YOUR FREE QUARTERLY NEWSPAPER

CONGRATULATIONS!
Celebrating 30 years of business in Double Bay
370 New South Head Rd, Double Bay 9327 5712
tasteofindia.com.au

SAKÉ, DOUBLE BAY

CHINTA KECHIL, DOUBLE BAY

MISTELLE, DOUBLE BAY

Eastern Suburbs favourite eats p3-8

CHAR & CO, DOUBLE BAY

SPICE MARKET, DOUBLE BAY

FRATELLI FRESH, POTTS POINT

4-PAGE CENTRE LIFTOUT
• WHAT’S ON IN SYDNEY MAR - JUNE 2017
• DOUBLE BAY MAP & BUSINESS DIRECTORY

FEATURE
Transvaal Ave + directory

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suddenly it’s autumn

The leaves fall, the clocks fall back, Plane Trees become plain trees and it’s more about keeping warm and snug than slapping on block out.

It’s also about favourite things more than new things, and with this in mind is Eastern Suburbs Life has launched a new Eastern Suburbs Favourite Eateries website. Designed as a community project it puts diners in charge of who gets listed and uses the reviews they give to help rank the eateries.

Eateries need three independent recommendations to feature on the website and must get a minimum of 15 positive reviews within three months to stay in. Three negative reviews within 3 months and we’ll check to see if there’s a problem.

To check out the website visit www.easternsuburbsfavouriteeateries.com.au

It’s not about hats and swish decor, but simply about being a favourite, and you, the diner, get to be in charge, no matter if the eatery is large or small, posh or cosy. Every quarter we’ll publish the top three favourites on both a “line honours” and handicap basis.

We’ve also launched a couple of community websites, www.doublebaylife.com.au and www.transvaalavenue.com.au

They fit our plan of letting everyone in the community become a community publisher and channel their contributions into the most relevant community websites. It’s early days so bare with us if there are a few glitches.

There is also a website for the whole of the Eastern Suburbs.

www.easternsuburbslife.com.au and other community websites will follow once these are all bedded down.

Greg Prior Editor

new&moved

MR. G’S
33 Cross St, Double Bay 9363 8899

BEFIT TRAINING
377 NSH Rd, Double Bay 0401 252 665

PAIN DE SUCRE
9-11 Knox St, Double Bay 0404 814 888

ANDA UNICA
357 NSH Rd, Double Bay 0438 252 763

PURE BALANCE STUDIO
401 NSH Rd, Double Bay 0420 271 993

BIO ENDERMOLOGIE
17 Knox St, Double Bay 0410 885 511 ……..

ALEX & HARRY
54, 10 Cross St, Double Bay 9327 6005

TIFERNO MODA
53, 5 Knox St, Double Bay 0412 429 408

SANDY BIANCA
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GOT A FAVOURITE EATERY in the Eastern Suburbs?
Tell us on: easternsuburbsfavouriteeateries.com.au

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TO PLACE AN AD CALL: 0408 998 058
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Lively and buzzing, Saké Restaurant & Bar Double Bay is a standout Contemporary Japanese Restaurant with a flair for the unusual and enticing and excellent service to match.

Enjoy shared food dining with signature dishes like Kingfish Jalapeno - wafer thin slices of Kingfish individually dressed with seedless slices of Jalapeno Chilli and settled in a garlic, citrus tangy vinaigrette dressing. Followed by Wagyu Toban Yaki - Wagyu beef cooked on a hotplate at your table, with an apple ginger sauce and egg.

You’ll also be amazed by dishes like their delightful Prawn Shumai Dumplings - encased in tiny pieces of vermicelli they are another example of the attention to detail experienced in every facet of your visit to Saké.

The Saké dining experience delivers a fusion of classic Japanese cuisine and Asian influenced dishes, like their unexpectedly delicious crispy Kimchi Brussels Sprouts – try them and you’ll be sure to agree.

Great ambience, great service, attention to detail, and background music to match, all make dining in Saké Double Bay an experience to be savoured and remembered.

Saké is delighted to announce that Neil Perry (Rockpool fame) will be helping influence their menu from March 9 and inspire a new range of signature dishes.

innovative and dynamic japanese
new menu by neil perry

33 Cross St, Double Bay | 12 Argyle St The Rocks
open 7 days | sakerestaurant.com.au
CHAR & CO

CHAR & CO is a stylish steakhouse specializing in a variety of wood fire roasted meats, poultry, sausages, seafood, slow cooked from specially designed barbecue, fuelled by locally sourced ironbark.

CHAR & CO brings the Gaucho culture to Double Bay through their specialised menu and seasonal drinks. With a blend of South American and European traditions, the CHAR & CO atmosphere is warm and enticing.

Owner Chef Bruno Da Motta says “I grew up immersed in the old Gaucho culture, learning from my father and relatives how to grill meats the Gaucho way. There’s an energy in the heritage and it’s what we’re presenting to customers at CHAR & CO.”

Bruno’s vision for CHAR & CO is a restaurant that’s warm, inviting and caters for all types of dining, whether it’s an intimate dinner, parties, celebrations or functions. At CHAR & CO all of our customers are treated like part of our family.

EXCITING CHANGES FOR 18 footers diners

Want a great place to eat in Double Bay, either at table or grazing at the bar?

Just head for the 18 Footers League, where the eating options are about to become even more exciting with a relaunched bar food menu.

The sailing club, set right on the water’s edge with stunning harbour views, has been attracting a new demographic of young professionals, thanks largely to patronage by people from local businesses and an influx of a younger resident demographic.

“We’ve had a substantial growth in casual dining,” says general manager Luke Redmond, who is steering changes to the bar food menu in close consultation with long-time restaurant lessee Tony Tzenos and his son Peter, who specialise in Greek-Australian fusion food.

“The new bar food menu will be more focused on seafood, fresh produce and healthy alternatives,” Luke says.

