

Central Coast

Home & Lifestyle

Fashion

FREE
Autumn 2017

Food & Entertainment

**Building & Renovating
Home Design, Furnishings**

**Health & Nutrition
for Men and Women**

recipes - leisure - gift ideas - outdoor living - gourmet food



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Cabinetry Solutions

Bespoke, high-end kitchens will feature custom cabinets, however you can achieve a similar look at a fraction of the cost. For example, Freedom Kitchens offers flexibility with its extensive range of door styles, colours and finishes and will create a kitchen to suit any style.

HOT TIP: Stick to cabinets rather than drawers. This is much more cost effective and will leave some extra cash to spend on other luxuries within the kitchen.

On The Surface

How you use your kitchen will determine the benchtop you use. Avid entertainers may place more emphasis on achieving an aesthetic centrepiece, whilst an investor may see value in choosing a more economical yet hard-wearing surface.

The most common styles are:

Solid Surface – allows for a seamless finish and is hygienic, non-porous, and resistant to stains and heat. It comes in many different colours and is available in matte, semi-gloss and high-gloss finishes.

Caesarstone – is a durable stone benchtop. It has the look of natural stone and is highly resistant to staining. Quartz surfacing is low maintenance, non-porous and very hygienic.

Laminate – is a durable and economical alternative available in a wide range of colours, finishes and textures many of which replicate the current stone colours and timber tops available on the market today.

HOT TIP: Get a designer look by combining two contrasting benchtop colours, materials, heights or thicknesses. The variation will pique interest whilst providing the opportunity to include that feature top if it's on your must have luxury list!

Customise with Colour - Whilst a white kitchen is safe and timeless, play around with a few colour combinations on Freedom Kitchens' Kitchen Customiser and see how swapping sections of white cabinetry to black, woodgrain or a bright coloured will take your kitchen from white to WOW.

HOT TIP: Interesting pendant lighting or decorative tiled splashbacks will bring in colour, letting your personality and style shine through.

It's easy to be tempted with extras during the kitchen design process, so work with a professional designer to set and manage your budget. They can help determine areas to invest and where to cutback.

For a free, in-home kitchen design appointment, visit freedomkitchens.com.au or call **1800 113 733**.



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Printed By Spotpress Pty Ltd - 02 9549 1111

Central Coast Home & Lifestyle Magazine ABN 77 022 324 758
PO Box 6326 Kincumber NSW 2251

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The editor's note...

Welcome to our first issue out for the new year for Autumn.

Happy New Year to all of our loyal readers, I am looking forward to another year of providing you with an interesting magazine to read with a good variety of topics for Men and Women of all age groups. No bad news, something to take your mind away from the worries and every day stresses we all face.

Feel free to send me an email or letter if there is a particular topic you would like featured in our upcoming editions. It was a long hot summer and we reached extreme temperatures which is a sad indication that our precious earth is heating up.

Now it is time to enjoy some cooler weather and hopefully you will be inspired to do some work around your home and then take some time out to enjoy the many events available locally for us here on the Coast...

Thank you to all of you that entered our Miele Robot Vacuum cleaner reader competition, I was overwhelmed by the amount of entries we received.

Don't forget to subscribe to our free eMagazine version if you would like to receive a copy of our magazine each issue to read on your computer or iphone. Simply go to our website and register your name and email addressit is that simple!!

Wishing you all good health and a safe and prosperous New Year.

Alison

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emissions. When viewed more closely, an ingenious new vehicle concept with a design devoted to one function. Sustainably and efficiency meet dynamics and athleticism. On the road, the BMW i8 demonstrates the interplay of these ideals: hugging the ground and in the unrivalled form you expect of a BMW to be. More efficient - due to intelligent lightweight construction with carbon and aerodynamic design. More sustainable -

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Peace of Mind

By Guy Thornycroft

Colour aside, it's stressful enough doing a renovation or a new build without worrying if your new floor is going to work. You would never consider buying a sports car if you needed a family car and it's the same with different types of floor covering. Sure we all like the idea of high-gloss rich-timber look, but the reality is you might not actually live in a show room.

Start by asking yourself who is responsible for keeping the floor clean? The higher the gloss the easier it will be to see scratches and dust, so the more often you will need to run a dust mop over the floor. If you have less time to worry about keeping the floors dust free then consider a matt finish or even a quality laminate which is far more resistant to scratching than a varnish. Part of reducing the scratches to your new floor is keeping it grit free. Dust and then damp mop with a PH neutral detergent if it needs it. Each type of floor has its own pros and cons.

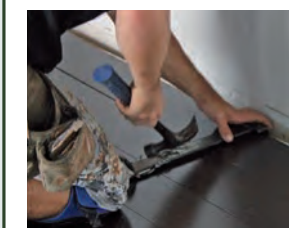
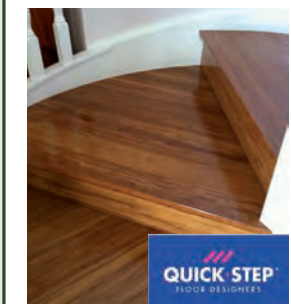
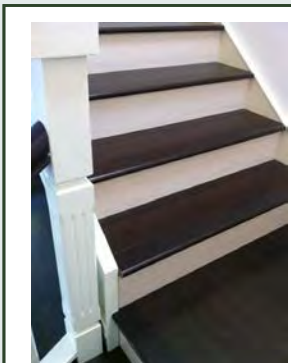
Try the following check list to determine the right floor for your project:

1. Do you live near the beach, have children that bring sand in on their feet or have a medium or large dog in the house? (consider laminate)
2. Are you on a tight budget, renovating to sell or renting the place? (consider laminate)
3. Do you want a gloss finish? (Consider Bamboo or Timber)



4. Do you have environmental concerns? (Consider Bamboo or Cork)
5. Do you prefer lots of features, knots and swirls? (Consider Timber or Laminate)
6. Is sound a major consideration? (Consider Cork or acoustic underlay)
7. Is it a big open area to cover? (Wide planks such as Oak will work well)
8. Do you want the floor to make a statement? (Consider traditional hard wood timber)

Come into the shop to feel and explore the different options available. You may be surprised by the technology of modern floors. Borrow samples to check the colour is right in the lighting of your property. Note that brochures and the internet do not give accurate colour representation. Proflooring is here to make this part of your project easier –
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A living room with a green armchair, a wooden table, and a dining table, all on a light-colored wooden floor. The room is well-lit and has a warm, inviting atmosphere.



ask THE EXPERT

BY GEOFF GARLINGE

Q: "I try hard to eat a balanced diet, exercise regularly and look after myself the best I can. However, I'm definitely still lacking energy and dragging myself out of bed in the morning. I've only just turned 40 and am already noticing my waistline is beginning to spread and my skin is not looking as well as it previously did. My digestion is nowhere near as good as it used to be and I can't seem to tolerate certain foods I used to enjoy. My bowel function has become more sluggish too. Last but not least, I'm also frighteningly starting to lose my sex drive. I never dreamed this would all happen to me and am now fighting off depression. It's all making me feel very uncomfortable and stressed to the point of desperation, but I don't want to resort to taking any medications or laxatives. Can you help me with a natural plan?"

A: It's certainly great that you've been working on your greatest asset – your health. Turning 40 is a milestone as also is the big 50. Unfortunately, the average person doesn't have any plan for these via the lack of good counsel towards natural prevention. Even though 40 is relatively young if you're really well, nevertheless your BMR (Basal Metabolic Rate) slows down dramatically... HGH has already plummeted... and the body generally requires far more TLC. If not adequately addressed, the ageing process relating to both brain & body rapidly accelerates, subsequent muscle wasting occurs along with hormonal changes, sagging skin and the accumulation of dangerous and unhealthy fat. These are the basic reasons for your current problems. However, even without eating the processed rubbish which fills supermarket shelves, mass produced modern day food isn't what it used to be and does not provide the solution to the ageing dilemma. But don't despair, as there is good news. It's found in genuine dense nutritional supplementation that's absolutely imperative in order to both achieve and crucially sustain vibrant health. For example, one heaped teaspoon of GREEN FUSION, a combination of Green Barley, Wheatgrass & Alfalfa (all gluten-free and fine for Coeliacs) is equivalent to consuming 1KG of Certified Organic green vegies – which of course no one usually does. Similarly, one level teaspoon of real freeze-dried MAQUI BERRY powder is equal to a bucket of fresh Organic blueberries! Interestingly, even if not the typical pathetic sprayed toxic offering, analysis has confirmed the comparatively weak antioxidant value of blueberries to be diminished to nearly zero after just 3 days from harvesting – making them a classic waste of money for most by the time they actually consume them. Beehive products are an integral component of the strategy

you require to combat ageing and the problems you have begun to experience. BEE POLLEN is an amazing broad spectrum nutrient-dense food containing all elements necessary to sustain life, with of course the exception of water. As the only food source to deliver identical natural HGH (Human Growth Hormone) BEE POLLEN slows the aging process, produces dynamic energy & stamina, balances the nervous system, promotes radiant healthy skin, regulates bodily functions & maximises nutrient absorption via its host of synergistically delivered enzymes. This in effect enables the full potential of your diet to be effectively harnessed, over time producing robust health & endurance. For the ladies, PMT & symptoms of the menopause are effectively managed, while for men, the prostate is kept healthy & functional, with libido enhanced in both sexes. BEE POLLEN powers many senior athletes still running long distance marathons well into their 70s and even beyond into their 80s! TYROSINE boosts libido and offers the bonus of being a natural mood enhancer that uplifts and helps normalise brain function. Organic MACA root powder is another great energiser, hormonal balancer and effective sexual reviver. To further increase the uptake of HGH in the body via increasing nitric oxide use L-ARGININE + L-GLUTAMINE which are easily taken with GREEN FUSION in Pure CHERRY Juice. Incorporate plenty of VOLCANIC CHIA Seeds, BRAZIL Nuts (max. of 6 daily), both HEMP Protein & HEMP Oil in your diet. Drink min 1.5 litres filtered water daily, enjoy delicious Bio-fermented COCONUT PROBIOTIC concentrate and Pure RED CLOVER Tea. In order to remain drug-free...eat 80% fruit & veg, 80% alkaline /20% acid forming foods, zero processed foods and take AGE Reviver, Fresh ROYAL JELLY and SALMON Oil Plus capsules on a daily basis. In just 2-3 months you won't know yourself as you get your zip back, sleep like a baby, think clearer & remember better, desire & enjoy sex again and even more. Remember, it's those who embrace the crucial concept of continuity to commit to a morning & night strategy who reap the benefits and enjoy the robust health they didn't think was even possible, with or without cancer.

