron, folate and vitamin B12, and that will affect your hair. If you think this might be the case perhaps you are feeling very tired and run-down without having a specific reason for being so - ask your GP for a blood test.

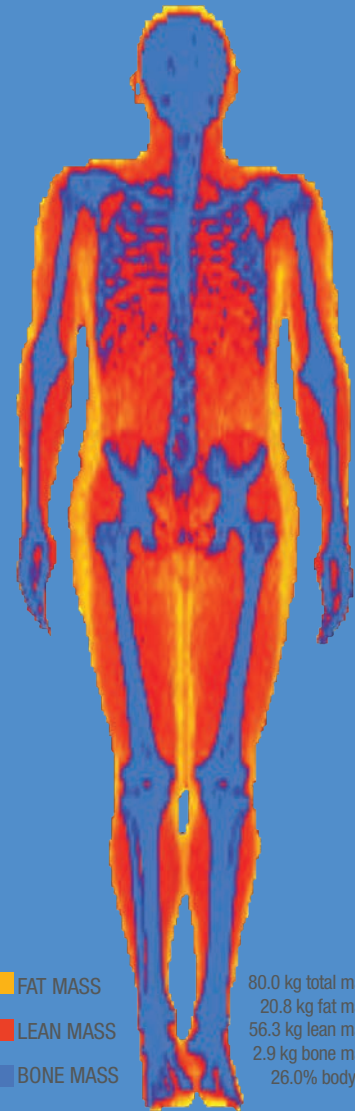
In some cases, low levels of zinc have been associated with hair loss. If you eat plenty of seafood, organ meats, eggs, milk and wholegrain products, this will build up your zinc intake. Also for folate, ensure you eat plenty of dark green leafy vegetables and legumes. B12 can be found in dairy products, fish, oysters, shellfish, liver and kidney and dark chocolate is a good source of iron, as are meat, eggs, whole grains and green vegetables.

There are a lot of possible causes of sudden hair loss. It could be a symptom of lupus or a thyroid condition, as well as anaemia and polycystic ovaries. Beware of expensive 'wonder cures' there are lots out there. Your GP can prescribe medications if male-pattern baldness is causing you great distress.



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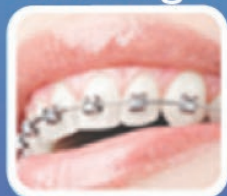
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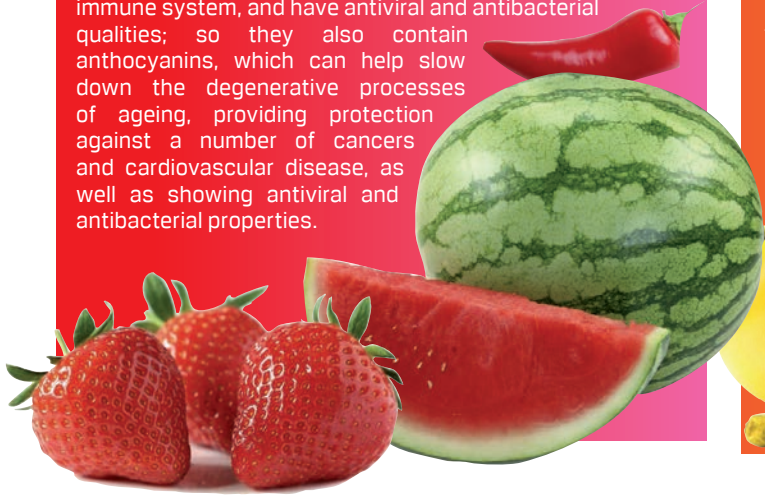


Eat the colours of a rainbow everyday

Brightly coloured fruits and vegetables are rich in a wide variety of antioxidants that have a host of health benefits. The body produces its own antioxidants, but some people can become deficient. Eat these foods every day to ensure that you are getting everything you need for optimum health and wellbeing.

Red & Pink

Almost all red fruit and vegetables contain lycopene, which reduces the risk of prostate cancer, and promotes colon health. Berries are rich in ellagic acid, which supports the immune system, and have antiviral and antibacterial qualities; so they also contain anthocyanins, which can help slow down the degenerative processes of ageing, providing protection against a number of cancers and cardiovascular disease, as well as showing antiviral and antibacterial properties.



Yellow & Orange

The main antioxidants found in orange fruits and vegetables are carotenoids which are also found in leafy green vegetables; these are a precursor to vitamin A, which is essential for healthy skin, eyes and mucous membranes which line the urinary, digestive and respiratory tracts. Diets rich in beta-carotene which gives this food their orange colour have been linked with a reduced risk of certain cancers and heart disease and play a role in immunity, bone health and age-related dementia.