The new bar food menu form part of a raft of changes under way for 18 Footers diners. This service area will be built in the middle of the club. “This will turn the dining room into a more intimate area while still being available for large bookings,” says Luke.

Lighting is being upgraded and there will be new, upholstered bench seating along the edge of the restaurant.

On weekends, bar food will be available throughout the afternoon, without a break between lunch and dinner as you get with most restaurants.

There’ll also be a new members rewards program which will enable regular patrons to notch up points in both the bar and restaurant.

Meanwhile, the club has just completed an acoustic treatment on the ceiling of the bar and 80-seat restaurant. “It’s made a huge difference to sound quality during busy times,” Luke says.

And a quality coffee boutique will soon start operating from the roadside end of the building, catering to the sophisticated tastes of Double Bay residents and visitors.

18 Footers
77 Bay St, Double Bay
9363 2995
18footers.com.au
Chinta Kechil in Double Bay, modern Malaysian cuisine with a rustic surround village atmosphere.

Chinta Kechil serves the Chinta Ria Temple of Love memorable menu favourites such as: Satchmo Squid, Spicy Spicy, Cheeky Bird, Aham Blues, Blakeys Beef, Chilli Prawns, Sassyys Duck, Melody Fish, Mingus Scallops, etc.

Eat... live... share... love ... and happiness always.

Chinta Kechil
342 New South Head Road,
Double Bay
9327 8888
Open 7 days
Lunch 11:30am - 3pm
Dinner 5:30 - 10pm *Sunday dinner 5:30 - 9pm
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SPICE MARKET: 20 YEARS ON ...
A DOUBLE BAY INSTITUTION

Best & most popular Thai food in Double Bay, since 1996 and has become somewhat of an institution.

The food is stylish yet non pretentious, fresh with authentic flavours and aromas of Thai herbs and spice.

Check us out for our menu or other enquiries @ www.spicemarket.com.au
Call us for Take Away on 9328 7499

European culinary excellence combined with a sophisticated, New York-style atmosphere at Double Bay restaurant and wine bar, Mistelle

Paris-trained chef Frederick Booms and his team dish up Mediterranean-themed culinary delights that turn a meal into a feast! Or if you’re just dropping in for a casual light lunch, there’s Australian fare such as lightly-smoked Beef Burger.

You can also just have a coffee or other drink. Perhaps you’d like to sample one of the 300-plus international wines from the Mistelle cellar. Or how about a Belvedere Martini? Happy Hour runs 5-6 Tuesday and 3-6 Wednesday, Thursday and Friday.

The restaurant seats 85 and there are a number of seating options, including ten outside tables, while inside you can eat at low tables, graze at window nooks or at the bar.

One glance at the Mistelle menu tells you that this is a place for serious eating. You might start with an appetiser of four freshly-shucked oysters with lemon, vinaigrette and tobaccco.

Then, for an entrée, you might select Escargot en Cocotte (snails baked in little pots, with garlic, parsley butter and puff pastry.

On the side, you can have a Fresh Australian Prawn Salad. Or if you have a taste for something more exotic in the salad department, you might go for the Baby Beetroot and Persian Feta Salad.

But wait, we haven’t got to the main course yet! And here a wise choice is Seafood Paella, presented in traditional Spanish style with saffron rice, mussels, prawns and fish of the day. The mains menu also offers sorbion steak, Papadelle Pasta and … wait for it … Double-Baked Grayere Souffle with Sandcrab, Lobster Bisque and Caviar!

By the end of the main course, you tell yourself that you’ve had enough, but you oblige the friendly table attendant and peruse the menu. And you find your mouth starting to salivate as you study the dessert options - Fondant au Chocolat, Crème Brûlée and Mistelle Tarte Tatin. And next thing, you are placing your order for the Fondant.

Mistelle’s owner-manager, Alicia Wadsworth, says, “We’ve aimed for ‘Parisien bistro meets the menu and the look of the place. We’ve got modern, clean chicness of a New York wine bar.’

Mistelle
16 Kiaora L, Double Bay
9326 1900
mistelledoublebay.com.au
bookings@mistelledoublebay.com.au
**varietals the spice of life**

**Chardonnay** is one of the most popular wines in the world, and is the main white grape variety grown for commercial production. Chardonnays tend to have ripe melon flavours if they are grown in warmer climates and cooler regions are famous for peach and citrus characteristics and generally matured in oak barrels. Winemakers will often blend Chardonnay grapes from different regions to create a distinct style of wine and when blended with Pinot Noir grapes Chardonnay makes a great sparkling white.

**Gewurztraminer** aromatic with pungent floral fragrances, light gold in colour and the intense floral overtones can often be overpowering to the uninitiated. Often mixed with Riesling and is a popular accompaniment to spicy Asian dish.

**Pinot Gris/Pinot Grigio** is a white variety traditionally grown in Alsace in northeast France and in Italy, where it is called Pinot Grigio. In the same way Chardonnay is famous in Australia as a reliable full-flavoured white wine, in Europe Pinot Grigio from Italy and Pinot Gris from France are known for their reliability - wines made from this grape aren’t as rich as Chardonnay but they are flavoursome nonetheless. Pinot Gris is not a relative of Pinot Noir (the ‘Pinot’ in the name refers only to the pine cone shape of the grape). Pinot Gris generally has a medium-bodied flavour with a tendency to be crisp, steely and refreshing, often with a spicy citrus aroma. Traditionally from Germany, it’s a fruity white wine and is often mixed with other sweet varieties to produce a classic accompaniment to Thai cuisine and other spicy dishes.

**Semillon** is a classic French wine, now grown right across Australia. Semillon ripens early in the season and produces wines which are full-flavored, rich and aromatic. Semillon is often blended with other varieties such as Sauvignon Blanc and Chardonnay to take advantage of the strengths of each variety.