Your choices to take hold of the amazing nutritional powerhouses I've recommended will both empower you to take control of your health to then be able to begin to look forward to a vibrant healthy drug-free future ahead.

Q: "After being diagnosed with aggressive breast cancer nearly 5 years ago, I subsequently had a mastectomy as well as all my lymph nodes removed on one side.

This was followed by the recommended follow-up radiation & chemo which actually took a terrible toll on my body and has also terribly affected my short term memory. Now I've just been told I have a secondary tumour and am being offered chemo again without further surgical intervention. I'm obviously very apprehensive to go down the same road again, but before I even consider it, I need to know is there anything natural I can take to reduce the horrendous side effects that can sometimes seem even worse than the disease?"

A: Very sorry to hear your dilemma which is sadly all too common these days. I hear many stories such as yours on a daily basis where regret and disappointment are rife – especially when metastasis rears its ugly head as it so often does. Actually, the majority of cancer sufferers do experience some secondary reoccurrence via microscopic migration at a cellular level. However on a positive level, (though of course no guarantees can ever be made with any cancer diagnosis) it is nevertheless definitely possible to bolster your immune system naturally, whether or not you decide to do further chemo/radiation. Bovita (BTC) liquid will be your best friend, as will be SUN CHLORELLA, WAKASA GOLD Plus and LACTOFERRIN at the very least. Over the past 20+years I have seen those suffering from many cancers effectively reduce the side-effects of both chemo & radiation using Nutraceuticals and real super foods in the context of a balanced healthy lifestyle. Additionally, many enjoy reduced inflammation, less pain, more energy and come out the other side with a highly functional immune system in order to live well. As always, knowledge is the key and the application of it makes it happen. I've just returned from Deakin University where much wonderful work on LACTOFERRIN utilising Nanotechnology is yielding astounding results in many areas of healthcare including various cancers including breast, brain and prostate. Nutritional cancer support simply makes good sense at every juncture and the new research is really exciting. The balance is achieved via gaining the accurate knowledge, then applying it to give yourself your maximum quality of life for your appointed number of days. In your case, I'll be pleased to formulate a natural strategy for you incorporating an array of genuine Nutraceuticals, supplementation and functional dietary guidelines. Using this rationale, you are enabled to make your own choices to take an aggressive stance against existing & potential further metastases. Accordingly, please feel free to contact me to meet and discuss individual specifics as well as further information to move forward via the free advisory service I've been offering for many years now on the Central Coast.

© 2016 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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Travertine is quite a dense product, very durable and has a uniqueness for both patterns and texture. By not absorbing heat rapidly it is cool underfoot and a great looking paver for outdoor areas that are exposed to the sun. Swimming pool surrounds are perfect for Travertine although you will also find it used in many bathroom projects. Balconies and patios are also great applications. The seamless integration of Travertine into either contemporary or traditional house designs is especially popular.

Bluestone Basalt Bluestone's rich earthy colours make it a favourite when matching new paving to contemporary environments. Its dense qualities make it extremely durable and stain resistant. Most often used in high traffic outdoor entertaining areas, Bluestone blends in with older style structures, but is also equally at home with more modern projects.

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Neutral Colours Show Off Furnishings and Textures

Bedrooms should be for relaxing, and using neutral tones can be the perfect start for a serene design.



The textural elements of a room often get overlooked. A neutral backdrop creates a welcoming interior when mixed with warm textures such as rough hewn wooden elements, shiny tiles, nubby linens, and brushed velvets.

Simply put, layering textiles is the key to creating a warm, well-designed space, and neutral colours allow you to create this space more easily. Neutral will always be a classic. If the mood strikes and you decide you need some vibrant hues in your life, then you simply

add a few inexpensive pillows in a bold colour, or buy a beautiful bouquet of bright or native flowers.

Think of a neutral colour scheme as an investment, allowing you to avoid buyers remorse and ensuring an interior design that will never grow old.

The bedroom in the image is a perfect example of neutral done right. Imagine this bedroom with bold walls it certainly wouldn't be the same calming bedroom retreat.

This is all the more reason that you should choose a neutral backdrop for your interior. With a neutral background, your personal tastes can come to the forefront, allowing you to show-off all your cool design choices and personal style.

There is a reason designers commonly choose neutral walls, especially in modern interiors, it allows the lines of high-quality furniture and the architecture of a room to come alive and be noticed.

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Forgiveness is the new BLACK Solutions4Life

Healthy Body, Healthy Mind

By Simon Matthews - Solutions 4 Life

Forgiveness is one of my favourite topics to write about and one of the things I spend a lot of time on with clients who are seeking help with relationship difficulties, anxiety and depression.

Let's start with some mythbusting many people think forgiveness is weakness. Not in my experience. Forgiveness requires a long term effort to deliberately put yourself in the shoes of the person who harmed you, even when all you really want to do is feel hurt and wronged. People also confuse forgiveness and justice - justice seeks to right a wrong. Forgiveness can happen regardless of justice - think about a situation in which the person who wronged you is no longer alive, or where a perpetrator of a wrong is never caught. Forgiveness is also not about letting the perpetrator off the hook - it's about releasing yourself from toxic anger, hurt, bitterness and resentment. It's also important to remember that forgiveness doesn't mean placing yourself at risk - if you've been abused by someone who remains potentially dangerous, then reconciling is not a good idea, but working to forgive will ultimately be beneficial for you.

Learning to practice forgiveness is part of

good mental and physical well-being. Research done over the past 10 years in particular has repeatedly linked forgiveness with reduced levels of anxiety and depression, increased self-esteem, fewer physical health symptoms and an overall reduced death rate. This most likely occurs in part because of the stress reduction associated with forgiveness.

There's no doubt that we live in a world where we can all experience massive injustice as well as unfair and undeserved injury; but not forgiving just leaves us with a catalogue of hurt, bitterness and resentment. Learning to forgive is exactly that - something we all need to learn. Some people are innately better at it and others need to practice. If you want to learn to forgive, a good place to start is by developing empathy for the person who hurt you - this helps you to see the things we all have in common as humans, rather than dividing the world into over-simplified "good" and "bad" people. If you're struggling to forgive and you want to learn more, get some help - do some reading or make an appointment with a psychologist.

Remember - in the end, forgiveness sets you free.



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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.

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.



before

after

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Before

After

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Augmented reality brings new kids book to life

Personalised children's books are hugely popular but one Australian brand is taking it to the next level by

incorporating an element of augmented reality. Tinyme has launched The Amazing Alphabet which, on first glance, appears

to simply be a personalised kids book. However, when accompanied with the official app, the book comes to life in front of the readers' eyes. Kids watch the characters of the book jump out of the page, much to their shock and delight.

Mike Wilson, Founder of Tinyme says, "As a dad of six I've spent hundreds of hours reading books to my kids and I've always encouraged them to have a deep love for reading. I've also spent quite a bit of time playing around with a bunch of pretty cool kids apps. As someone who founded a studio which writes, illustrates, develops software and even physically prints personalised books for kids, I'm really excited by what our team at Tinyme has created."

The Amazing Alphabet is custom printed for each child with the child's name included throughout. The app plays music and sound effects to complement the story and it can also read the story to the child. It is recommended for kids aged between 0 and 8. The app is free and is available for iPhone or Android phones.



For more info and to pre-order visit
www.tinyme.com.au and
<https://www.tinyme.com.au/the-amazing-alphabet-book>.
RRP \$30.00.

FIVE STEPS TO HELP FIGHT STRESS

Step 1: Practice Deep Breathing

Breathing serves two purposes: it helps you take in oxygen to be transported to all parts of the body through the bloodstream, and it helps in the elimination of waste products. Oxygen helps to clear your mind, rejuvenate your skin and energize your whole body.

Lack of oxygen can lead to mental sluggishness, lack of focus, depression and anxiety. For relief from stress, practicing deep breathing will help you cope. Even under normal circumstances, taking a full, deep breath by itself can be deeply relaxing.

Step 2: Stay Hydrated

When we are not hydrated enough, we can experience anything from mild headaches and fatigue to seizures, which can be a symptom of severe dehydration. The symptoms of stress and dehydration can be very similar - increased heart rate, nausea, fatigue and headaches.

Try this: Stop drinking all fizzy drinks, caffeinated drinks and juices for a week and replace them with water and see how you feel. If you are a caffeine addict, you may suffer from withdrawal symptoms but the more water you drink, the easier it will be to manage.

Step 3: Remove unnecessary stressors

It is important to have a comprehensive understanding of your mind, body and spirit and to know how to protect yourself from stress and the damage it can cause. Stress

is a leading cause of poor health and it is up to you to reduce and, where possible, remove unnecessary stressors in your life.

Step 4: Get a Good Night's Sleep

Sleep is essential to maintaining good mental and physical health. It is nature's healer; the opportunity for your brain and body to repair themselves from the stresses of the day. Many adults have insomnia multiple times a week, so it is vital to learn how to manage your insomnia so you are more likely to sleep well and you will take things in your stride and stay calm under pressure.