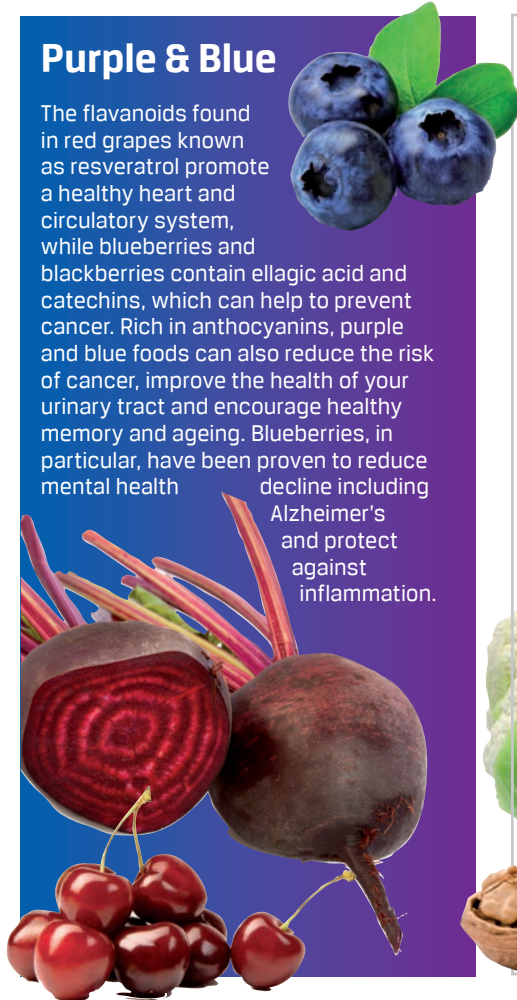
Green

Lutein, found in all dark green plant foods as well as yellow and orange fruits and vegetables, is important for healthy vision, and helps to prevent degeneration of the eyes, as well as the development of cataracts. Dark, leafy green vegetables are rich in carotenoids as well as zeaxanthin which may help to reduce the risk of certain types of cancer, such as breast and lung cancer, and may contribute to the prevention of heart disease and stroke. They also contain quercetin which can act as an anti-inflammatory.



Purple & Blue

The flavanoids found in red grapes known as resveratrol promote a healthy heart and circulatory system, while blueberries and blackberries contain ellagic acid and catechins, which can help to prevent cancer. Rich in anthocyanins, purple and blue foods can also reduce the risk of cancer, improve the health of your urinary tract and encourage healthy memory and ageing. Blueberries, in particular, have been proven to reduce decline including Alzheimer's and protect against inflammation.



White

Onions and garlic contain protective phytonutrients (plant nutrients) that can reduce the risk of cancer; these include quercetin and allicin, which are known to kill harmful bacteria and protect the capillaries. Mushrooms are high in antioxidant polyphenols, which are known to reduce the risk of heart disease, while cauliflower contains compounds such as glucosinolates and thiocyanates that can protect against heart disease, cancer, digestive disorders and obesity. Oats and flaxseed contain lignin, which is known to lower cholesterol, prevent kidney disease and balance hormones during menopause, while nuts and seeds contain anti-inflammatory compounds.





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bushes after pruning. Keep eye out for aphids on new growth. Snails are looking for tasty vegies and flowering seeds protect them with snail pellets. Spray lawns for bind-ii.



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New from Italy Amber Tiles' Brave Porcelain Tiles Collection

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Brave's surface designs mimic the natural environment so they're the ideal complement for contemporary architecture. The larger-sized stoneware porcelain tiles are strong, durable and characterised by subtle variations in colour and texture from piece to piece for a stylish aesthetic in multiple outdoor settings.

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Brave tiles faithfully reproduce five natural stone surfaces with rich veining, chromatic changes and fragments of other materials included. An on-trend palette - featuring Pearl, Earth, Gypsum, Grey and Coke - lets you choose the perfect hue to suit your home.

"The Brave porcelain stoneware collection is perfect for creating a stylish atmosphere at one with your home's natural surroundings, including outdoor areas and swimming pool

surrounds," explains Amber's Interior Product Expert Andrew Lotter.

"The series is available in a variety of sizes and installation patterns including 600x600x10mm and 300x600x10mm with a P5 slip resistance rating," he adds. Brave tiles retail from \$79.95 per square metre (300 x 600 sizing) and are exclusive to Amber stores.

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The 5 biggest mistakes people make choosing WINDOW COVERINGS

Whether you are renovating your existing home or moving into a brand new place, there are 5 fundamental mistakes you must not do when choosing your Window Coverings.

1. Buy cheap, buy twice. Don't get me wrong, there is always a time and a place to buy cheap. You might be moving soon; blowing up the place, maybe it's a room that is never used...or the little window in the garage? That makes sense!

But let's talk about your own home that you live in now. This is the place you want to feel comfortable and relaxed in. The wisest thing to do is spend money on quality window furnishings in the most lived, visible areas of your home. Usually the Lounge/Dining area and also the Master bedroom. Get what you really want in these areas. Remember most window furnishings will last up to 8 years. We've all heard stories of friends who claimed that got a 'bargain' only be stressed with shoddy work, tardy tradesman and poor quality goods.

2. Everything has to match. No it doesn't! When it comes to window furnishings, every room in the house does not have to be the same. But can if you like. Let me explain. Just like people have feature walls, people have feature window furnishings. People have themed coloured rooms, themed textures or casual versus formal areas. You need to make a decision on whether your blinds

will be a feature in the room, compliment an existing feature – say a lounge, or be a neutral backdrop to compliment a stunning view! Sometimes the blind is the feature, sometimes the room, the view or the furniture is the feature. All answers are correct!

3. Choose Style over Function. Sometimes, you have to choose function first, and then work out the style that suits you. Think about how often you use that sliding door? Are you in and out of it all day every day? Do you have a kitchen window that the neighbours can see straight in to? Then choose something practical.