**Sauvignon Blanc** suits colder climates such as Victoria, Tasmania and New Zealand, is generally consumed soon after vintage. Semillon is regularly mixed with Sauvignon Blanc, producing an easy-drinking accompaniment to seafood.

**Verdelho** originally from Portugal, Verdelho is often made into fortified wine (Douro Port) in its European homeland but here in Australia it is mainly turned into dry, white table wine. The grape isn’t grown widely in this country and there are only small plantings in Western Australia, NSW and South Australia. The varietal character of Verdelho changes from herbaceous, grassy and spicy through to more tropical flavours of pineapple, melon, tropical fruits, guava, honeysuckle and fruit salad.

**Cabernet Sauvignon** is another classic French wine which has taken off in Australia. Cabernet Sauvignon varieties are medium to full-bodied and are usually well structured and elegant. Many Australian wine-makers blend Shiraz and Cabernet Sauvignon with excellent results. Grenache grows well in warmer climates and produces soft wines with round, perfumed flavours. Winemakers often blend Grenache with Shiraz to create a more balanced wine. Chilled Grenache blends are a great accompaniment for spicy foods.

**Merlot** is softer on the palate than Cabernet Sauvignon and Shiraz and has the advantage of being rich, but only moderately tannic so you can drink it soon after vintage without offending your tongue. Merlot is often blended with Cabernet Sauvignon to produce an easy drinking red wine.

**Petit Verdot** produces deep, full-bodied wines with spicy pepper flavours and characteristics, high tannins and high alcohol content. The variety has traditionally been used to add character to weaker reds and is often used the same way spices are in cooking a little bit goes a long way.

**Pinot Noir** grapes have thin skins and produce wines which are light in colour, body and tannins. For this reason Pinot Noir make fantastic sparkling wines and elegant dry reds. Pinot Noir produces some of Australia’s greatest sparkling wines when mixed with Chardonnay.

**Shiraz** is one of the most famous Australian wine varieties, although the grape originates in the Middle East and has been used by wine makers around the world for centuries. Shiraz is a full-bodied wine with a dark crimson colour and with rich, pepper and plum flavours. Most Shiraz wines are matured in oak and many can be cellared for decades.

**Corkscrew Cellars**

93 O’Sullivan Road, Rose Bay 9327 4027
corkscrewcellars.com.au
Congratulations to Taste of India - Over 30 Years in Double Bay!

Opening in 1986 the Taste of India has been continuously run by Babs Chowdhury for over 30 years. This is an outstanding achievement in the catering industry where restaurants can come and go overnight.

Some regulars have been attending since the opening night when it was one of the first restaurants to boast a Tandoori Oven and over the years it has been host to many celebrities including the High Commissioner of Bangladesh and even Neil Perry.

Congratulations to Babs and his beautifully presented restaurant in the heart of the stylish suburb of Double Bay.

Think delicious aromas, sensational spices and stylish surrounding and you will dream up Taste of India in Double Bay. Established in 1986, Taste of India has continued to provide Double Bay with a tantalizing menu, full of the delights found in traditional Indian cuisine. The original inspiration for the restaurant came from our very own Sydney foreshore, incorporating the famous harbour and the Opera House in to the design. Utilising the Opera House shapes in their napkin creations and the sails from the Harbour seen on the walls of the restaurant, the feeling you get is immediately one of style. India Down Under!

Fresh, healthy cooking is the main principle Babs when producing new and exciting dishes for his restaurant. You will find new specials constantly available at Taste of India. Make sure you let Babs know your thoughts and it might make it to the permanent menu!

Taste of India
370 New South Head Rd, Double Bay
9327 5712
tasteofindia.com.au
**METHOD**

**STEP 1**
Heat oil in a large saucepan over medium-high heat. Add onion, garlic and celery. Cook, stirring, for 3 to 5 minutes or until onion has softened. Add zucchini and capsicum. Cook, stirring occasionally, for 4 to 5 minutes or until vegetables start to soften.

**STEP 2**
Add stock, sauce and 2 cups cold water. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 minutes or until vegetables are just tender. Add pasta and peas. Simmer, uncovered, for 10 minutes or until pasta is just tender. Stir in spinach. Serve topped with parmesan.

**INGREDIENTS**
- 1 tablespoon olive oil
- 1 medium brown onion, chopped
- 2 garlic cloves, crushed
- 1 celery stalk, chopped
- 1 large zucchini, sliced
- 1 large red capsicum, chopped
- 1 litre salt-reduced chicken stock
- 575g jar napoletana pasta sauce
- 1 cup dried small shell pasta
- 1/2 cup frozen peas
- 80g baby spinach
- Shaved parmesan cheese, to serve

**autumn vegetable soup**

Gallagher Hotels are renowned for bringing innovative and exceptional establishments to life like, The Belgian Beer Cafe, Le Pub, The Union Hotel, North Sydney & P.J. Gallagher’s Irish Pubs to name a few.

Their latest creation is Mr. G’s, an exceptional American Style Bar & Grill at 33 Cross Street, Double Bay (Ground floor, Intercontinental Hotel).

In the Irish tongue Gallagher means “Overseas Helper”, so it’s no surprise that visitors to Mr. G’s experience and exceptional food, craft beers, cocktails and over 100 varieties of whisky. Nothing is done by halves and all meats, seafood and produce are sourced in Australia.

Mr. G’s is inspired by a Gallagher family dream to reunite two separated arms of the Gallagher family. In the 1840’s, at the height of the potato famine, the founding Gallagher brothers separated, half going to New York and half coming to Sydney. With Mr. G’s the Australian Gallaghers honour the memory of their lost American brothers with a classic, Irish nuanced, American Style Bar & Restaurant.

To enjoy Mr. G’s, 33 Cross St, Double Bay Ground flr, Intercontinental Hotel 8039 3180 mrgsdoublebay.com.au
Finding a treatment for fungal infection that works can be difficult. Many products on the market have proven to be quite ineffective for nail fungus.