Step 5: Eat for Well-Being, Not for Stress

Like oxygen and water, food is vital for our health and well-being. It is our energy source and provides our bodies with the nutrients it needs to grow, fight disease and repair itself. Many of us feed ourselves platefuls of food loaded with toxins, chemicals, fats and sugars, which do not benefit our bodies. Nevertheless, we simply expect our bodies to cope. There is an important link between stress and nutrition. A balanced diet can boost our resistance against the effects that stress has on the body, and therefore it is important to make sure we get vital nutrients. **Someone with a healthy and balanced diet is likely to be less stressed than someone with a poor diet as their bodies are often working more efficiently and they are more resilient to stress.**



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HOW TO CALM YOUR DOG DURING A THUNDERSTORM

Many dogs are terrified of thunderstorms. The loud noises, static electricity, and barometric pressure changes cause fear, anxiety, and panic. Dogs can injure themselves and damage property.

Call your dog inside as the storm begins to sit by your side and remain calm. During a storm, give your dog no indications that something is wrong. Follow the same routine you would any other night. Even reassuring the dog can convince it that something is wrong. Help your dog by being calm and happy, not by overloading it with sympathy. Soft singing can help calm some dogs.

Find a small "safe spot" for the dog to hide. Ideally, this spot will block light and noise, while allowing the dog to be near you. Under a table or bed, in a dog crate, with a blanket over it, in a closet or windowless bathroom.

Try wrapping a garment around your dog or let the dog huddle under your arm on the sofa. Your dog may feel reassured by the added pressure. If this seems to help, consider buying a special anti-anxiety garment, a Thundershirt or Anxiety Wrap. The garment should be snug around the dog's chest, ensuring it is the correct size, to ensure the acupressure points of the body are being targeted, and to avoid injuring your dog. These garments may also

help them stay calm if you need to leave the house, speak to your vet.

Block the noise. A loud television, music, washing machine, can help drown out the thunder. Choose a sound your dog finds familiar and comforting. Keep your dog away from windows, or put up heavy curtains. Seeing the flash of lightning can be an additional source of anxiety. Block the dog's access to exits, as dogs may try to run away.

Play games. Play fetch or with their favourite toy. An activity that will turn your dog's attention away from the storm. To teach your dog that storms are nothing to fear, play a recording of a thunderstorm on very low volume for 5-10 mins once a week. If the dog shows no signs of agitation, turn

up the volume slightly. It can take a long time for your dog to adapt, but eventually your dog may learn not to fear thunder.

If this agitates your dog too much, start with 5-10 minute daily sessions instead. Give your dog a treat or a toy when it shows calm behaviour during a storm, or when it obeys a command despite its fear. Train it to respond to a "relax," "calm," or "settle" command.

If these methods are ineffective, ask your vet about anti-anxiety medications. Quick-acting medications must be administered before your dog exhibits any behavioural changes.

Never give a dog medication without consulting a veterinarian first.



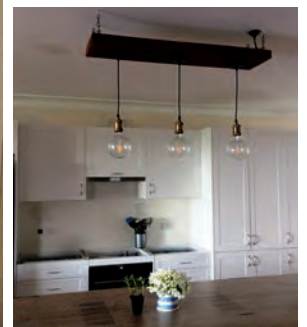
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We also have an extensive range of Ziera shoes (previously know as Kumfs) from women's casual shoes to dress shoes, walking shoes, corporate classics; Ziera orthotic-friendly shoes have extra depth and a removable inlay to accommodate your custom orthotic.

Saramanda, Florsheim and Bernard are just a few of the Men's quality brands of shoes we stock also. Mens RFID leather wallets are very popular as they provide security from scamming of credit cards.

Our selection of ladies handbags receive many great reactions from our customers. Serenades unique Patent Leather bags and wallets in various colours and styles are always eye catching.

Gabee, Modapelle and Cadelle provide many options of handbags and wallets in beautiful soft leathers and various colours. Modapelle hand painted leather bags and wallets are something different also. (see photo) Sasha Weave plaited leather handbags are suitable for all occasions in many various colours too.

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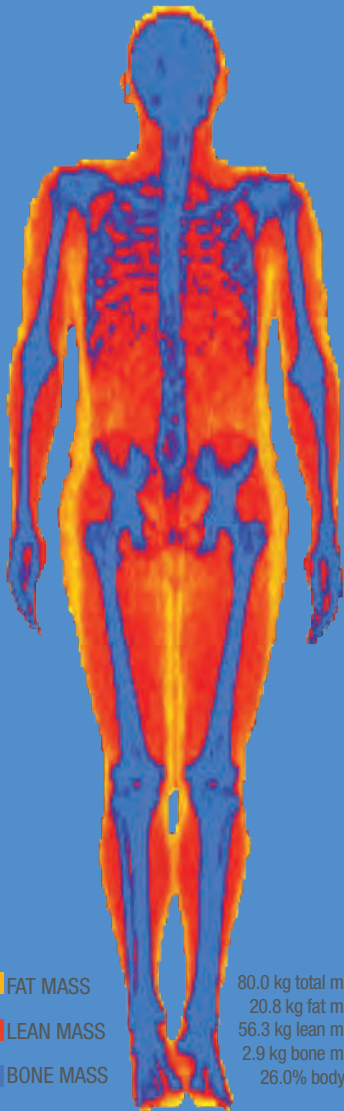
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Osteoporosis is a silent low bone density disease that affects 1 in 5 male and 1 in 3 female Australians by Angus Steventon

What is Osteoporosis?

66% of Australian men and women over the age of 50 have low bone mineral density, and most don't realise. The most severe form of this, osteoporosis, affects over 1 million Australians. Osteoporosis is a condition in which bones become thinner, more fragile and more likely to break, even as a result of a minor fall, a bump or sneeze. Fractures caused by osteoporosis can be life threatening and may result in significant ongoing pain and long-term disability. Osteoporotic fractures are so common that in Australia 1 fracture occurs every 3.5 minutes, which probably equates to about 2 fractures since you've started reading this magazine, and 395 fractures by the end of today.

Who is at risk?

Some of the risk factors for poor bone density and osteoporosis are well known, like having a family history of osteoporosis, low dietary calcium, low vitamin D, being female, or early menopause. Most don't realise that there are many other risk factors, such as not enough exercise, smoking, excessive alcohol intake, being underweight, thyroid conditions, lower hormone levels, long-term use of some medications such as corticosteroids and antidepressants, some chronic diseases (e.g. rheumatoid arthritis, chronic liver or kidney diseases) and malabsorption conditions such as coeliac disease and inflammatory bowel disease.

What should I do?

If any of the risk factors mentioned above apply to you or your family, I urge you to speak to your GP. In particular, anyone who experiences a broken bone from a minor bump or fall should be investigated for osteoporosis. Osteoporosis is not just an "old lady disease". Almost a quarter of all people with osteoporosis are men, and I have seen quite a few men and women in their 50's diagnosed with osteoporosis, in my practice.

Osteoporosis is a silent disease and often remains undiagnosed, even when a fracture has occurred, particularly if it is in the

upper back. The good news however is that osteoporosis can be prevented, diagnosed and managed if action is taken early. Regular exercise, consuming enough bone-healthy nutrients, avoiding negative lifestyle habits, identifying your risk factors, having a non-invasive and pain-free bone density scan, and taking osteoporosis medication if prescribed, are key steps for prevention and treatment.

How can I check my bone density?

Riverside Bodyscan, a local business located within the Reliance GP Superclinic at West Gosford, conducts bone density scans— the gold-standard for measuring bone density and diagnosing osteopenia and osteoporosis. This simple scan measures the density of your bones— usually at the hip and spine— takes approximately 10-15 minutes. Ask your GP for a referral to Riverside BodyScan from your General Practitioner, and call (02) 4323 9200 for an appointment.



Angus Steventon received his Bachelor of Medical Science (Anatomy & Physiology) from Sydney University in 1998, his Master of Chiropractic from Macquarie University in 2000 and his Certificate of Completion in Clinical Bone Densitometry in 2015. He is one of the directors of Central Coast Spinal Care Centre, Riverside Medical Imaging & Riverside BodyScan. He has a special interest in spinal pain, osteoarthritis, osteoporosis and body composition analysis.

We are pleased to announce the WINNER of the Miele Robot Vacuum Cleaner is

Jennifer Darby of Springfield

Thank you to all readers that entered our competition.



How to prepare your child for braces

The time has come. You've been imagining this moment since they were born. The baby teeth have all gone, you've done the initial visit with your orthodontist and now you have the green light. It's time for braces. It's easy to focus on the obvious issues associated with braces – from booking X-rays, to arranging finances and of course preparing for the celebrations that come at the end of your child's treatment. Many of us easily forget about the in between, the treatment itself and of course, how your child might be feeling about this new journey. Our friends at The Ortho Practice Kincumber talk us through the not so easy task of preparing our kids for orthodontic treatment. Here are their TOP tips:

1. Help them visualise the treatment process.

By discussing treatment with your child, they can visualise what's in store. Giving them a rough idea about what their initial visits will be like, preparing them for X-rays, planning delicious, braces friendly foods with them, will all contribute to them being able to visualise the journey ahead. Your orthodontist will be able to give you an idea of what to expect at each visit, encourage your child to be a part of these conversations. This will help them feel less apprehensive about the process.

2. Discuss pain and discomfort during treatment.

Your child will feel some level of temporary discomfort after each appointment. Acknowledging this before hand is always valuable. Reminding them that it's only temporary and having the paracetamol on standby is even more so. But depending on their pain threshold, they would probably also benefit from soft foods such as soups and smoothies for the first day or two.

3. Work on a hygiene routine together.

We recommend brushing for three minutes, three times per day. It's much harder to floss with braces so your gums need extra attention. We also advise rinsing with water after each meal to help wash away any bits of food that may be stuck between your brackets. Packing a toothbrush into their school bag will also help them stay on top of this routine during the day too.

4. Explain the importance of eating the right foods. Steering clear of acidic and sugary foods will help protect their teeth against plaque during treatment, but what about protecting their braces? Hard foods such as nuts and apples and sticky foods such as lollies and caramels could damage or even break your child's braces. This will result in additional repair costs and a likely delay of treatment time. The Ortho Practice offers a library of recipes on their blog at theorthopractice.com.au/blog.