Most window furnishings are fabric and as sturdy as they can be and there is only a certain amount of abuse they can take. Also remember things like 'block out fabric' for bedrooms to protect your sleep from early morning sunlight. 'block out blinds' are great for hot western facing windows that heat up the house. Remember, a block out blind darkens the room. On a hot day you may not want the house dark, so ask your window furnishing consultant for advice on giving you privacy and protection from the sun without a dark house.

4. There's nothing wrong with it. Outdated stained mouldy blinds need to go! Just because they still work, does not mean they are suitable for your windows. Everything has a lifespan. Think of it

this way. If you went to sell your home with blinds like that, what would the new buyer think? It screams out "neglect" and they start looking for faults in the home. You wouldn't sell a dirty car. Like a fresh coat of paint, new blinds add a fresh look instantly to a room for a minimal cost.

5. Remember the Environment. It is scary these days, but like many industries the blind industry has been hit by cheap imports from Asia. There is minimal testing for lead or formaldehyde in these fabrics before they are imported. It concerns me there may be all types of nasties seeping into your room on a hot day. Purchase your blinds from a reputable dealer, preferably one that has mainly Australian made products.

The insulation of your home can be really influenced with the right blinds, awnings or shutters. Considering a large percentage of the heat and cold enters your home via your windows, blinds are a great insulator. Anything you put on the inside or outside of your window will slow down the process and help keep your home better insulated. With the cost of energy these days, blinds and awnings are as good as any tool to save you money by keeping your home better insulated.

Article supplied by Sharon Tieman.
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FIRST ALL-NEW HONDA NSX HYBRID SUPERCAR HAS ARRIVED

Honda Australia Director, Mr. Stephen Collins, said the NSX would play an important role as a halo car for the brand. "We expect the NSX to be a very exclusive car and as a technology and design statement, it represents the pinnacle of Honda automotive expertise," Mr. Collins said. "It's already gained rave reviews in other markets, providing exhilarating performance, handling and luxury in a supercar."

The two-seater NSX is packed with the latest hybrid and petrol engine technologies and is built from a multi-material space frame, featuring extensive use of aluminum. Inside is a luxurious leather and alcantara interior,

hip-hugging sports seats and driver-oriented cockpit controls designed to minimise potential distractions. The airy cabin is both functional and designed to 'wrap' around the driver and passenger.

Powering the NSX is a 3.5-litre twin turbo V6 combined with a Direct Drive Motor and two parallel high-performance electric motors in the front, which provide instant torque. The longitudinally mounted, twin-turbo, six-cylinder DOHC engine is rear mounted, combined with dual clutch transmission (DCT) and nine speed gearbox, developed specifically for the NSX. The combined output

of the 3.5-litre twin turbo V6 engine and hybrid motors is estimated to be more than 425 kW.

At the rear, the Direct Drive Motor is housed between the engine and gearbox and enhances performance during acceleration, braking and gear changes. In addition, the front wheels of the NSX are powered independently by two parallel high-performance electric motors. Combined, the engines provide all-wheel grip.

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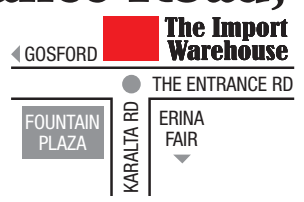


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Spring into Spring!

By Simon Matthews - Solutions 4 Life



Many people make New Year's resolutions - it makes sense because it connects us up to the idea of starting something afresh, giving ourselves another chance and settling down again into doing some of the hard work that will help us make the changes we want in our lives.

Guess what? New Year isn't the only time that you can do this. As we're starting to come into the warmer weather, most people start to feel a little more energetic and feel a lift in their mood. So take advantage of it! Spring is a great time to focus on making some changes that you might have been wanting to make. It's the perfect time to "take stock" or make an inventory of how you're going in some particular areas of your life - in particular: mood, sleep, exercise and eating.

I always encourage people to spend time writing down and keeping track of what they're actually doing rather than relying on what they think they are doing - so here's a way that will help you spring into Spring.

For the next week, keep a mood diary. There are plenty of them available online but here's a link to one produced by the Australian Psychological Society:

<http://eqip.psychology.org.au/Assets/Files/Prac%20Tool.Mood%20Diary%20Worksheet.pdf>

It's easy-to-use and will help you track your daily mood and hours of sleep. In addition to that, I encourage you to record the amount of daily activity that you do - of any sort. It doesn't matter whether it's walking, gym or something else. Finally - keep an accurate food diary for about a week so you get a sense of what your eating patterns are currently like.

At the end of this time, have a look at the notes you kept and decide what changes might be helpful for you. It may be useful for you to plan to go to sleep a little earlier, wake a little earlier, exercise more, cut down on alcohol, minimise the number of "food treats" that you have or perhaps something else that's particular to you.

As always, if you have any concerns about how you're feeling or functioning in your daily life, chat with your GP and ask about seeing a Psychologist.

I think Spring is a great time of year to start thinking about goals and dreams for the coming year and to start a little bit of the preparation work that will help you get there.
Good luck!