Every day we treat patients feeling terribly embarrassed and frustrated with their unsightly nails, however, treating infected nails is not that difficult. How do we do it?

We remove the unsightly infected nail and kill off the fungal infection using a ‘cool’ laser treatment. It’s pain free and only takes 40 minutes.

We follow up in 3-4 weeks to trim and tidy up the nail plates and reapply the laser treatment in full, at the cost a short appointment only.

We can also rebuild the nail plates using Kerryflex to return the nails to an aesthetic pleasing state as severely damaged nails may take 10 months to grow through.

How does the Laser affect the fungi pathogens?

The infrared laser radiation effects the Mycelium in 2 ways:

• Photoinactivation: damage the fungi cytoplasmatic membrane
• Heat absorbed in the fungi pigmented cell areas: denatures its enzyme content

The laser application also causes a rise in white blood cells count to help your body increase its natural defence of the nail.

CRYO
the latest aid to sports recovery and performance enhancement

When professional athletes like cricketer Peter Siddle, jockey James Doyle, runners Amy and Lily Harding-Delooze and a string of Rugby League players begin using Cryo whole body cryotherapy for sports recovery and performance enhancement you know that something new and exciting is happening.

It’s not by chance that these professionals use Cryo, it’s because it works!

Studies world wide reveal the benefits of Cryo whole body cryotherapy and show that it:

• Maximises sports recovery and repair
• Improves overall performance
• Super-charges metabolism
• Improves circulation
• Increases range of motion and flexibility

It does it by exposing your body to extremely cold temperatures for a short period of time and increasing the rate at which filtered, oxygen-rich blood flows through the muscles.

This is achieved using the body’s natural response to extreme cold, which quickly concentrates blood in the core of the body to maintain core body temperature. The process dramatically oxygenates the blood which then floods back into damaged muscles and cells when the cold chamber is left, dramatically increasing healing and recovery.

Cryo provides a safe and natural way of decreasing inflammation while accelerating the healing of damaged soft tissue and sore joints. Think of it as an extreme version of an ice pack or ice bath but faster, more efficient and way more comfortable.

No matter whether you are an athlete, weightlifter, bodybuilder, weekend warrior or regular exerciser, Cryo sessions help speed up muscle repair allowing you to achieve your peak performance and goals.

CRYO
226 New South Head Rd, Edgecliff
1300 332 796
cryo.com.au

PodMED Podiatry Centre
5/491 New South Head Rd,
Double Bay
9363 1876
podmedpodiatry.com.au

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UGLY TOE NAILS
It could be a fungal infection!

Finding a treatment for fungal infection that works can be difficult. Many products on the market have proven to be quite ineffective for nail fungus.

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The laser application also causes a rise in white blood cells count to help your body increase its natural defence of the nail.
crooked teeth? YOU NEED INVISALIGN!

Do you have overlapping teeth or unsightly gaps in your smile?

If the answer is ‘yes,’ you might be able to transform your mouth with the help of Invisalign expert Dr Saad Al-Mozany.

Dr Al-Mozany, one of the team at Gentle Dental Care in Double Bay’s new Kiaora Place building, has helped scores of patients straighten their teeth using the Invisalign process. In fact, he has become such an expert that Gentle Dental Care is listed by Invisalign as a ‘diamond’ provider with a superior level of experience and expertise.

Invisalign is a comfortable and virtually invisible alternative to braces. All you have to do is wear custom-made aligners, made of a virtually invisible plastic, over your teeth to gradually move them to the ideal position.

Every two weeks, you change to a new set of aligners and by the end of the treatment small maxilla-facial injuries and head and neck oncology cases.

When he sat for the primary examinations for the Royal Australasian College of Dental Surgeons in 2005, he received commendations in all subjects examined with a special letter from the registrar of the college for his “outstanding achievement”.

After a few years of private practice experience in one of Auckland’s most prestigious practices, he was accepted into the specialist orthodontic program at the University of Sydney. He graduated from the program first in his class achieving a Distinction average throughout the three years of study.

In his final year of study he was awarded the Sam Buckley travelling fellowship to visit an international orthodontic centre of excellence. He was also given a special recommendation from the faculty of Dentistry for his thesis research.

Dr Al-Mozany was then admitted as a member to the Royal Australasian College of Dental Surgeons in the specialist stream and also successfully completed the MOrth examinations for the Royal College of Surgeons in Edinburgh.

He joins a team of other highly-skilled practitioners at the Double Bay clinic, led by Dr Gen Russo, a respected dentist/veteran with four decades of experience.

Gentle Dental Care
Level 1, Kiaora Place, 451 NSH Rd, Double Bay
9327 1777
gentledentalcare.com.au

Do you have overlapping teeth or unsightly gaps in your smile?

Are you suffering from debilitating anxiety?

Join the club, it’s very common! But that shouldn’t stop you from getting help.

Clinical Psychologist Renée Mill has dedicated the past 22 years to researching and treating anxiety effectively—which is why her practice in Edgecliff is called Anxiety Solutions CBT.

Using Cognitive Behavioural Therapy or CBT, Renee helps patients to rewire their thought processes. ‘At the end of ten sessions, over ninety days, patients have developed new neural pathways that enable them to turn their lives around,’ she says.

CBT aims to help a person identify and challenge unhelpful thoughts and to learn practical self-help strategies which bring about positive and immediate changes in the person’s quality of life.

Renée tells of a patient who was having daily panic attacks about running late. “I got her to understand that no event causes stress, it’s what you tell yourself. When this woman became stuck in traffic she’d tell herself ‘I’m going to be late, I’m not going to get the job, I’ll become poor and I’ll be homeless.’ “I helped her use some simple tools to change these messages and tell herself other things like ‘Being late is not a catastrophe, it’s just a problem I have to solve.’ And now she’s starting to turn her life around.”