5. Prepare them for lifestyle changes. Most things take getting used to. With braces, your child can expect changes to their speech, the way they eat, sleep or even play a sport or musical instrument. At first this can be quite difficult to adjust to. However, talking to them about these changes in advance will put them in the right frame of mind once their braces are on. Acknowledging that speaking will feel strange at first, or that eating may be restrictive at times, is all they will need to better adjust to changes in their lifestyle.

6. Remind them it's only a matter of time. And even though all good things take time the only thing that isn't temporary about braces is the healthy, beautiful smile that will be revealed at the end of their treatment.

7. Ask your orthodontist to help. If all else fails, encourage your child to discuss these issues with their orthodontist. After all, we live and breathe this everyday, and there is no concern we haven't come across. A really good orthodontist will invite your questions and concerns and will do their very best to help you and your child through the process.

And finally, when those braces are on – it won't hurt to tell them they look fantastic too.

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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Apples - keep the skin on to retain the full amount of fibre.

Bananas - are a good source of potassium and one banana has around 3 grams of fibre.

Black Beans - one cup of black beans has up to 30 grams of fibre.

Broccoli - a good source of fibre. Eat your daily serving of vegetables with one cup of cooked broccoli.

Cabbage - a great source of vitamin C and fibre, enjoy both red and green varieties.

Carrots - well known for beta-carotene, also available in colours ranging from white, yellow, red and purple.

Cauliflower - skip boiling and try roasting it or using it as the crust to your homemade pizza.

Celery - perfect as a crunchy snack, celery is also delicious pureed into soup, or blended into a green juice.

Corn - one cup has approximately 3.6 grams of fibre.

Grapefruit - is high in vitamins and helps curb a salt craving.

Kidney Beans - Red beans are rich in fibre with up to 20 grams in one cup of cooked beans.

Lentils - A cup of cooked lentils has up to 16 grams of fibre.

Lettuce - Keep calories in check with the help of lettuce.

Oatmeal - Stock your pantry with whole grains like oatmeal.

Oranges - are a satisfying and energizing snack.

Peas - a great protein source, a good fibre option with 5 to 11 grams of fibre in each cup.

Pineapple - one pineapple has up to 13 grams of fibre, making it an ideal option for infused water or high-fibre green drink.

Rice - choose brown over white, which has double the amount of fibre.

Spinach - Packed with nutrients and fibre, up to 7 grams in a half-cup.

Sweet Potatoes - are rich in vitamins and have up to 4 grams of fibre in one small tuber.



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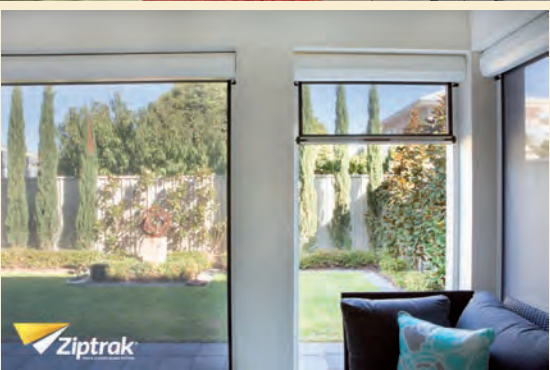
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The 3 best tips to create more outdoor space

This mild weather is still with us and Central Coast residents take great delight in entertaining and relaxing outdoors. With the benefit of a retractable folding arm awning, Ziptrak blind or Aluminium Shutters you can create an outdoor room that protects your home against the sun or light rain as well as creating a cosy and private ambiance.

FOLDING ARM AWNING

A folding arm awning is a retractable style fabric roof awning that projects horizontally from your home. It can be attached to the eaves, or to bricks. It offers great protection from the sun without having to move furniture into particular spots as is the case with an umbrella. This allows you more versatility with your outside space. A Folding Arm Awning offers great protection from the harsh summer sun, but allows you to retract it in winter and enjoy the winter sun. When it is retracted it takes up very little space. A folding arm awning can be easily motorised, so you can be in the kitchen or out on the deck and can control it from the palm of your hand. It can also be automated to be retracted in times of high wind when you are not around.

ZIPTRAK CAFÉ BLINDS

A Ziptrak external blind is one of the newest styles of external café style blinds. The fabric travels within aluminium side channels offering a sturdier alternative to the off the shelf café style blinds. The Ziptrak can easily slide up and down, similar to a window. The Ziptrak is lockable from the inside and/or outside. The side channels can be custom coloured to match your house exactly. The most popular fabrics are mesh and PVC which still allows you to enjoy a view. The quality mesh fabrics also give you privacy during the day. Surprisingly the new style of mesh fabric now lets in very little (if any) rain and wind through and turns the harsh summer sun into a gentle winter one and still allows airflow, unlike PVC. Ziptrak external blinds have been used to enclose decks and pergolas' creating another room without it being a permanent wall at a huge expense. Ziptrak awnings are easily motorized and can be controlled with a remote control or smart phone technology.

ALUMINIUM SHUTTERS

Aluminium Louvre Shutters are ideal for privacy and protection. Aluminium Shutters add the "Wow" factor to the external part of your home and with a few panels can modernise your home. We have had clients add Aluminium Shutters just down one side of a deck of their property to frame an outside area and create a completely different living space. They are ideal for giving you privacy from close neighbours, without blocking out light or airflow. Aluminium Shutters work well in apartment blocks where they can block out noise and more importantly create more living space that you wouldn't always have or use. Aluminium Shutters can be hinged, sliding or bi-fold in operation, allowing you to slide them out of the way when not in use.

Article supplied by Sharon Tieman, Director, Premier Shades, 18/482 Pacific Highway, Wyoming. Ph 0243248800. sales@premier shades.com.au www.premier shades.com.au

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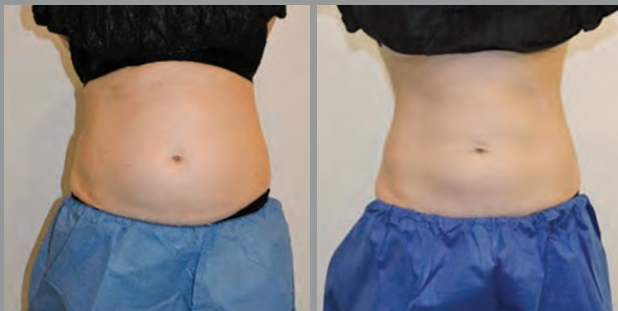
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Professor Robyn Phipps was awarded the highly commended award in the James Hardie Innovation category at the 2016 New Zealand Institute of Building Awards for a solar heating project that utilised Danish Solar Ventilation product SolarVenti. The award was given to Professor Phipps by industry experts to acknowledge her leadership on a Health Research Council and Lottery Health funded project. This project aimed at improving health and indoor climate with a low cost solar ventilation unit. With tests and awards to prove it's efficiency as a **solar keymark**.

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Property investment offers many advantages. Unlike your money stuck in a bank savings account, it is considered a growth asset class where capital growth outstrips inflation. This means overtime you increase rather than decrease the capital value of your assets.

Shares are also a growth asset. However, it's hard to get truly independent information for investing in shares, where as property is a tangible, transparent buy. The expression 'investing in bricks and mortar' means you get a real asset you can touch and feel for your money.

If your shares become worthless overnight, you are left with paper. If your property drops in value, you can always live in it. You should consider getting expert advice from a financial specialist before investing in property.

When choosing which property to buy, consider whether people in the area would want to live there (remember, it's not a property for you to live in).

Also understand that with newer buildings you may be able to reclaim up to four per cent of the building's value annually, only the interest component of a mortgage for investment can be tax deductible, which is

why many property investors use interest only loans, property is a growth asset.

Choosing a reputable property manager (fee is tax deductible) will reduce vacancy times and result in better tenants. Why not speak with a property management expert from Richardson & Wrench Umina Beach.

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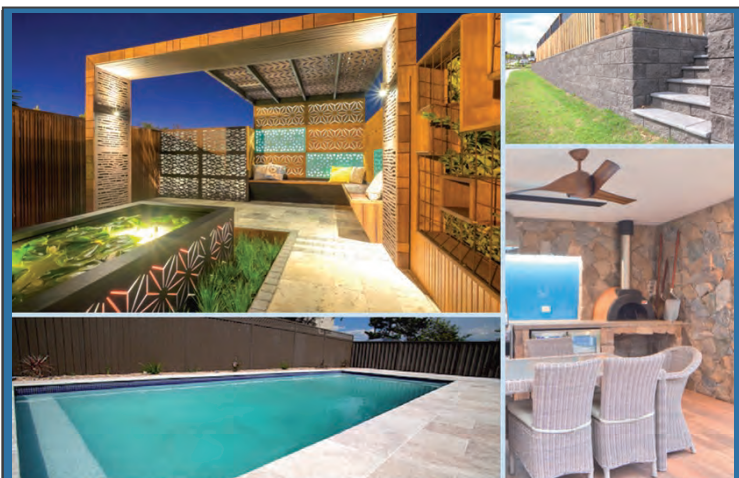
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CONTACT LENSES *a great option*

Whilst the idea of wearing contacts may be intimidating for first time users, there is an array of services dedicated to making the process smooth and advanced technology allows contact lenses to be more comfortable than ever before.

Many people don't know that contact lenses don't necessarily come in contact with the eye. The lenses float on a layer of tears that cover the cornea, so with each blink, a fresh supply of oxygen-laden tears washes behind the lens to nourish the cornea. This means contacts can easily be worn at any time of the day or night without harming your eyesight.

For first time wearers, get fitted professionally and try before you buy as all contact lenses are made differently, and your local optometrist will fit a pair of lenses specifically for you so you can experience wearing them for the first time, how they are interacting with your eye and learn how to correctly remove them.

Overwear of contact lenses can lead to irritation or infection, whereas brand new contacts give your eyes a feeling of refreshment - just like putting on clean clothes. Replace your contact lenses as recommended by your optometrist to reduce the risk of discomfort.

Avoid letting your lenses dry out. If your eyes start to feel dry, use comfort drops to re-nourish your eyes and keep the contacts working the best they can for your vision. *Pack a spare pair: No one wants to be caught out with a lost or torn contact lens - pack extra pairs as a backup.