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MBBS FRACS

Dr Chaithan Reddy
MBBS FRACS



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Salmon & Spinach Cannelloni

Ingredients

600g salmon fillet, skin removed
10-12 cannelloni tubes
1 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
120g spinach
150mL cooking cream
1 tbsp dill, finely chopped

1 tbsp tarragon, finely chopped
1 tbsp lemon zest
1 tbsp lemon juice
1/2 tsp nutmeg
300mL creme fraiche
100g cheddar cheese, grated
2 egg yolks
50g parmesan, roughly grated

Method

Place the salmon on a greased baking tray and roast in the oven at 100°C for 10 minutes. Remove from the oven and flake with your fingers.

Preheat oven to 180°C. Lightly spray with oil a medium-sized ovenproof dish.

Heat oil in a large frying pan over medium heat. Add onion and garlic and cook for 3 - 4 minutes or until softened. Add spinach and cook for a minute, or until just wilted. Season with salt and pepper. Stir through the cooking cream, nutmeg, dill, tarragon, lemon zest and juice. Divide the mixture in two. Combine half with the flaked salmon and reserve the rest.

Using a teaspoon, spoon the salmon and spinach mixture into 10 - 12 cannelloni tubes.

Combine the cheese, creme fraiche and egg yolk with the remaining spinach sauce. Pour half of the sauce into the baking tray and nestle the cannelloni side by side in the sauce. Spread the other half over the top of the cannelloni.

Sprinkle with parmesan, cover with foil and bake for 20 - 25 minutes. Remove the foil and finish under the grill for 1 - 2 minutes until golden brown. Serve with green salad and lemon wedges.



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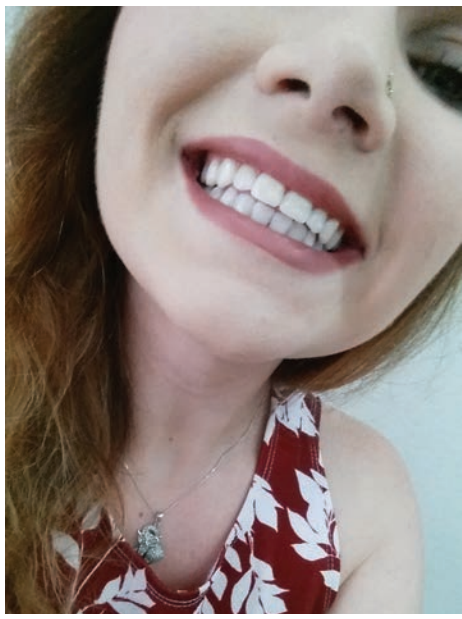


Get the **Natural Look** with permanent makeup

Permanent makeup, or cosmetic tattooing, is a fast-growing part of the health and beauty industry. If you have faint eyebrows, no eyebrows, or partial eyebrows, a cosmetic tattoo can help or the latest technique for the most natural effect is hairstroke/feathering. A lip tattoo can reduce "lipstick bleed," and give definition to the lip line to enhance your natural beauty. Cosmetic Tattooing is a well-tolerated cosmetic treatment involving the controlled insertion of safe colour pigments into the dermis layer of the skin, instantly improving

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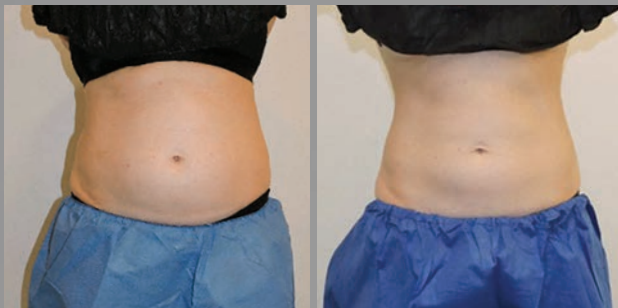
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Outdoor Screening is a Key Design Element

Spacial efficiency and desirability of your backyard can be transformed by clever design elements like partition screen-walls, boundary walls and fences that are beautiful and offer an appealing Outdeco garden.

The new Outdeco Screens now come in a variety of larger sizes with new designs.

1800x600 and 1800x1200mm formats and offer 80-90% block out.

The new range perfectly complements the existing 1200x600mm range and offers you more variety for your garden or screening options.

Visit MD Brick at 19 Bryant Dr Tuggerah to view the full range or phone 4352 7000

Mention the Central Coast Home & Lifestyle magazine for a 10% discount off your Outdeco screen purchase.



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Dream Wardrobe

Howards have two shelving systems that are ideal for creating your dream wardrobe that are flexible, durable and a pleasure to use. All it takes is a few simple steps to make your dream a reality. We call this approach STOP, SORT and SOLVE.

Stop

• Don't touch a thing! Step back and consider what your opportunities are, ask yourself what's not working and what you really desire. This way you can create a clear objective of what you are trying to achieve

Sort

• Time to get stuck in and pull EVERYTHING out. You'll discover all sorts of things hiding away in your wardrobe you probably haven't seen for years! On that point, if you haven't

Creating your Dream Wardrobe with Howards is easy!

worn it in the last 12 months, you probably don't need it.