Another patient, who consulted Renée via Skype, was afraid to leave her home. “She was on heavy medication and basically a prisoner in her own home,” she said.

“We worked out a program of increasing exposure where she gradually started going out to the community centre and making other outside social contacts. Now she goes out every day and is 99 per cent better.”

Another patient is a male musician who suffers from performance anxiety. Again, Renée has been using an ‘exposure strategy’ which has helped him build up confidence.

“He’s arranged to play to a group of people on a Monday night that he knows well. The following week it’ll be a group he’s not so familiar with, then he’ll accept a job at a wedding where everyone is a stranger.”

Renée has developed her own CBT treatment program. She has written a book called “Anxiety Free, Drug Free” which is a self-help manual teaching all her tools and providing a format where they are practiced so that real and lasting change can occur. Her CBT method is about to be published as a treatment manual by Australian Academic Press so that other clinicians can utilise it with their clients.

Renée has also written a book for parents called “You Can’t Push My Buttons” which helps parents control their rage and frustration when dealing with their kids. Renée recently used some of the techniques outlined in it to help a father who was having terrible explosions of anger with his children.

“He wasn’t hitting them, but he was shout- ing and being verbally abusive. I got him to understand that anger is part of anxiety and that there are tools to deal with it.”

Anxiety leads to a ‘fight or flight response’ which means anger or avoidance. Evidence has proven that the best way of treating the fight or flight response is with CBT.

Renée employs two other psychologists, Gerri Minshall and Natalia James, at the Edgecliff practice and together they help patients tackle a wide range of anxiety-based conditions.

Treatment programs involve the use of a manual perfected by Renée over the years. Patients fill out detailed ‘worksheets’ and if they are diligent about the process, Renée says they can manage a lot of their treatment program themselves. The manual may not be suitable for all clients and Renée and her team are experienced in offering alternative therapies such as IPT, ACT, mindfulness and psycho-education.

Renée says she gets huge fulfillment from helping people turn their lives around. “I’m very passionate about what I do and feel very privileged to help people achieve positive results.”

Anxiety Solutions CBT
Suite B/80-84 NSH Rd, Edgecliff
9328 5899
anxietysolutionscbt.com
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BRONTE HOUSE FAIR
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**May**

### Sydney Film Festival

7 - 18 June

**June**

### Vivid Sydney

26 May - 17 June

**The Global Table**

Bondi Junction Mall

14 May

Mother’s Day

18 May

A Whole New Way to Eat

18 May

Mental Health First Aid

25 May

Indisruptable with Michael McQueen

31 May

Discovery Your Local History: Spotlight on Double Bay

21 June

Scam Awareness

29 June

Free Hearing Checks

26 May - 17 June

Vivid Sydney

Indisruptable

23 June

Mikaelangelo and the Black Sea Gentlemen

**Eastern Suburbs Life**

www.easternsuburbslife.com  
greg@easternsuburbslife.com  
0408 998 058

**Eastern Suburbs Life**
autumn BEAUTY TIPS

During autumn and winter months, the air becomes drier. Aside from the drier outdoor air, wind, indoor heat and other factors can really dry out your skin. Your best defence is good hydration. We have listed five autumn beauty tips to keep your skin soft and glowing throughout the autumn months:

1 Give your skin a seasonal reboot
The start of a new season is a perfect excuse for a facial and other skin indulgences. Try a new mask or a peel if a facial is out of the question. Exfoliate to reveal healthy and soft skin. Try an oil-based scrub. This is perfect for your feet and the skin on knees and elbows.

2 Moisturise and hydrate
Start on a rich moisturiser right after showering. Depending on your skin type, you may want to invest in a richer facial moisturiser.

Another thing to watch out for is dehydration. It is easy to remember to drink water during the warm weather months, but you can get just as dehydrated during the autumn and winter months. Staying hydrated helps your skin look its best.

3 Remember to use sunscreen
Your face is still exposed to harmful UV rays, even when it isn’t sunny, so keep using your moisturiser with sunscreen.

4 Avoid harsh ingredients
Be careful not to strip your skin of its own natural oils, which is easier to do during the autumn and winter months. This will not only cause dryness and flaking, it may cause breakouts, too!

5 Clean out old makeup and skincare supplies
Each season, you should go through your beauty products and toss any old or expired products. Wash makeup brushes with warm soapy water and replace your old makeup.

Try out these autumn beauty tips to keep your skin glowing. And, don’t forget your hair! The cold weather means frizzy, flyaway hair. Invest in a good conditioner and get a post-summer trim. Choose a shampoo that is sulphate-free and avoid styling products with alcohol in them.

DOUBBLE BAY DERMAL CLINIC
Suite 3/5 Knox St, Double Bay
1300 520 922
doublebaydermalclinic.com.au

At Double Bay Dermal Clinic we treat the skin from the inside out – we respect the skin’s functions, so no damage is caused to the skin and there are no side-effects now or in years to come.

We have over 20 years experience in successfully treating and caring for skin, holding international qualifications, from some of the most highly regarded Institutions.

We offer the leading edge in skin treatments, no pain and no downtime and you look better after treatment.

Michelle Bookallil is thrilled to introduce Australia to her hand curated collection, featuring Spanish designers renowned for superiority of quality, design and craftsmanship.

The Anda Unica range reflects Michelle’s strong commitment and passion for manufacturing ethics, innovation and textile industry sustainability and is the perfect platform to express her creative flair, curating skills and vision.
1 Are by-laws still relevant?
The provisions of the Strata Schemes Management Act 2015 do not invalidate your current by-laws which are still binding and relevant. There is some confusion on model by-laws and whether they have changed. If your scheme is from pre-1996 your model by-laws are now contained in Schedule 2 of the Strata Scheme Management (Regulations) 2016. If your scheme is registered between 1996 and 2015 your by-laws will be the same as those registered at the time the scheme was registered.