Don't take chances with infections: It is important to clean your contact lenses accordingly as they can cause bacteria infection if improperly cared for. If left untreated, an eye infection could be sight threatening, so it's important to seek professional advice. With best selections and expert fittings by optometrists, wearing contact lenses this season will be stress-free.

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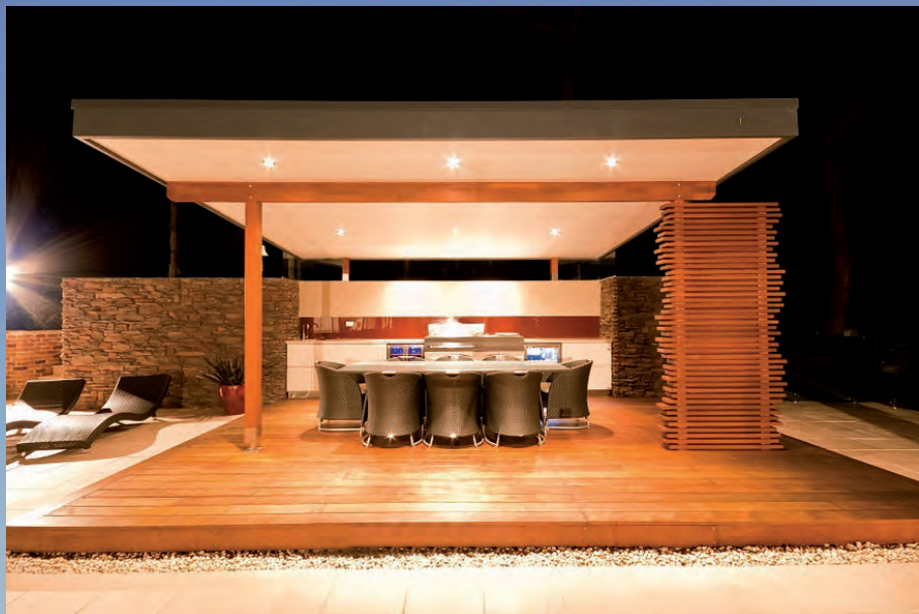


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this will ensure it stays green and protects your lawn throughout the winter months.

Plant Bulbs:

Autumn is the perfect time to plant bulbs as they will have time to grow and be ready to flourish with colour in spring. Bulbs are easy to grow they

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Toilet training your child Paediatric Physiotherapist's TOP TIPS

Founder and Clinical Director of Sydney's most sought after children's therapy service, shares her top 10 tips to assist your child with toilet training.

1. Support your child

"Dress your child in pants that are easy for them to put on and pull off. It is more beneficial if you dress your children in bigger sized clothing as this makes it easier for them to take it off. There can be two transitions to work through. The first is to the potty and then from the potty to the toilet. The ideal age to start potty training is when the child is 2-3 years old. Continue to encourage your child through all phases of the process, even if there is a timing failure at first."

2. Empower your child to communicate with you

"Ask your child every now and then - 'do you need to go?'" Encourage them to tell you or another adult when they feel the urge to go. It is also useful to stimulate discussions and ask them to communicate when they need to do a number one or number two."

3. Praise your child for every progress, no matter how small

"It doesn't matter how small or big the achievement is, or even if the toddler doesn't complete the entire routine successfully - praise them for the part that they were able to do. Rewarding your child reinforces positive support. This can be in the form of reward charts, verbal praise or stickers. As the toddler achieves each stage, reduce the amount of praise."

4. Verbalise and gesture to your child

"Show and help your child practise pulling their pants down and up when toilet training. Additionally, explain to them the process of washing and wiping hands and what they need to do. By verbalising and gesturing to your child what toilet training includes, this helps them visualise and understand the process."

5. Pictures always help

"Use visuals to assist when explaining toilet training to your toddler. Pictures may make it easier for kids to understand the process of going to the toilet and the order of actions they need to follow during the routine."

6. Role play going to the toilet

"Use dolls, teddy bears or other soft toys with your child to demonstrate the toilet training experience. This way they know that everyone goes to the toilet."

7. Timing is everything

"During warmer weather, giving your child an increase in fluid or water intake can help. By providing them with a large drink of water more than 40 minutes before they visit the toilet can assist the process. Make sure you have enough time to devote to your child during toilet training. Stay with them to read a book or chat until they wee and then praise them for going to the toilet."

8. The potty

"Start gradually moving the potty closer to the toilet. Make the transition easier by getting your toddler to practise sitting on the 'big potty'. You will need to buy a step and a smaller seat that fits securely inside the existing toilet seat."

9. For kids with gross motor difficulties

"Have steps over the toilet or a low toilet (if possible) or a rail for kids to hold onto. Extra steps can be useful for children who can't walk."

10. Lifting your toddler/non-mobile child

"If you need to lift your toddler or non-mobile child, bend your knees and slowly stand up, so you don't twist your back. Help your child to do as much as possible. If they can hold a rail or assist with standing, ensure there is enough time for them to plan their movement so you don't risk injuring yourself."

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Tasty Chicken, Ginger & Coconut Rissoles

Ingredients:

500g Chicken Mince 1 Onion, finely chopped
1 tbsp Grated garlic 1 tbsp Grated ginger
1 Egg 1/4 cup Coconut cream
1 1/2 tbsp Fish sauce 1 small Red chilli, finely diced
1/2 bunch Coriander, finely chopped
4 Spring Onions (Green section), finely chopped
1/2 cup Rice flour, if needed,
2 tbsp Extra Virgin Olive Oil

Method: Cook onion, ginger and garlic and allow to cool. In a bowl add the chicken mince, cooled onion, ginger and garlic mixture, egg, coconut cream, spring onion, fish sauce, coriander and chilli and mix well to combine. Add rice flour if the

mixture is too wet. Roll mixture into rissoles, pan fry until cooked through in olive oil and the outside is browned. Serve with rice or salad.



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Womens Health @ Kanwal

The Womens Health centre has been designed with all aspects of women's health and well being in mind and is aiming to be at the fore front of first class women's health services on the Central Coast for women and their families.

We have a caring, dedicated team including three female doctors, two nurses certified by FPA Health (Family Planning Australia), a visiting gynaecologist, Dr Ken Jaaback, a female psychologist, Charlene Neuhoff and friendly medical receptionists.

The centre is aimed at providing a family friendly atmosphere where women and their families are welcome to make an appointment and discuss any issues they may be experiencing in a non-judgemental, warm and personal environment.

As well as women's health services, the centre offers a comprehensive range of services including general medicine,

immunisations, chronic disease management, skin cancer checks and minor procedures.

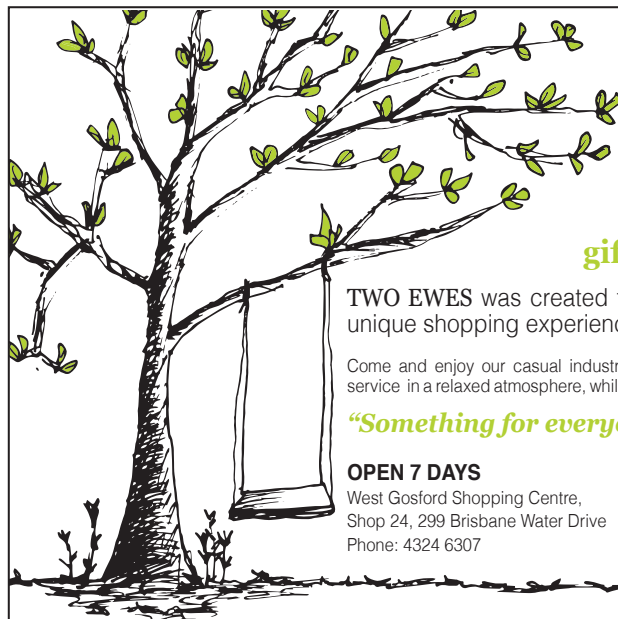
Waratah Womens Health at Kanwal is accredited with GPA. This achievement ensures we are offering our patients access to quality medical care under the standards set by the Royal Australian College of General Practitioners.

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The Womens Health centre is located at Kanwal Medical Complex, Block A in the grounds adjacent to Wyong Hospital.

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Winter proofing your bathroom

Nothing quite compares to the sensation of stepping into a warm and cosy bathroom when the temperature drops, and with so many winter-proofing options available, there's no reason to be cold this winter.

Underfloor heating - For new builds, the Auspex Radiant system allows you to indulge in the luxury of underfloor heating at a fraction of the cost as this system uses energy efficient gas boilers and radiant heat transfer to achieve comfortable natural heat. For an underfloor heating solution that can be installed during a renovation, Stiebel Eltron offers an electric above slab solution. Because it can be installed just underneath tiles, it's ideal for renovations in smaller spaces like bathrooms.

Hot Water Units - Having a hot water unit that's going to allow for long or hot showers is another essential for the cooler months. Whether you're replacing an old unit or looking for a brand new system, there are plenty of electric, gas, continuous flow and solar hot water systems available, with the Thermann range proving to be one of the most popular due to its innovative modular design, efficiency and reliability.

Overhead heat lamps - If underfloor heating isn't an option or you want to add heat from above, overhead lamps are the perfect answer. To heat the space quickly and efficiently, and their overhead position means they're out of the way. These heaters are usually found as part of an all in one unit that combines an exhaust fan, lights and heater, so if you're tight on space or budget this is a perfect option for you.

Heated Towel Rails - Milli Edge and Kado ranges not only add a touch of luxury, but will also dry your wet towels quickly and conveniently in those cooler months. There are also moveable options like the Hydrotherm Milan Mobile available which can be stored away during the warmer months, with the range of sizes and finishes to suit any bathroom design and budget.

Soft Furnishings - Adding soft furnishings like natural - fibre rugs and bathmats will work wonders to soften hard surfaces and make your bathing experience a lot more cosy. Never underestimate the power of a fluffy bathrobe and a cosy set of slippers. Having these on hand as you step out of the bath or shower is one of the simplest and cheapest ways to keep toasty in those winter months.