- Be ruthless! Sort into "Keep", "Donate", "Repair" and "Discard" piles.
- Put like clothing together into groups as they need a different amount of room to be stored (eg long dresses need long hang, shirts need short hang).
- Take a rough inventory so you know what needs to be stored

Solve

- If you are after the BIG fix, put in a whole new super efficient shelving system like Elfa or Neata.
- If a smaller solution in order, new hangers can make the world of difference.
- The trick is to put in a "system" that will help

you keep control of your space.

- Simply ask the team in-store for advice (it helps to have your inventory, photos and measurements)

So if you're thinking about creating a wardrobe that reflects who you are, Howards can absolutely help.

This new Neata Solution is designed to organise your wardrobe and utilise space in your home, with, 4 bay white wardrobe and timber trims.

This solution has all of your wardrobe needs, from hanging space, room for bags and shoes, shelf space and storage containers.

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Client commitment is paramount as we are known for our tenacity in sourcing far and wide for special products. We love working with all styles - contemporary, retro, vintage and antique and achieve these looks by specialising in wallpapering and faux finishes.

If you are planning to build a new home, office or shop or just want to renovate or restyle and add that special touch, we specialise in Residential Decoration & Styling, Commercial Interior Design, Office and



Reception areas, Colour Consultancy and Custom Soft Furnishings.

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Heart & Home Interiors looks for the aspects to which you relate to as being peaceful and attractive, acknowledging your uniqueness and using that as a guide to create your interior lifestyle designs. I can't underline enough the importance of living to your best potential and sustaining that in all aspects of your life and we ensure that your space will be unique and reflect 'YOU'. Love coming home to where you feel comfortable and supported in every way because we have transposed that feeling into your space.

Interior designing can re-distribute or re-purpose living spaces. Sometimes you just need another pair of eyes to look outside

the box for a 'spatial' solution. Through a planning process, a designer produces the best solution based on the client's objectives; their budget and the



resources available. Designers use a methodical procedure to ensure that solutions are well thought out and all known criteria for success are considered.

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Sydney Design School; I have an amazing eye for detail and space potential; I'm environmentally conscious; and I'm in business to succeed. We specialize in designing for the Evolutionary in You; bringing information about Colour and all its effects; and troubleshooting for Clutter Bugs!

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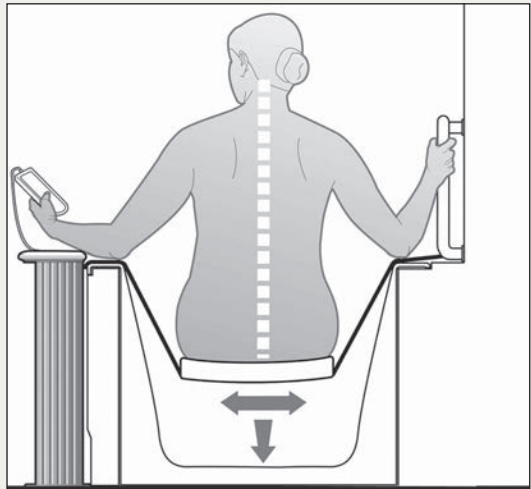


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Clever stylish Molly lifts the bathing experience of young and older people with bath access issues

An internationally proven aid to the independence and safety of people with difficulty accessing their baths is being introduced to Australia by AquaJoy BathLift.

The quality hand-built and stylish Molly Bath Lift is helping young and older people globally who may be affected by injury, age or disability – or who simply cannot enjoy the pleasure of a bath without a carer to assist them to get in and out.

The British-made Molly Bath lift - comprises of a sturdy, height-adjustable seating pedestal, wide comfortable and secure seating and belt-driven by a motor attached to a special bracket on the wall - has an outstanding advantage over some other types of bath lifts in that it lowers users completely onto the bottom of the bath.

Users effortlessly transfer from the pedestal to luxurious slip cushion while supported by the safety grab rail and automatic reclining seat, which are supplied as part of the product. The unit installs simply

without specialist tools.

Its battery power unit is strong enough for about 20 lifts before it needs simple recharging by plugging it into the wall. The safety-engineered hand control will not let users lower themselves unless there is enough power to return them to the top.

"This is a very safe, attractive and cost-effective alternative to major bathroom renovations that some people may not be able to afford. It is equally useful to children and adults and older people with disability – or maybe just people with sports or occupation injuries accumulated over the years," says Aqua Joy Director James Lloyd.

"It also helps protect parental and professional carers, who don't have to risk back strain getting children or adults into and out of a bath. Besides restoring greater independence and the simple enjoyment of a good warm soak, the Molly Bath Lift is deliberately designed with a stylish, non-institutional finish.

- The only bath lift with a sturdy, height-adjustable padded stool, to help users in and out.
- Effortless raising and lowering on a unique luxury 'slip-cushion'.
- Preparation controlled by easy to use waterproof handset
- Seating belt unclips and rolls away in seconds for others to use the bath unaided
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Paisley Vintage offers unique, one of a kind furniture and decorator items

Paisley Vintage unique homewares boutique has a huge selection of bespoke furniture, home decor, gifts and desirable wares to choose from. Whether it's a French inspired sideboard, coastal dining set, vintage statement piece or decorator essentials, Paisley Vintage in Long Jetty offers an array of old and new homewares to suit any Central Coast home. Filled with creative

design ideas, we are also the exclusive local stockist of Chalk Paint™ by Annie Sloan.