If the owners corporation registered any new by-laws or amended any old by-laws then these are also still valid. The ‘modernised’ model by-laws are contained within Schedule 3 of the Regulations and are only applicable if your scheme decides to adopt and register them.

2 Do we need to review our by-laws and how do we do that?
The Act requires you to review the by-laws relevant to your scheme by 30 November 2017 (see clause 4(a), Schedule 3 of the Act). This means that the owners corporation must consider the by-law review at a meeting at some point this year. In order to do this, you must also go through your existing by-laws to see if the owners corporation is satisfied with them. If they are, then a motion should be passed saying that the owners have reviewed their by-laws for the purpose of clause 4, schedule 3 and are satisfied that the current applicable by-laws meet their requirements.

However, this is the perfect opportunity for the owners corporation to consider whether the by-laws are relevant, applicable, necessary, inconsistent, easy to navigate and understand. If not, the owners corporation may wish to fix them and register a new, tidy, consolidated set of by-laws that will assist them going forward. This will not guarantee the by-laws are legally sound and correct, or will be legally binding if queried before a court or tribunal.

3 How and why should we consolidate our by-laws?
Those living in schemes that have existed for a long time will be familiar with the frustration of navigating a library of by-laws. There are documents everywhere, annexures lost and found, and repealed by-laws that are still in the mix. The new Act aims to streamline this and section 141 now requires that the by-laws are kept in a consolidated set. So what does this mean for your scheme? The short of it is that you MUST consolidate your by-laws into a consolidated set which the secretary must keep with the schemes books and records.

The long of it is that when you next amend, repeal or register a by-law you will be required to lodge the consolidated set with the new changes with the LPI.

So next time you march down to the Land and Property Information (LPI) to lodge a new by-law for your sleek new bathroom, you will find you are unable to submit anything unless you provide a complete and consolidated set of all the by-laws relevant to your scheme.

The best way around this is to print out the guidelines which are available on the LPI website, follow them, and take them with you to the LPI. This way you can refer back to them if the LPI are unsure your consolidated by-laws have been completed correctly.

All you need to do is review all your by-laws, consider which have not been made invalid by the Act and resolve to continue with them before 30 November 2017.

Then the strata manager or another volunteer needs to consolidate them into one set so they are ready to go when the owner of a lot decides to register that by-law for their new bathroom.

If they need updating or you are concerned about their validity and the impact of the new Act then you can consider seeking assistance from professionals.

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property runs in tracey’s blood!

The amazing story of Tracey Chandler, Buyer’s Agent and life-long property investor

Tracey has built a life around house hunting and renovating. It’s a passion that she got from her parents from a very young age. “By the time I was 14, I’d lived in 11 different houses,” she says, laughing. “All my mum and dad did was buy-remodel. Every night after dinner we’d head off on a house-hunting expedition.”

This was in the northern city of Leeds in the UK, where she bought her first house at the age of 18, using savings from her jobs as a cinema usherette at 15, and travel agent up to age 19, along with a staff bank loan, as Thomas Cook was owned by a major bank.

“There was this derelict terrace sitting there for years,” Tracey says. “I called up the council and asked who owned it and they said they did, I offered them £5000, which was a cheap offer, but not cheap enough to offend, and they accepted it, then they gave me a grant for £7000 because it had no windows or a bathroom. A year later, I sold it for £36,5000 without using a real estate agent and without having spent any of my own money on the renovation.”

Making her next foray into the property market came at the age of 20 when she purchased a 250 year-old former Gentlemen’s Temperance Hall for £27,000. Again, approaching the Council, Tracey converted it to a huge house. “I sold it three years later for £105,000” she says. The next project on Tracey’s agenda: buying a 700 square feet plot of land near the centre of Leeds and building a house, and not just any house. “There was an old vicarage being demolished and I knocked on the door and asked to buy the stone off the owners. They said yes, and the crane company my dad worked for transported the stone to my plot, where I had stonemasons dress the stone, and then had the house built out of it.”

Around that time, motherhood called. Tracey and her husband welcomed two boys into the world in rapid succession. Then 21 years ago, the family travelled to Australia and settled in Sydney. Needless to say, Tracey continued to be consumed by the property bug and she did the 6 month Real Estate Institute Course required in those days. Meanwhile, she found herself helping friends buy and renovate properties in Sydney and she started building up her own Sydney residential property portfolio.

Along the way, she became a single mother, and after that, her entire portfolio was built by herself with no help from anyone, raising two young boys in the process. Today, Tracey has an enviable, substantial property portfolio of her own, but there’ve been a lot of sacrifices along the way. Tracey and her sons have spent years in the properties she purchased living out of one or two rooms in homes being extensively renovated. “It’s easy and fun,” she says laughing in her cheerful, rapid-fire northern English accent. “Other than beds, all you need is a trestle table with a microwave, plug-in slow cooker, kettle, toaster and you’re set - a lot more economical than moving out of the house and paying dead rent, why would you do that?”

Tracey uses her property purchase and renovation acumen to run an incredibly successful business that helps her clients find the right property at the right price.

Tracey says: “When you love what you do, you never work a day in your life, having so much passion gives you so much energy, how can you run a successful business without energy. I work 7 days a week and love every minute of it. I even love auctions. I’m standing right up the front with the auctioneer, totally controlling the auction from the very beginning. I’m up there, facing the other bidders, opening the first bid the minute the auctioneer asks, instantly smashing any bid that comes in with total confidence, and all the time reading the bidder’s body language. I love it when the hammer goes down and I secure the property, my clients are thrilled and usually in tears.”

Tracey is a born salesperson with the gift of the gab, which means she is an excellent negotiator; they come hand-in-hand. Speaking to Tracey, she is sharp with a great sense of humour, oozes confidence, she’s very friendly and full of energy, but at the same time, you can feel her powerful personality, professionalism and just know she is no pushover from the second you talk to her... definitely someone to have on your side!