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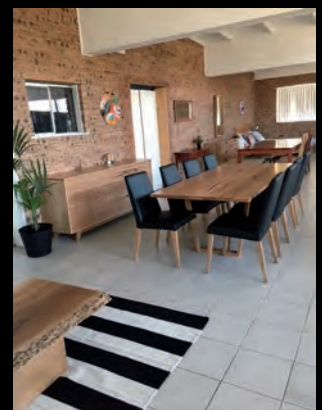
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The Entrance Market

EVERY SATURDAY 9AM TO 2PM

The Entrance Market is refreshed with a new lease on life under new management. The now weekly markets are a fantastic Saturday attraction for the community, visitors from around the Central Coast and further afield. Shoppers, families, couples and kids will find delicious food, low cost entertainment and a true community hub as more locals make the markets part of their weekly routine.

This friendly waterfront market boasts a range of attractions. Food lovers will find fresh fruit and veggies, stuffed olives and olive oil, local cheeses, fermented food, meat from Mudgee, local honey, naughty but delicious pork crackling, Fayes Cakes, and a range of hot food options to eat in the park. Among other offerings shoppers find artisan made leather goods and fair trade shopping baskets, handmade jewellery, designer fashion, doggie treats and hemp products to name just a few and dogs are welcome on leads, just do the right thing!

What about the kids? There is plenty of entertainment for the little ones including seaside pony rides and the fabulous new Big Wheel at the carnival.

The Organic Food Markets also sponsor the feeding of the iconic pelicans that flock to this seaside markets, and kids and adults alike can feed them and take some happy snaps.

It's not just the pelicans that find it easy to get to the Entrance Market. Shoppers are provided with two free car parks adjacent to the market for their convenience. Local business people also benefit from the markets as they provide a safe affordable space to showcase their business to the local community for only the cost of a stall.

These markets are a great community and tourism asset on the Central Coast and are definitely worth a visit!

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We offer an atmosphere of elegance and a view that is unsurpassed. Our magnificent venue has long been one of the Central Coast's best-kept secrets, and makes an excellent choice for special occasions including: Luncheons and Dinners, Wedding Receptions, Networking Functions, Awards Ceremonies, Birthday Celebrations, Engagement Parties, Presentation Nights, Anniversaries, Christmas Parties, Charity Fundraisers and Life Celebration.

Our Dining Room is a stylish, sophisticated and elegant setting offering floor to ceiling

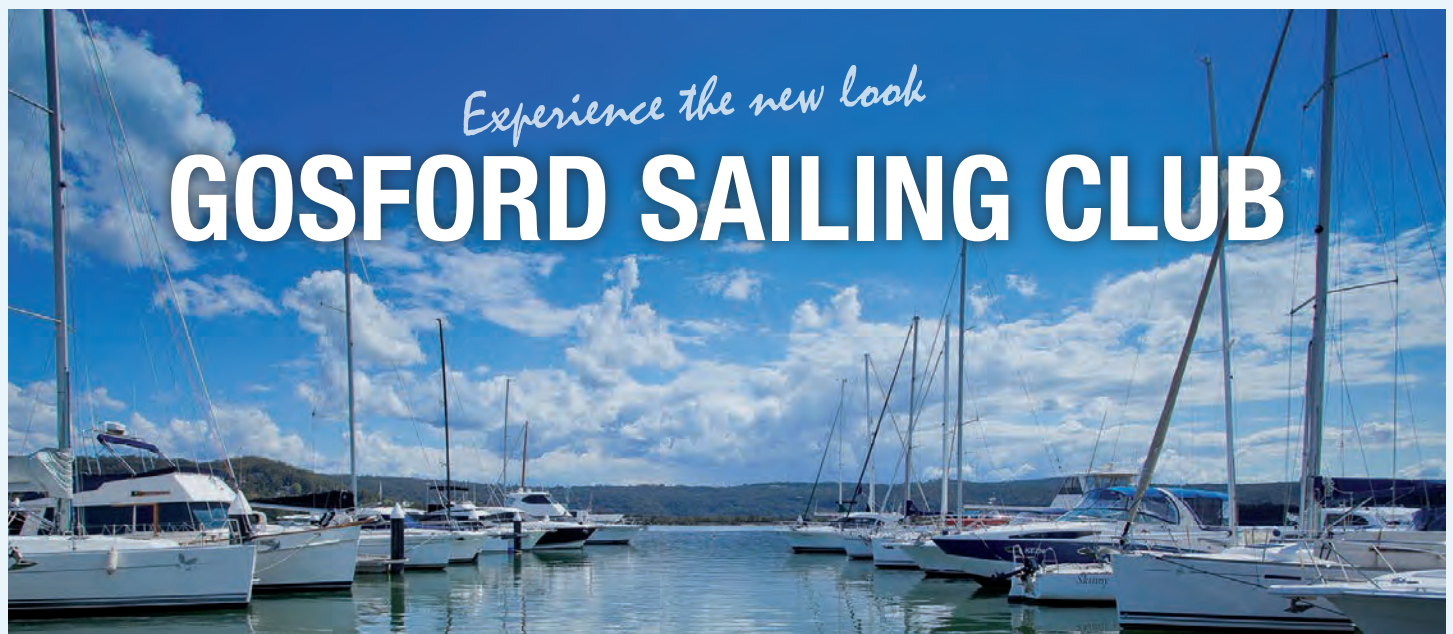
windows overlooking the eastern part of Brisbane Water. The perfect venue for any guests wanting a private gathering. Seating up to 60 guests.

The Terrace is our recently renovated area offering either an enclosed air conditioned space or, open the bi-fold doors and windows, and enjoy an alfresco event space with uninterrupted views over the water. Ideal for casual canapé-style functions up to 100 guests or seated dining functions up to 80.

The Boatshed Bar is a new addition set right down by the water's edge, this sought

after function space with private bar, is the ideal setting for a casual canapé event, including birthday parties, engagements, life celebrations, and other special occasions. Catering for canapé functions up to 70 people, you will not find another waterfront setting like this one on the Coast.

If you would like to view our facilities and discuss your plans in more detail, please do not hesitate to contact us to arrange an appointment. **Simply call (02) 4325 7216 or email: functions@spinnakersbrasserie.com.au**



Experience the new look

GOSFORD SAILING CLUB



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THE ALL NEW
SPINNAKERS
BRASSERIE"**

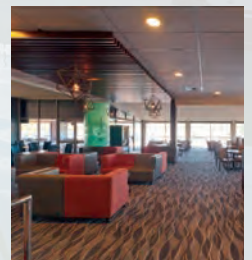
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Laycock Street Community Theatre

Evita

With music by Andrew Lloyd Webber, Evita, concentrates on the life of Argentine political leader Eva Peron - from her early life, rise to power, charity work and eventual death. Friday 3 March 8pm, Saturday 4 March 2pm & 8pm, Friday 10 March 8pm, Saturday 11 March 2pm & 8pm, Sunday 12 March 2pm, Thursday 16 March 8pm, Friday 17 March 8pm, Saturday 18 March 2pm & 8pm

The Women of the '60s-



featuring songs by artists such as Dusty Springfield, Dionne Warwick, Shirley Bassey, Cilla Black and more, and will have audiences laughing, clapping and unable to stop from singing along with the fabulous hits of the 60's. Wednesday 8 March 11am.

Morning Melodies performances include complimentary morning tea, served at 10am.

Dracula by Bram Stoker



Another bloody classic! The Gothic horror story swoops the country in a gripping, critically-acclaimed production created by shake & stir. When young lawyer Jonathan Harker visits Castle Dracula deep within the Carpathian mountains, he's not expecting the strange hospitality he receives from his mysterious host. 100 minutes From Year 10 and up. Tuesday 28 March, 8pm - Wednesday 29 March, 11am and 8pm Adults \$45, Concessions \$42, Members \$35, Groups 6+ \$42, Under 18s \$18, School Groups 10+ \$18

Stars of the Central Coast - Leading lights from our Central Coast community have been hand-selected to dance their way onto the stage in a bid to raise money for Cancer Council NSW, Central Coast. Each 'Star' has

been partnered with a professional dance instructor to perform a unique dance. Friday 7 April, 8pm Check website for ticket details

Beatlemania on Tour -



The complete live tribute show that recreates a true Beatles experience. Enjoy authentic costumes, replica instruments and songs performed with exquisite attention to detail and in their original key. Saturday 8 April, 8pm Adults \$59, Children under 13 \$30, Groups 10+/Members \$54

Melinda Does Doris...



This nostalgic celebration includes such timeless hits as Just Blew in from the Windy City from the 1953 film Calamity Jane, Pillow Talk from the 1959 film of the same name, and The Very Thought of You from the 1950 film Young Man With A Horn - just to name a few. Saturday 9 April, 2pm Adults \$49, Concession/Groups 10+/Members \$45

Forever Everly, International Tribute to the Everly Brothers - This internationally acclaimed tribute show is described by critics as "the closest thing you'll get to the Brothers". Wednesday 12 April, 11am Members \$15, Non-Members \$18, All prices include Morning Tea served from 10am.

Todd McKenney Sings Peter Allen 20th Anniversary Tour

TODD MCKENNEY
SINGS
PETER ALLEN

20th
ANNIVERSARY
TOUR 2017/2018

More great songs ...
Lots more laughs ...
A celebration not to forget

"Todd is, in a show of his own creation
magnetic, exciting out there and
above all memorable"
Alan Jones 2GB

www.toddmckenney.com.au

2017 marks twenty years since Todd McKenney immersed himself in the colourful musical patina and life of the late, great Peter Allen, assuming his character in the legendary musical, The Boy From Oz. Friday 21 April, 8pm Adults \$79, Concession/Groups 10+/Members \$75

Elvis: An American Trilog

- Vic Trevino Jr embodies the rockabilly sound and raw dance moves of the Young Elvis. Gino Monopoli recreates the sophistication, feel and sound of the movie years. Elvis is channelled through Steve Michaels in the famous White Eagle jumpsuit. Wednesday 26 April, 8pm Adults \$65, Concessions \$55, Members \$60

The Best Of The Eagles



A tribute concert production recreating the synonymous country rock sound Eagles. Performing to over 10,000 Eagles fans in 2016, This is a concert

experience not to be missed. Friday 2 8 April, 8pm Adults \$60, Groups 10+ \$55, Concession \$55

Diary of a Wombat

Finally, this iconic work by Australian Children's Laureate Jackie French, and Bruce Whatley comes to the stage. Meet Mothball, the naughtiest wombat in Australia.