Everything Old is New Again Specialising in hand painted furniture, antique, vintage and retro furnishings which are lovingly restored and reinvented, creating statement pieces in a variety of styles and colours. The store also offers a collection of vintage treasures offering a quirky or old world touch to any décor.

Chalk Paint™ by Annie Sloan A revolution in furniture painting, Chalk Paint™ by Annie Sloan was developed 25 years ago and has become a worldwide phenomenon for anyone wanting to revive their old and tired furniture. Requiring no sanding or priming, Chalk Paint™ will adhere to many surfaces, including wood, metal, cement, glass and even fabric! The complete range of Annie Sloan products are available at Paisley Vintage, as well as regular workshops to get you started.

Commissioned Work Does your existing furniture need a makeover? Always wanted to refresh your furniture, but don't have the time, space or inclination?



Paisley Vintage will work with you to select the best style, colour and finish for your pieces using Chalk Paint™ by Annie Sloan, and then complete the work for you! Whether it's a small set of bedside tables or a room full of furniture, we can give your furniture a new lease on life. Contact the store direct for an obligation free quote.

Paisley Vintage is located at 13A Stella Street Long Jetty. Opening hours are 10am till 2.30pm Tuesday to Friday, 10am till 4pm Saturday and Sunday by appointment.

www.paisleyvintage.com.au
Phone: 0407 458 950

Want to give your furniture a makeover?

Paisley Vintage is proud to be the Central Coast stockist of Chalk Paint™ by Annie Sloan



Chalk Paint™ offers endless possibilities!

Come in and see the beautiful range of **Chalk Paint™** colours and finishes perfect for any style home. Paisley Vintage also offers a unique range of furniture, soft furnishings, gifts and desirable wares.



Chalk Paint™ adheres to most surfaces and creates gorgeous results both quickly and easily.

Use it for a textured finish, a distressed finish, a smooth contemporary finish or even as a wash!

Chalk Paint™ is a non-toxic, water-based paint that is lead-free, EG-free, odour-free and has very low volatile organic compounds (VOCs). There is only one Chalk Paint™ but it offers endless possibilities.



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13A Stella Street, Long Jetty

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Que Sera Ladies Tours

"Relax - Explore - Discover...New Friendships"

We know many women out there are yearning to take the plunge and travel. You want to indulge your personal sense of adventure. You want to explore a remarkable country, city or culture and undertake this journey with like-minded female travel companions. We provide unique and interesting small group itineraries catering exclusively for women. We believe in keeping our tours small, maximum 12, depending on the destination: in a relaxed manner so you can have some real 'me time'.

Our tours are hassle-free with plenty of time to soak up the ambience and explore, allowing for more free time, something that many women travellers appreciate. We tailor our tours to take the stress out of travelling where you can just sit back and let us take care of everything for you.

Discover the history of a location, shop, enjoy good food and wine and above all, enjoy a laugh together. Many of our travellers have bonded and become lifelong friends, it feels so rewarding to be part of this friendship as well.

We base ourselves in unique locations in 4-5 star hotels, B&B's, villas & chateaux's depending on the location of the tour and stay longer so you have the chance to live like a local. Since we operate each tour ourselves, our itineraries can be accommodating if something wonderful presents itself, which from past experience, can be a wow factor! Sometimes it's the personal touches that stand out to the women on tour.

We have two new team members joining us, one guide will focus on our food and wine tours so you can really experience the epicurean delights just like a local. The other experienced guide will be your shopping guru and show you the best buys and bargains. **Phone: 0405 643 161**



Busby's Tours

Busby's Tours operate small group food and wine tours across the globe. Laiana the founder of Busby's Tours grew up on the Central Coast and then moved to Sydney where her life and passion evolved around wine, and food. She has been a Sommelier for the past 10 years and has worked in the wine and hospitality industries for the past 17 years. She has undertaken the certificated level of the Master Sommeliers programme and also the level 3 exam of the WSET Program. Having travelled extensively through Europe, USA, Asia and Australia tasting many amazing wines along the way. The best way to find the heart of a city is through food markets and with me your journey will be unforgettable.

She now has the opportunity from travelling around the world to offer guided tours to places that are off the beaten track from the main tourist trail. From small mountain villages in Italy to



cooking classes in our own Chateau in France. We offer you the opportunity to live like a local, embrace the culture and history of each country's food and wine regions. You can sit back and relax as we take care of all your needs, with many meals covered including beverages, staying in either five star or boutique accommodation, travelling with a team of travel, food & wine experts.

It is our passion to travel and share this with others, no country is off limits and our tours are always offering something new and exciting. Our 2016 tours are fully booked but we are now taking bookings for our 2017 tours. Due to the small group tours (maximum of 12 on each tour) bookings fill fast so don't miss this amazing opportunity to discover culinary adventures of a life time.

2017 Food & Wine Tours

Wine Regions of the West Coast of USA - August 2017
Winding Down the Rhine - Germany - September 2017
A small taste of Sth America in Chile - November 2017
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What's on @ Laycock St Theatre & Gosford Regional Gallery



Bell Shakespeare presents Othello by William Shakespeare

One of William Shakespeare's most famous and passionate tragedies, Othello, directed by Bell Shakespeare's Artistic Director Peter Evans, in a gripping production that will touch audiences to their core, as envy is a weapon wielded with brazen savagery, and the complex contradictory nature of humanity is tested. A violent exploration of the thin line that separates love and jealousy, Othello is a relentless journey of vicious passion.