Tracey specialises in Sydney’s Eastern Suburbs. If you are wanting a new home or investment property, we recommend getting in touch with Tracey Chandler, skilled and experienced buyer’s agent - and property investor since the age of 19!
The Baird Government came to power with a mandate to sell “poles & wires” and invest in infrastructure. It did not seek, nor get, a mandate to force amalgamations or ban greyhound racing. It promised, in fact, “no forced amalgamations” – a position that allowed Gabrielle Upton, on October 11 2015, to say, in connection with threatened amalgamations:-

“We need as many signatures as we can gather, so I can lodge a petition in parliament and I want to do that. We need those signatures as soon as we can, the more the better, the more the clearer, the more the louder. That is the best way right now to protect the community of interests which we all treasure.”

Over 10,000 signatures were gathered and lodged – More than one signature for every three households in Woollahra Municipality.

Nevertheless, with no mandate, a promise not to force amalgamations, over 10,000 signatures gathered and lodged, and a speech against forced amalgamations by the rising star Liberal Member for Vaucluse, the Baird Government proceeded to force amalgamations on unwilling councils. Even councils like Woollahra with, unblemished records, sound balance sheets and more than 80% of residents opposing the amalgamation.

The Baird Government had many councils willing to merge, but like a child desperate to complete a jigsaw it proceeded to force pieces into place even when they did not fit.

On March 27 Ku-ring-gai Council won an appeal against forced amalgamation with Hornsby when the court ruled that it had been denied “procedural fairness” in the amalgamation process because it was refused full access to reports by KPMG. These were the reports on which State Government based their claims of economies of scale and significant savings; their main stated reason for the amalgamations.

If the savings are truly there why were the reports not made public? Woollahra Council’s determination to fight the forced amalgamation is now seen as justified and will proceed to an oral hearing of the High Court on May 12 in Canberra and if successful to a full High Court appeal.

All this time, money, disruption, broken promises, information withheld, leadership changes, angry residents and damaged public images is the price now being paid for hubris and governing without mandate.

Let us hope that in due course Woollahra Council will be successful, that all the turmoil and divisiveness can be put behind us and that Woollahra can continue to co-operate with Waverley & Randwick (amalgamated or not) as it has in the past.

Notes:
• To see Gabrielle Upton’s speech Google: “Telegraph - Gabrielle Upton’s council merger”
• To understand in detail why the High Court found in favour of Ku-ring-gai Council Google: “A victory for localism in Australia”
• To understand why amalgamations frequently increase costs and reduce service levels Google: “America is more small town than we think”.
• To understand why reports like the KPMG report are usually overly optimistic Google: “Daniel Kahneman in July 1997” – Daniel Kahneman is a Nobel Prize winner – Also think: Cross City Tunnel, Sydney Opera House and Sydney Harbour Bridge.

THE FOLLY OF FORCED AMALGAMATIONS

IMPACT OF MERGERS

1. The sacking of elected representatives.
2. The replacement of the elected representatives with administrators who are seen as acting against the interests of residents.
3. The postponement of council elections for 12 months after what would have been their scheduled time, leaving councils under non-elected administration for 18 months.
4. The implementation of actions that cannot be undone in the affected council areas, e.g. coal seam gas and West Connex.
5. The reduction of representation and loss of identity for smaller councils.
6. Loss of services, especially in rural councils.

BROKEN PROMISES & GOVERNING WITHOUT MANDATE HAS BROUGHT US:

NOT FOLLOWING DUE PROCESS
1. The broken promise of no forced amalgamations.
2. The sham of a consultation process in the lead up to the amalgamations.
3. The forcing of amalgamations that are opposed by the vast majority of residents.
4. The characterisation of small, well run councils as ‘unfit’.
5. The hidden KPMG accountants’ report used as a supposed justification.
6. The setting of suburb against suburb, town against town, Councillor against Councillor etc.

Thank you to Jillian Blackall for allowing us to use these notes from her “NO FORCED AMALGAMATIONS” Facebook Post.
Holdsworth is about connection and helping people find the supports they need to ensure they have a happy life with plenty of friends.

As the local community organisation, Holdsworth has a long history delivering quality programs and services to older people throughout the Eastern Suburbs of Sydney. In addition to current services for older people, Holdsworth is now able to support people with Home Care Packages.

Holdsworth prides itself on delivering a personalised service. A Personal Adviser is available as an ongoing contact to provide advice and help access services as people’s needs change.

Home Care Packages are specifically for people who require a higher level of support to help them to continue living independently in their own homes. Holdsworth’s customised person-centred service is a natural fit with Home Care Packages and will be able to support people with increasingly complex needs.

Finding your way through the Government’s system can be confusing. If you require help with this, please feel free to contact David or Leanne on 9302 3600.

Anniversary

At the age of 19 I was an aspiring athlete when suddenly I was admitted to hospital with a rare case of meningococcal, placed in an induced coma on life support for 2 weeks.

When I awoke from my coma, I was advised that due to the damage caused by the virus I was to have both of my legs amputated below the knees.

I was not sure if I would ever walk again, would I run again, could I still meet that special someone? I had so many questions and uncertainties running through my mind. Within one month I was up walking; my desire and will to overcome this terrible illness lit a fire inside wanting to achieve greatness.

It was around this time when I met Colin Greenway from the Violet Foundation; a non-profit charity who raise awareness and funds for those who have been affected by meningococcal. Colin and his volunteers put on a fundraiser for me to purchase a pair of carbon fibre legs that would enable me to live an active lifestyle and achieve my dreams. This was something that changed my life forever.

I went on to race with the Australian Paralympic Rowing team in 2008, I have competed in running events to raise money for charity and am currently training to make the Australian Handcycling team.

