

Kosmos⁺Plus

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Magical spot for a meal

AS you wind through Lugarno, past the village shops and the pretty streets, the main thoroughfare descends down to a magical spot, the banks of picturesque Georges River and on the tip of the river sits Lugarno Seafood Restaurant.

With 360 degree views of the pristine river, Lugarno Seafood Restaurant has developed a reputation as a restaurant in a league of its own.

Co owner Spiro Cardamis has been in the restaurant industry for 25 years.

Running the restaurant with his dear friend George Andreou the pair have melded their strengths to create a restaurant that incorporates the freshest seafood, cooked to perfection in a serene and stylish atmosphere.

"George and I worked together many years ago at a restaurant then each went on to open up our own seafood restaurants throughout Sydney. Years later when we met again, we decided to become partners", Mr Cardamis said.

"We have been running

Lugarno Seafood Restaurant for 15 years and pride ourselves on purchasing high quality seafood and creating all our meals even our baklava ice cream on the premises", Mr Cardamis said.

With executive chef Con Galigalis at the helm of the kitchen, the food is expertly prepared using the finest seasonal ingredients on offer.

Catering for celebrations such as weddings, Christenings and corporate events, Lugarno Seafood Restaurant has an array of set menus on offer or you could



create your very own.

With seating for up to 200 people celebrate the festive season in style with work Christmas parties at this gorgeous location.

Scrumptious main meals, start at \$33 such as the pan roasted wild barramundi fillet served with basmati rice and curry sauce or why not go all

out with one their famed seafood platters.

If you do not like seafood, there is a myriad of tasty meals such as the grain fed eye fillet, the oven roasted lamb shank roulade and the oven baked chicken supreme.

Located at 1220 Forest Road, Lugarno.

Article from the Torch

Support is here if willing to learn



IF you're child is having learning difficulties and you are looking for someone to help, **Lucette Boyd and Antonia Canaris** from the Sydney Learning Difficulties Education Centre, are the people to see. They offer a range of educational programs, from reading, writing and numeracy skills to strategies for building confidence and improving concentration.

Antonia and Lucette had enrolled their children in the same school, and after meeting and confessing their love for children, they realised they had much in common.

Antonia has worked as a high school music teacher, and holds a master's degree in autism studies while Lucette was a former preschool teacher and has a background in nursing.

Antonia is a trained Montessori teacher, having studied educational approaches from birth to adulthood.

Lucette has a master's degree in special education and is also a trained Steiner Extra Lesson practitioner and educational kinesiologist.

Both ran their own successful businesses for six years, but have now combined resources and operate out of the same premises. Their education centre offers sound, music and art therapy, skills groups and literacy and numeracy support. They also cover autism and asperger's, language delay and expression, and epilepsy related learning difficulties.

They have a "brain gym" course, and even offer tailored individual sessions.

Article from the Torch

GOLDEN ANNIVERSARY for Theodoros & Maria Gemisis

THEODOROS and Maria Gemisis celebrated their golden anniversary on October 24. The couple were married at St Sophia's Paddington in 1959 and have called Punchbowl home since 1963.

Theodoros migrated from Greece in 1955 and Maria in 1958 and the two have lived in the same house at Punchbowl for 47 years. Maria celebrated her 70th birthday on October 23 and Theodoros will be 80 on November 15. Both avid gardeners, the couple spend a lot of their time in their garden growing fruit, vegetables and flowers. This keeps them busy, along with cooking after their five grandchildren three days a week. Theodoros and Maria are pictured with their grandchildren.



Article from The Torch

POLYTECHNIC COMMEMORATION COMMITTEE
206-210 Lakemba Street, Lakemba 2195 Ph: 02 9740 6022 Fax: 02 9740 6362

OPEN INVITATION

The Polytechnic Commemoration Committee takes great pleasure in extending an invitation to the Greek community to attend and participate in this year's event commemorating the Student's Uprising at the Athens Polytechnic on 17 November 1973, on

Sunday 22 November 2009, commencing at 4.00pm

at the Greek Orthodox Community of NSW

206 – 210 Lakemba Street, Lakemba

The Commemoration's program will include speeches, poetry recitals, screening of a documentary on the event, wreath laying and the performance of live music.

For further information on the commemoration or for organisations wishing to lay a wreath on the day, please contact the administrative offices of the Greek Orthodox Community of NSW on 02 9740 6022 during business hours.