Monday 5 September at 8pm

Tuesday 6 September at 11am and 8pm



The Harbour Agency presents Todd McKenney Sings Peter Allen: The Piano Sessions

Few - if any - have done as much to celebrate the life and music of Peter Allen as Todd McKenney. In this new show McKenney invites you to get up-close and personal in an intimate, relaxed setting. As well as singing all of Allen's biggest hits including Not The Boy Next Door, (I Go to) Rio, I Honestly Love You, Tenterfield Saddler and I Still Call Australia Home, McKenney will tell stories about meeting Allen and playing him on stage.

10 September, 8pm

Premier Entertainment presents Desperado - The Eagles Show

Desperado is the multi-award winning Eagles tribute show, capturing the timeless classics that have won the hearts of millions of fans all over the world. The show pays attention to every detail, and recreates the sound of this

classic band as seen and heard on their 90's Eagles tour. Hear hits like: Hotel California, Tequila Sunrise, New Kid In Town, Take It Easy, Best of My Love, Peaceful Easy Feeling, Lyin' Eyes, Heartache Tonight, plus hits from their new Album 'Long Road Out of Eden' and many more.

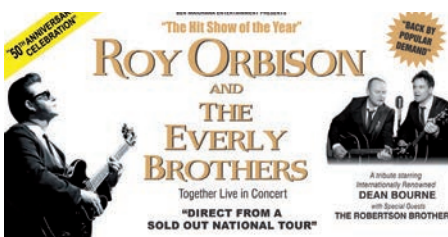
Friday 23 September, 8pm



Presented by Ben Maiorana Entertainment Elvis If I Can Dream

Celebrate the hits of the king of rock n' roll, Elvis Presley, in a brand new two hour concert experience starring internationally renowned Mark Anthony as he recreates the magical hits that inspired and shook the world. Officially sanctioned by Elvis Presley Enterprises & Graceland USA, Marc Anthony has been regarded as the very best Elvis Presley tribute artist in the world - truly a show not to be missed!

17 September, 8pm



Presented by Ben Maiorana Entertainment Roy Orbison and the Everly Brothers

Come and relive the 50th anniversary celebration of the classic hits of music legends Roy Orbison and The Everly Brothers - three of the world's greatest and most successful rock n' roll music legends of all time. With a brand new show, audiences will be transported to when rock n' roll first began.

24 September, 2pm and 8pm

Happy Endings Comedy Club

Winner of Sydney's best comedy club for two years running, Happy Endings sets the standard in professional stand-up comedy. The last Saturday of every month features hand-selected line-ups that have been packing the home club in Kings Cross for five years. This month's performance features Chris The Bloke Franklin, Al Del Bene and Clint Paddison. Suitable for adults only (may contain strong language).

Saturday 24 September, 8.30pm

GOSFORD REGIONAL GALLERY

Valiant Safari by Graham Cheney

20 Aug - 11 Sep 2016

Valiant Safari features a series of paintings by artist Graham Cheney, as he recalls his childhood memories of the Central Coast. The

exhibition explores the source of collective and personal histories and examines how these sources are subject to hearsay, interpretation and personal imagination



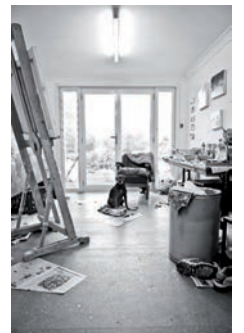
Graham Cheney, Valiant Safari, oil on canvas, 2016

Room for Art

23 Jul - 11 Sep 2016

This exhibition is a photographic essay by Helene Rosanove featuring the creative working spaces of 23 Central Coast artists. Each black and white image reveals the artist's personality through their tools, space and chosen working environments.

The exhibition offers an insight into the unique and creative characters of many Central Coast artists including Margaret Fortey, Paul Haggith and Janet Hoyer Cobb.



Room for Art Helene Rosanove, Karani #9, digital C-type print, 2016

Gosford Art Prize and Gosford Ceramic Prize

24 Sep - 4 Dec 2016

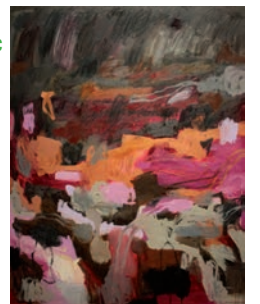
Gosford Art Prize national artists engaged in friendly competition for over \$24,000 in total prizes. The exhibition offers the artist an opportunity to let their work stand on its own, to be judged and appreciated

on a level playing field, with each work vying for the viewer's attention. Gosford Ceramics Prize supports and recognises the growing resurgence in contemporary ceramics throughout Australia. A series of weekly artist's talks will be held at 2pm each Saturday during the exhibition period.

Laycock Street Community Theatre
5 Laycock Street, North Gosford, 2250
For all bookings visit www.gosford.nsw.gov.au/theatres or Box Office 4323 3233 (Mon to Fri, 10am to 5pm).