I am happily married, and have 2 beautiful daughters. My goal is to raise awareness about this terrible disease, but to also show others who have all different types of challenges in their life, that they can achieve anything they want in their life if they put their mind to it.

A lot of the success in my life would not have been possible with the support and generosity of the Violet Foundation so if you have a moment please view their website at violetfoundation.org.au and help in any way you can.

If you have any questions about meningococcal, need some inspiration or would like to chat about real estate please feel free to email me on mathew@lsdb.com.au.

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I began Puddle Duck Toys (the Double Bay Toy Shop) when my children were small because there was nothing like it anywhere in Australia. I wanted our children to have the same sort of playtime memories that I treasure from my own childhood.

It has been a challenge and a privilege to collect the toys that we present in our dear Transvaal avenue location. These shops were houses not so long ago, and I am reliably informed that greyhounds were bred in the back garden of one house and an SP bookie worked out of another! I have spent the best part of ten years collecting and trying out beautiful and magical works of art in the forms of: lovely dolls with sets, favourite bears, musical memories and the world’s best blocks. We have danced in floating fairy wings, cooked up imaginary storms at the sweetest possible stoves and collected treasures from everywhere. We search the world every day for anything marvellous to tantalise and fascinate the ones who are growing into adults all too fast.

Our edit of Art Supplies is a staple range in many local houses and I am very proud of how many happy visitors we see each day. Through our door come vibrant mothers, delighted grandparents and excited children. It is a treat to work amongst such beautiful, diverting yet timeless things and to have such fun, bringing joy to Double Bay and beyond. Making memories is our aim, through an aesthetic of wood, colour, lovely fabrics and precious friends and I hope our shop and its wares linger long in the minds of the local children.

Puddle Duck Toys
13a Transvaal Ave, Double Bay
9328 5899
thedoUBLEbaytoyshop.com.au
Less than 30 minutes from Mosman, Marrickville, Maroubra & Gladesville, in a tucked away corner of Double Bay lies the pretty village street of Transvaal Avenue (see map centre page).

A visit there takes you back in time to a cul-de-sac of converted Victorian gingerbread houses where you can unwind and enjoy alfresco dining and fashion shopping in an atmosphere of yesteryear.

It’s an area that ticks all the boxes, old and new with easy parking, tree lined streets, attractive gardens, exclusive jewellery, fashion, home décor and gift shopping, all with easy access to a nearby beach, rooftop harbour views and spectacular Japanese dining.

Here in this small area you’ll be spoiled for choice with a bookshop, florist, coffee roaster, bottle-shop, pizzeria, fitness centre, Japanese restaurant, estate agents, travel professionals, chocolates & cakes, alfresco dining, all-day ice cream, swimwear and a wide range of beauty, fashion, hair and jewellery outlets.

Take a break, take a step back in time, unwind and relax knowing all the above is within 10 minutes of where you park.

TIMAGINARIUM is an imaginative retail space and creative consultancy which erases the line between fashion, design and art. Specialising in designer clothes, accessories, jewellery, art and interior objects from many parts of the world.

TIMAGINARIUM has its own label as well as rare brands like Heliana Lages (Brazil), Sorority (S. Korea), Jean Paul Knott (Belgium), My Red Lippy (Sydney), Pala Jewellery (Japan) and many more...

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At Cooper Park Garage, we believe that establishing a foundation of trust is what creates repeat business. After you experience our high-calibre service, we’re sure you’ll come to us again the next time you need an automotive repair or general maintenance. Customer care doesn’t end when you walk out the door. It continues as a relationship that extends for generations, built on trust and the knowledge that we truly value your business.

Edgecliff Automotive is an independently run European car servicing and repair centre. Josh and the team have strived to continually provide excellence in automotive service and have built up an admirable reputation due to their professional outstanding quality of work and customer care. Situated close to Edgecliff train station.

Fit Mamma focuses on exercise for post natal women. Our job is to get you back to your desired level of fitness safely and quickly. We also ensure that this time is for you, and have our caring qualified nannies to look after your bub whilst you get some ME time.

The Wonder Hub is a mobile co-working space with an onsite creche. We use community spaces and corporate venues to run half day co-working sessions. We call them Wonder Sessions. We keep our fees low and the quality of our care exceptionally high. We always will.

Wise Productions offers video production for individuals, artists and companies to define their brand through story telling. With more than a decade of experience in creating video content, we will ensure your video is effective.

We believe that every business owner deserves the opportunity to access the capital, support and resources they need to grow and develop their business. Sail™ aligns with business owners and entrepreneurs across Australia to enable and inspire you with the confidence you need to venture forward. Confidence to realise your business vision.

An icon in the Wedding Couture Industry, Rhonda designs outstanding gowns for Weddings & Social occasions. Her A list clientele include royalty and stars. She is a true artist, a master pattern maker, the winner of many awards.

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Hyperbaric Oxygen Therapy (HBOT) is an advanced medical treatment option enabling the ability to breathe 100% oxygen in a special, atmospherically controlled chamber. For a wide range of ailments, results have been significant as part of a total healthcare strategy.

Distinguishing this therapy is transporting oxygen at higher levels throughout the body by not only red blood cells, the traditional method, but by dissolving oxygen into all body fluids. This includes the plasma, central nervous system, bones, lymph fluids and more.

**How HBOT can help**
A primary benefit is the ability to reach damaged tissues with extra oxygen in previously hard to reach or blocked areas or parts of the body with compromised or diminished circulation. In this manner, the body is supported and enhances its own healing process.

It’s important to note the power of enhancing the ability of white blood cells through this therapy. By killing bacteria more efficiently, reducing swelling from injuries, and promoting the growth of new, heartier blood vessels in areas needing more attention to heal.

Best of all, this is a simple, proven, non-invasive and painless, alternative method of treatment, that can improve the overall quality of life. HBOT is an outstanding option for a variety of ailments.

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