Monday 1 May, 6pm, Tuesday 2 May, 10am and 12pm Adults \$25, Concessions \$22, Members \$20, Groups 6+ \$22, Under 12s \$18, School Groups \$18

Katie Noonan and Karin Schupp



Together they journey through the great South American songbook of bossa nova, samba, salsa and tango, interpreting work by Gilberto Gil, Heitor Villa-Lobos, Luis Bonfá, Antonio Carlos Jobim and more. Friday 12 May, 8pm. Members \$42, other tickets \$44

Laycock Street Community Theatre -
5 Laycock Street, North Gosford, 2250 -
Ph:4323 3233
www.gosford.nsw.gov.au/theatres

Live Music every Friday and Saturday nights



Club Umina
GIG GUIDE

March

FRI 03 JAMIE LINDSAY	SAT 04 KAYLENS RAIN	SUN 05 CRAIG WOODWARD
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FRI 10 TOURMALINE	SAT 11 COVER 2 COVER	SUN 12 MILIKA & BRYDEN
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SAT 18 THE RAVENS	SUN 19 DAXTON MONAGHAN	FRI 24 ALL STAR
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SAT 25 SLAM TANGO	SUN 26 NATHAN COLE FRI	FRI 31 BRYCE SAINTY
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FRIDAYS 8PM - 11:30PM SATURDAYS 7:30PM - 11:30PM SUNDAYS 2:30PM - 6:30PM

CLUB UMINA
just gets better

Happy Mothers Day
Buffet Lunch
Sunday 14th May

- Members - \$27.50
- Visitors - \$32.50
- Kids 12 - 15 - \$19.50
- Kids Under 12 - \$12.50

Mums half price!
Rose for Mum on arrival
Free glass of sparkling wine

7.30PM SATURDAY 11TH MARCH

Breast Cancer FUNDRAISER

\$25 PER PERSON
Includes a glass of bubbly and canapés

BAD MOMS

- SHOWING THE MOVIE BAD MOMS
- RAFFLES
- BEST DRESSED PRIZES

ALL PROCEEDS WILL GO TO FINDING A CURE FOR BREAST CANCER

FRIDAY 17TH MARCH

ST PATRICK'S DAY

BUFFET DINNER & IRISH ENTERTAINMENT

FEATURING THE IRISH ROUGES

\$35 MEMBERS **\$45 VISITORS**

DINNER SERVED AT 7PM
ENTERTAINMENT FROM 8PM

Bingo

- Monday, Tuesday, Wednesday, Thursday, Friday from 10:30am
First Book FREE Thursday

Meat Raffles

- Fridays: 70 Meat Trays to be won Tickets on sale from 5pm **drawn at 7pm**
- Sundays: Tickets on sale 12:30pm **drawn at 2pm**

Bistro

- Monday and Tuesday nights - **Pizza Night from \$9.50**
- Wednesday and Thursday nights - Choose your own steak night. **Steak and beer or Wine from \$9.90**
- Friday and Saturday nights - **Choose your own fish cooked your way!** - Market Price
- Sunday Nights - Sunday Seafood Platters Family and Deluxe platters available **starting from \$65**

Live Music

- Every Friday and Saturday night **FREE** in the main lounge from 7:30pm
- Every Sunday afternoon **FREE** in the main lounge from 2:30pm

Bus

Mon-Thur from 5pm
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Sun from 3pm
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Doctor Strange

In-store: 1/3/2017

Stars: Benedict Cumberbatch, Tilda Swinton, Mads Mikkelsen



The Marvel machine keeps on pumping with Doctor Strange, who is a character that not even all comic book fans will be super familiar with. Stephen Strange (Benedict Cumberbatch) is a brilliant surgeon (and he knows it) who suffers an injury to his hands, putting a stop to his career. Not willing to give up, he ends up under the tutelage of The Ancient One (Tilda Swinton), who shows him that his true calling might be beyond medicine. Can he become the Sorcerer Supreme – magical powered protector of Earth, and defender against the evil Kaecilius (Mads Mikkelsen)?

Office Christmas Party

In-store: 15/3/2017

Stars: Jason Bateman, Jennifer Aniston, T.J. Miller



Ahh, the traditional office Christmas party – a night where booze fuelled co-workers perform future regrets. But you won't regret watching this fantastic comedy. Clay (T.J. Miller) manages the Chicago branch of the tech company his sister (Jennifer Aniston) runs, and she wants to shut the branch down. But Clay and his CTO Josh (Jason Bateman) have a plan to land a big client that'll justify keeping the branch open – the biggest office Christmas party ever seen. Soon, things are hilariously out of control. Let the antics begin!

Fantastic Beasts and Where to Find Them

In-store: 29/3/2017

Stars: Eddie Redmayne, Katherine Waterston, Ezra Miller



If you've been feeling a little empty since the Harry Potter series finished, this will make your day. Set 70 years before Harry Potter entered Hogwarts, we find writer and wizard Newt Scamander (Eddie Redmayne) as he travels from England to New York to join a secret order of witches and wizards. But once there, he discovers that the magical community is threatened by an evil force planning to expose them to the wider public, and Newt may be the only one who can prevent it from happening. Potter fans, you're going to love this.

Trolls

In-store: 15/3/2017

Voices: Justin Timberlake, Anna Kendrick, Zooey Deschanel

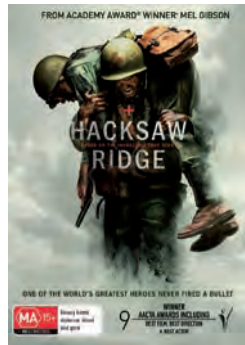


If you're a child of the '80s, you'll remember the Troll dolls – those big haired, strange looking things. Now comes a movie, and we follow the amazingly happy Princess Poppy (Anna Kendrick) and the always grumpy Branch (Justin Timberlake) as they embark on a quest to save their fellow trolls from the evil Bergens. Oh, the rather ugly Bergens are also 40 times bigger than the trolls, so they have their work cut out for them. Bright, colourful and full of songs (after all, the cast includes Timberlake, Kendrick and Zooey Deschanel), kids are going to love this.

Hacksaw Ridge

In-store: 15/3/2017

Stars: Andrew Garfield, Hugo Weaving, Sam Worthington



There's a lot to like in this true story about a truly unique soldier. Following a childhood incident with his brother, Desmond Doss (Andrew Garfield) has vowed never to kill, but with World War II looming, Doss still wants to serve the war effort. He chooses to become a medic, but his refusal to even pick up a gun sees him earn the scorn of his instructors and fellow soldiers. However, pacifism doesn't eliminate bravery, and on the battlefield Doss shows an unrelenting willingness to put his life on the line to save others. A truly inspirational story.

Moana

In-store: 29/3/2017

Stars: Dwayne Johnson, Auli'i Cravalho, Rachel House



If there's one thing Disney know how to do well, its animation. Moana is proof of that, as we follow young Polynesian princess Moana (Auli'i Cravalho) as she's chosen by the ocean to set sail and try to bring a goddess her heart back. But to do so, she needs to find Maui (Dwayne Johnson), the legendary shape-shifting demigod who stole her heart in the first place. Together, they'll travel the across the seas, but will the warnings from

Moana's father turn out to be true? And how do you find a goddess anyway?

Sing

In-store: 29/3/2017

Voices: Matthew McConaughey, Reese Witherspoon, Scarlett Johansson

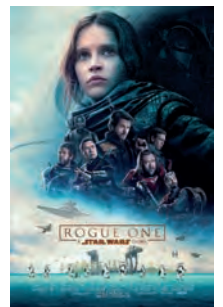


Whether you watch them or not, we all know about TV singing competitions. But in Sing, there's a competition with a difference. Buster (Matthew McConaughey) is an ambitious Koala who is in love with his music theatre, but the crowds have stopped coming, and it could close down. In a last ditch effort to save it, he promotes a singing contest, which brings pig/housewife Rosita (Reese Witherspoon), arrogant mouse Mike (Seth MacFarlane), punk porcupine Ash (Scarlett Johansson) and gorilla Johnny (Taron Egerton) to the theatre. But who will win? And will it be enough to save the theatre?

Rogue One: A Star Wars Story

In-store: 5/4/17

Stars: Felicity Jones, Diego Luna, Ben Mendelsohn



Following last year's surprisingly good The Force Awakens, we return to the Star Wars universe to find out just how the Rebels got the Death Star plans in the original Star Wars film. True to Star Wars form, we have a rag-tag bunch of heroes – Jyn Erso (Felicity Jones), Cassian Andor (Diego Luna), Chirrut Imwe (Donnie Yen) and the imposing K-2SO (Alan Tudyk); an officious bad guy – Orson Krennic (Ben Mendelsohn) and more stormtroopers than you can point a lightsaber at. Oh, and there's also Darth Vader (voiced once again by James Earl Jones). Oh yes, this has everything we want from a Star Wars film.

Passengers

In-store: 5/4/17

Stars: Jennifer Lawrence, Chris Pratt



The idea of humanity colonising other worlds is hardly a new one – it's been a mainstay in fiction for decades. But Passengers focuses on the journey, rather than the destination, and it's an inspired choice. When the Starship Avalon takes its 5,000+ passengers on a voyage to a new planet, it'll take 120 years to get there, so the passengers are put into stasis for the trip. That is until two of the stasis chambers accidentally open only 30 years into the trip. Now Aurora (Jennifer Lawrence) and Jim (Chris Pratt) are alone, far from home and looking for answers... and love.

