



Restaurant owner Spiro Cardamis (top right) and his chef Con Galigalis make sure that whether it is a romantic dinner for two or a business lunch the freshest seafood is cooked to perfection.



# Autumn sees menu changes

AFTER 16 years, Lugarno Seafood Restaurant continues to serve delicious meals from the freshest ingredients for lunch and dinner in a warm and welcoming atmosphere.

Lugarno's owner **Spiro Cardamis** and his chef for the past 10 years, **Con Galigalis**, make sure that whether it is a romantic dinner for two or a business lunch the freshest seafood is cooked to perfection.

"It's the outlook, the service and fresh food that we serve. We are unique," Spiro said.

Set on the banks of the Georges River and featuring a beautiful outlook, the restaurant is popular with locals and visitors alike, particularly on weekends.

Lugarno has a long standing relationship with the Sydney fish markets that ensures they serve their guests only the best quality and freshest ingredients.

A new menu starts this week with a range of delicious new entrees as well as plenty of old favourites.

Enjoy the salt and pepper Scampi, sauteed with spinach roasted spec and lime burre blanc or Queensland scallops topped with haloumi cheese and served with a watermelon reduction.

Another change to the menu is the mixed seafood entree with sashimi, oysters natural and ocean trout gravlax.

From the main meal menu, try grilled John Dory fillets served with

mushroom and spinach risotto or the escallops of Veal Oscar pan-seared, topped with a prawn, bug and scallop, and served with new season potatoes.

Of course, the hot and cold seafood platter for two packed with fresh and delicious seafood, remains a firm favourite.

With plenty of salads, sides and don't forget to leave room for one of Lugarno's yummy desserts.

The restaurant is also available for special functions, events and catering, and Spiro said his staff are also happy to prepare special menus on request.

Located at 1220 Forest Road in Lugarno and open every day for lunch and dinner.

Bookings are recommended, espe-



cially on the weekends. Ph: 9534 5136 or 9584 3126.

Article from The Torch

## In death, Doujon Zammit helped others

**THE** tragic loss of Doujon Zammit, who was bashed to death in a nightclub in Greece in 2008, affected many lives. But among the overwhelming sadness that flowed in for the young man from Cecil Hills, his ability to influence others for the better was still evident. He was a registered organ donor and was able to give four other people a second chance in life. He donated his heart, his kidneys, his pancreas and his liver. Doujon's father, Oliver Zammit, said after it was revealed that Doujon was a registered donor, that it had had a huge impact on people. "A lot of people in Australia went and registered immediately and they also tripled their organ registration in Greece," Mr Zammit said. "It also had an impact in Malta, where Doujon travelled."

In 2008, the Doujon Zammit-Transplant Australia Gift Fund was set up in honour of Doujon Zammit. "This is the legacy that Doujon has left me with and I'm going to continue with it." He said he and his wife had talked about being organ donors and both knew each other's wishes. "Our kids didn't know what we would want if we were in a car accident so we sat down at the dinner table one night and told them we're registered donors and that's what we want to be done. We've always talked to them about how good it is to help others and that we don't need to take our organs to the ground they'd just be wasted." Mr Zammit said his children had registered. "The most important thing is that parents talk to their children and spouses talk to each other because it would be a real shame if their wishes were not known. "The loss of Doujon is always going to be a tragedy and it doesn't soften the blow but he's still managed to help others."

Sydney South-West Area Health Service donor co-ordinator Myra Sgorbini said simply discussing organ donation with one other person was the message behind this year's Organ Donor Awareness Week. "Registering as an organ and tissue donor could result in saving or improving the lives of 10 others," Ms Sgorbini said. "In 2009, the number of organ donors across NSW rose to 69. In 2008 it had been only 57 and the number of transplants performed in NSW also increased to 215. In 2008 it had been 190."

Article from the Champion



## Kids plea for help

FOR a nine-year old, Lakemba's Vicky Kavasilas has a lot on her mind. Today she will join 100 other Juvenile Diabetes Research Foundation (JDRF) youth ambassadors who have type 1 diabetes, in Canberra, to lobby the Federal Government for research funding into the disease.

A group of 300 ambassadors is expected to converge on Parliament House for the Kids in the House awareness campaign.

The youth ambassadors will meet with MPs to plead for desperately needed government funding for a Clinical Trials Network, which would improve Australian patients' access to the latest science and accelerate the process of curing type 1 diabetes.

Foundation chief executive officer Mike Wilson said it was critical for MPs to understand the serious health implications of type 1 diabetes.

Typically striking young people, type 1 diabetes destroys the ability to produce insulin, which is vital for life.

Diagnosed with type 1, diabetes when she was a few weeks old, Vicky is an active campaigner for people with type 1 diabetes. It affects 140,000 children and adults in Australia.

She uses an insulin pump and has eight finger pricks each day.

"But I know I have to do them to stay alive", she said.

"My hope is for a cure before something goes wrong".

Article from Canterbury - Bankstown Express