

Fine Food with Botany Bay views

WHEN a restaurant includes “on the beach” as part of its name, you can at the very least expect water views.

When the restaurant is Omeros On the Beach, at Ramsgate Beach, the added appeal to its views over Botany Bay is great food and great service.

The restaurant is a family concern run by restaurateur John Omeros who learned his restaurant skills from his father, Costa, and who is passing on his skills to his own children.

That view, plus the food and service, make Omeros On the Beach ideal for special occasions such as the fast-approaching Mother’s Day on Sunday May 10, when as well as the regular a la carte menu, a special

menu has been planned for mothers and families.

The menu offers a choice of four entrees, four mains and three desserts. Entrees include king prawns and smoked salmon with an avocado salad and truffle mayonnaise and seared scallops, on a cauliflower puree with prosciutto and tarragon beurre blanc. Silver dory, garlic prawns and Atlantic salmon are among the mains with one meat dish an eye fillet served on wilted spinach and mash with cabernet sauvignon jus.

For dessert there is a choice of Lindt chocolate tart with cinnamon gelato or Mrs Effie Omeros’ apple pie with King Island cream or white chocolate panacotta with fruit and raspberry coulis.



On the beach: John Omeros heads a family business

Omeros On the Beach, Cook Park, The Grande Parade, Ramsgate Beach, Phone: 9529 5391



Greek Odyssey



On Tuesday 28th April, there was a presentation by Panayiotis Diamantis at the Museum of Sydney. This illustrated lecture explored the deep roots of the Australian Hellenic community in Sydney in the interwar period. Curator Anna Cossu explored the Hellenic connection with Susannah Place, a working class museum in The Rocks that was home to the Sarantides and Passaris families. Dr Panayiotis Diamadis examined the causes and course of early Hellenic migration to Australia and the growth of the Australian Hellenic community between the 1920s and the 1940s.



Dr Panayiotis Diamadis

Nick Malaxos MC

Curator Anna Cossu

ANNA COSSU – Cultural history and social history of Sydney
 Anna Cossu is curator of Susannah Place Museum. Anna has also worked in the Education Unit for the HHT and was a History teacher before she joined the Historic Houses Trust. Her interests lie in the interpretation and representation of working class people and the use of oral histories in museums. She has developed public programs and displays exploring the history of The Rocks. Anna is the author of a book called *A place in The Rocks about Susannah Place Museum (2008)*.

In an article published recently in the Sydney Morning Herald Anne Beveridge writes: SYDNEY is a city built on the backs and courage of its thousands of multicultural migrants.

Yet many of their original stories remain a mystery to their families – even to this day. Until recent years, little was known of the Greek Sarantides family who came to Australia to escape the horrors of war. The story of their lives has only now unfolded due to painstaking research and a chance visit to Sydney’s Susannah Place Museum by descendants. It is a tale which highlights the important contribution Greek migrants have made to the city’s rich multicultural history.

New Research Shows Exercise Keeps Mum Young, Healthy and Happy

Researchers at Baylor University in the U.S. have been studying the Curves program and its effects on women’s health since 2002. One important finding is that women who work out regularly at Curves report they are enjoying a higher quality of life – they feel better able to perform everyday activities, have more energy, are more social and are happier with themselves and their bodies. New Research by Curves Shows How Mum’s Life Improves with Exercise:

Younger in body and soul: Research reveals regular exercise can make you look 12 years younger. Exercise helps boost your circulation through the whole body, including the brain, transporting nutrients to the bloodstream to where they’re needed. Many changes to the body that are attributed to ageing are actually inactivity- the muscles waste away causing skin to wither and age.

Happiness: A new Curves survey of women report that their outlook on life improves with their fitness level but the social contact and regular scheduled routine also improves their mood, distracts them from worry and makes them feel a lot better. Depression, anxiety and general boredom decrease as they build a strong network of supportive friends with whom they meet and exercise regularly.

Health: Research has determined that regular exercise is a strong defense against those diseases which commonly strike women such as diabetes, breast and ovarian cancer, high blood pressure, stroke and heart attack. Exercise bolsters the immune system, strengthens the bones, lowers levels of estrogen and progesterone, decreases the amount of sugar in your blood, opens your arteries by increasing the size of your blood vessels which also protects the vessel linings, and strengthens your heart muscle.

Sharper mind: Studies show that women are less likely to experience a decline in cognitive function if they exercise regularly as they age, due to the healthy circulation of blood to the brain.

Natural beauty: Skin of athletic people has more collagen – the protein that keeps skin looking more robust and wrinkle-free. The extra muscle mass also lends lift and support to skin and skin structures.

Confidence and Can-do attitude: As your body gets stronger, your faith in your abilities does too. With new confidence inspired by pride and determination, your image of yourself is also strengthened.

To find the closest Curves, call 1-300-CURVES or visit www.curves.com.au