Network Video Kincumber South -
Empire Bay Drive, Ph: 4368 2268

Network Video Erina - Shop 16 The Fountain Plaza,
148 The Entrance Road, Phone: 4365 2107

Everglades Country Club - What's On

THE 3Bs SHOW & DINNER Saturday 11th March 6pm



Taking place on the week of Everglades Country Club 60th Anniversary we are bringing you a sit down dinner and show night! Your ticket will include:

2 Course Dinner, Lucky Door Prizes, 3Bs Show, Prizes for best 50's Outfit
Menu: (Alternate Serve) Grilled barramundi with lemon butter roast garlic chats & broccolini OR Camembert chicken with salsa verde, & sweet potato mash. Mango cheese cake with berry coulis OR Chocolate mud cake with coffee chocolate sauce

VULTURE STREET Powderfinger Tribute including Pearl Jam Tribute Show Saturday 29th April 8pm



Vulture Street is an exciting Powderfinger & Pearl Jam tribute show featuring members of some of the Central Coasts most well known (and loved) bands. It's a stellar line up that is sure to turn heads with the authenticity and raw power of their sound. Show is made up of one set of all your Powderfinger favourites and the second set is all Pearl Jam hits.

Tickets \$15 per person
ON SALE 11 MARCH. RESERVED SEATING.
TICKETS AVAILABLE FROM EVERGLADES RECEPTION OR ONLINE SEE WEBSITE FOR DETAILS

BLINK 182 Saturday 27th May 8pm



The Australian Blink 182 Show brings you all the Blink hits including the unforgettable anthems Dammit, I Miss You, Adam's Song, What's My Age Again and All The Small Things. The band will kick off the night with a support set of the most recognisable pop punk hits of

the era with songs by Green Day, Sum 41, Yellow Card, Wheatus, Good Charlotte, Jimmy Eat World, The Offspring plus many more.

HAPPY 60TH

WIN

a Kia

Picanto

Draw: 1st April - 8PM

MEMBERS ONLY
Receive an entry ticket for every \$5 spent within the club.

Happy Easter

Mega Easter Raffle

THURSDAY 13TH APRIL
DRAWN 6:30PM
TICKETS ON SALE FROM 5:30PM
Spend \$20 or more on Raffle Tickets & receive extra tickets to the same value.

Mega Easter Baskets, Assorted Eggs, Easter Gifts, Butchers Vouchers, Seafood Vouchers & Gift Cards

Plus!
Second Chance Draw
You could win one of two Family Passes to the Sydney Royal Easter Show.

Free Live Entertainment

GOOD FRIDAY
12.30pm - 4pm
Friday 14 April - Chad Shuttleworth

EASTER SUNDAY
12.30pm - 4pm
Sunday 16 April - Karen Oshea

Reward Points Draw

Swipe your card at the kiosk for your chance to win.

Saturday 15th April
Reward Points Draws on the hour between 3pm - 8pm
10,000 (\$100) points to be won each hour

Sunday 16th April
Reward Points Draws on the hour between 11am - 4pm
10,000 (\$100) points to be won each hour

Happy St. Patrick's DAY!

FRIDAY 17TH MARCH

GUINNESS ON TAP ONE DAY ONLY!
PINTS \$6

FREE LIVE ENTERTAINMENT
KEVIN O'HARA
8PM - 11.30PM



ALTRO DINING: Freshly made entrees, salads, pizzas, pastas, delicious mains, steak, chicken Kids Menu also available. Chef prepares daily. Lunch Daily From 12.00pm, Dinner from 5.00pm. Don't forget to check out our 5 from 5, Lunch9.

Weekly Dinner Specials



KIDS FUN EVERY FRIDAY FROM 6PM

Trivia on Tuesday's 7pm

Cafe Open Daily From 9.00am

BAREFOOT BOWLS

Cost: \$5.00 per head
Parties, Birthdays, or any celebration

CONTACT US TO BOOK A PICK UP PH: 4341 1866
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Gala Day Thursday's from 10.30am in the Auditorium
WAYNE CORNELL IS BACK WITH...
special guest artists
Only \$14.00 per person

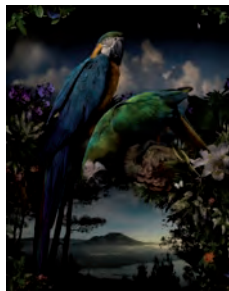
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www.everglades.net.au

Pro Shop Open Daily from 6.00am
Members Badge Draws



Gosford Regional Gallery

Australian exotica 18 February to 2 April



Joseph McGLENNON, *Florilegium #1, 2014*, pigment ink-jet print, courtesy of the artist and Michael Reid (Sydney)

Monash Gallery of Art's nationally significant collection of Australian photographs, showcasing a range of photographic work which engage with the theme of the exotic antipodes. Artists include Brook Andrew, Michael Cook, Destiny Deacon, Peter Dombovskis, Marian Drew, Leah King-Smith, Joseph McGlennon, Tracey Moffatt, Darren Siwes, Robyn Stacey and Christian Bumarra Thompson.

Doug Moran National Portrait Prize - 18 February to 2 April

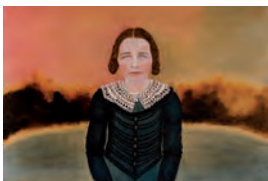


Image: Megan Seres, *Scarlett as Colonial Girl*, Winner of 2016 Doug Moran National Portrait Prize

For the past 28 years, the Doug Moran National Portrait Prize has encouraged excellence and creativity in contemporary Australian portraiture by asking artists to interpret the look and personality of a chosen sitter, either unknown or well-known. The Prize is an important part of Australia's arts calendar, first prize of \$150,000. This exhibition includes the top thirty works selected for the 2016 Prize.

Illuminate - 18 February to 2 April



Illuminate 2013, paper, timber and four-channel video projection and four-channel audio, Courtesy Euraba Artists and Papermakers. Photography by Wendy Kimpton

Community driven initiative, created with paper, light and sound, captures the aspirations of the Goomeroi people in the communities of Toomelah and Boggabilla, in northwest NSW. Developed in partnership with Beyond Empathy and Euraba Artists and Papermakers, in collaboration with invited Wiradjuri and Kamilaroi artist Jonathan Jones. The sound and projections were compiled by artist and filmmaker, Matthew Priestley.

A Matter of Time: February to 22 March



32 artists participated in expressing their ideas about time through a variety of textile techniques and styles, with all works presented in a unified format. Features artists from Australia, New Zealand, United States, UK and Canada.

Emerging 2017 - 8 April to 21 May

Artists aged 18 to 30 from across NSW are invited to submit a body of work or installation for consideration in any visual art medium. Up to \$9,000 in total prize money, 8 finalists, representing excellence in their chosen areas are selected for exhibition.

Genie Casis: Belonging and Becoming 29 April to 24 May

Central Coast artist creates an immersive installation which represents the dominant influence of digital media in the growth and development of children. Explores the dehumanising effects of communication in a digital age. A large talking mouth projection dominates the exhibition space, which also displays the artist's ceramic sculptures.

Gosford Regional Gallery - 36 Webb Street, East Gosford - Phone: 4304 7550
Email: gallery@gosford.nsw.gov.au

127th Biggest & Best Country Show Upper Hunter

MARCH 31ST AND APRIL 1ST

The Upper Hunter Show has built its reputation for being one of the biggest and best country shows in NSW and the 127th show will be no different. With a diverse range of activities, displays and quality entertainment on offer in 2017. Numbers are once again expected to be high when the show comes to life on March 31st 2017. For those wishing to do more than just be a spectator, information can be found on the Show website at <http://www.upperhuntershow.com.au>. You can enter in The Young Farmers Challenge, Wife Carrying Competition, horse events, poultry, beef cattle, photography, cooking, sewing art, craft, flowers, vegetables, woodwork and there are a great range of categories to be entered in the children's section. Come along and join in the fun at Upper Hunter Show. Gates at the Muswellbrook Showground open to the public from 8am, Committee members have been working hard to bring this fabulous show together. General admission \$15, family pass \$30, children and pensioners \$5.





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WE GUARANTEE to BEAT ANY PRICE

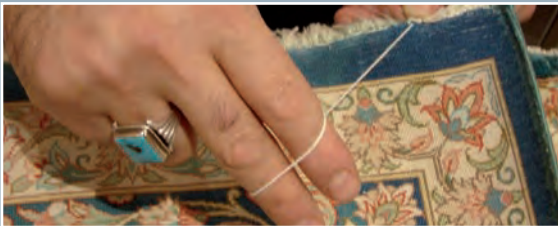
SALE

RUG SALE
Cleaning & Repairs

Kabul Gallery Persian Rugs

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- Restoring

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We also offer a complete rug cleaning and rug repair service. Either you bring the rug to our showroom, or we'll come to your home or office and provide a free, no obligation quote.



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Near round-a-bout Cnr Karalta Road and The Entrance Rd (parking at rear)

VISIT OUR NEW SHOWROOM NEXT DOOR



Captivating Waterfront Home

This enchanting absolute waterfront home with captivating views of Woy Woy Bay and the Mountainous outlook of Brisbane Water National Park is located within a 35 minute drive to Hornsby.

The home has a charm of yesteryear with modern finishes. The landscaped grounds are simply divine. They create a private sanctuary where you can relax and enjoy the tranquility of the bay area. The home features;

- 3 bedrooms with 2 containing large built in wardrobes.
- 2 bathrooms, including the main with ensuite.
- The lovely kitchen has Caesar stone benchtops, a breakfast bar, gas cooking, a dishwasher and is positioned to take in the stunning views of the waterways.
- The dining and living is open plan and leads to the large partially covered entertainment area with 180 degree bay and national park views.
- Ducted air conditioning throughout.
- A generous boat shed that is ideal for storing the tinny, kayaks and fishing equipment.
- A large single garage and ample off street parking.

To view more properties go to randwuminabeach.com.au



R&W

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