Gosford Regional Gallery - 36 Webb Street, East Gosford - Phone: 4304 7550

Email: gallery@gosford.nsw.gov.au
Opening hours - The gallery is open all year round with the exception of Christmas Day, Boxing Day and Good Friday. Gallery: 10am until 4pm
Edogawa Commemorative Garden: 9.30am until 4.30pm - The Gallery Shop: 10am until 4.30pm
There is no admission charge for entry into the gallery or garden, however donations are welcome.



Gosford Art Prize Winner 2015 Pamela Honeyfield, Dusk Falls Across The Flinders, oil on canvas, 2015



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process. Natural solid timber and double glazing will provide comfort and piece of mind for Health and Sustainably-minded people. Sicilia 1B, Cyprus 1, Cyprus 2 40m2

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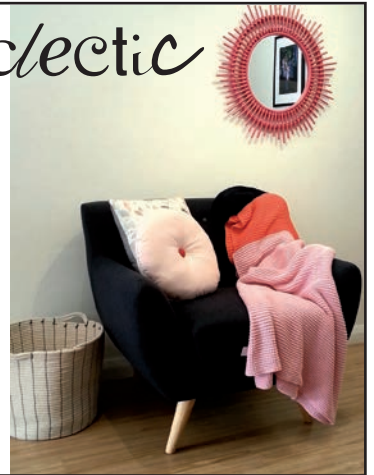
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Also referred to as Accident & Sickness insurance – protects the employed and self employed against loss of income due to an accident or sickness – an essential policy to protect the lifestyle of all income earners and tax deductible.

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Providing a lump sum on diagnosis of a major trauma such as cancer, heart problems etc – helping people afford the best treatment, pay medical bills, settle debts etc.

Trades Insurance

Protecting the trades person against liability claims, loss of tools and equipment, commercial motor claims etc.

Contract Works

Also known as Construction Insurance – protects a project and you against fire, storm, malicious damage, liability etc.

Home Warranty Insurance

Is a policy that has to be taken out by NSW law – 1. By a builder or trades person before taking any money (including a deposit) from a home owner (including an owner – builder) under a residential building contract and before commencing any work under that contract. 2. By an owner builder (i.e. a home owner who did owner/builder work under an owner/builder permit) before entering into a contract for sale of the property on which residential building work was done within the previous 6 years. In both cases for work where the contract price or the reasonable market cost of the labour and materials involved exceeds \$20,000.

All of these insurances are available from Coast and Country

For more information and quotes on these and other insurances please contact Coast & Country Insurance Consultants on 4334 3622, or email office@cc-insurance.com or arrange to drop in at 1/217 The Entrance Road, The Entrance.



The advice, comments and recommendations provided are of general nature only. Your personal needs, objectives and financial circumstances have not been taken into account. Authorised Representative of NAS Insurance Brokers - AFSL 233750 and PGW Financial Services Pty Ltd - AFSL 384743

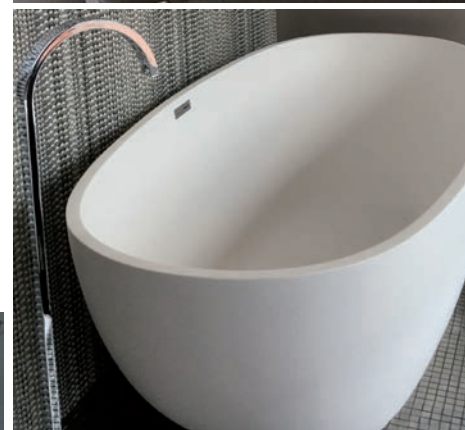



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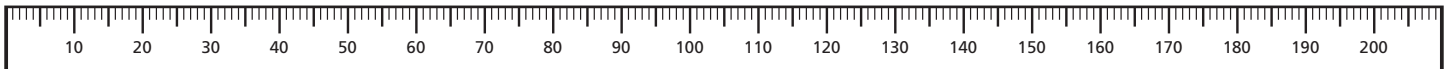
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


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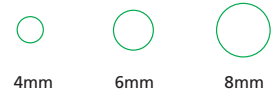
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You've decided on an eye-catching splashback in your kitchen renovation, but do you know what questions to ask?

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But choose carefully. No two houses or families are the same and it's important to get the best solution to your specific situation. Speak to a specialist rather than taking an off-the-shelf product and hoping for the best.

- ACRYLIC, GLASS or Laminex METALINE? An expert will be able to tell you what you need and why.
- If the splashback is for your kitchen, what kind of stove do you own? Gas, electric, stand-alone, induction. Your splashback will depend on this key question.
- Where is the product made and in what conditions? Some splashbacks are made from material that contains more impurities, is thinner or less heat resistant.

- How wide is the choice of colours? Don't be limited to a restricted palette.
- Custom-fit or standard sizes? You don't want to have joins all over the walls because the sheets are not cut to the right size. A specialist knows how to measure accurately, produce a precise template and importantly how to cut properly.
- Professionally installed? DIY is fine for some things but don't take chances with your splashback?

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Glass Splashback

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4 fresh peaches, peeled, chopped or 1 large tin canned peaches

2 cups ginger beer

2 cups soda water

4 nips white rum (1 nip=30ml)

Method:

Puree peaches in a blender. Half fill 4 x 150ml long glasses with ice. Top with peach puree, ginger beer and soda water.

Finish each glass with a nip of rum.

Stir gently and serve.

*Leave out the rum for an alcohol-free drink.

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