





Cammeray Public School Business Directory

2010

*A directory to promote and support businesses of families
and generous supporters within the Cammeray Public School
Community.*

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Sport/Fitness & Health

P.A.C.E. Functional Training

Peter Fernley

jacqpete@tpg.com.au

418662853

418662853

Athletic development program for students in years K to 6. The program aims to assist with the development of each student's physical capacities and fundamental movement skills.

These skills are developed through playing mini-games and a variety of movement activities.

Classes are held after school Monday to Wednesday.

Elite Physiques Personal Trainers

Andrew Blewman BPhEd

ablewman@hotmail.com

0414 822 407

0414 822 407

Running event preparation specialist.

10years fitness industry experience.

Centre Of Dancing Excellence (C.O.D.E.)

Kathy Petratos
centreofdancingexcellence@gmail.com
0410 598 270
0410 598 270

Centre of Dancing Excellence (C.O.D.E.) is a new professional Ballet & Dance studio located on the Lower North Shore. Miss Sharna Baylis(RAD Rts) & Miss Kathy Petratos will host RAD Classical Ballet, Contemporary, Jazz, Hip-Hop and Stretching & Conditioning classes for all boys and girls, beginners to professionals from the ages of 3yrs to Adults. For all inquires and enrolment details, please contact Miss Kathy on 0410 598 270.

www.centreofdancingexcellence.com.au

miniOrganics Pty Ltd

Sally Simond
info@miniorganics.com
(02) 99670966
411022964

MiniOrganics is the world's first fully certified organic skincare developed specifically for infants and new mothers. This award winning range offers the purest, most gentle products for delicate young skin and a totally natural prescription for dry itchy skin conditions.

www.miniorganics.com

Ignition Coaching

Amanda Hunter

amanda@delancey.com.au

0409 09 1313

0409 09 1313

Business coaching, life coaching and relationship coaching services. Assistance to work on and not in your business, to reach business and personal goals, to obtain better life balance or to improve relationships. Navigate to greener pastures today. Free first hour diagnostic session.

Bodies in Balance Pilates

Tracy Fraser

tracyfraser@bigpond.com.au

0417 446 004

Bodies in Balance Pilates provides pilates mat and studio classes from a home studio in Cammeray. Individual attention and small classes are the focus of Director Tracy Fraser Dip. Pilates, Registered Nurse and member of Pilates Alliance Australia.

Spring Pilates

Larissa Kelloway

larissa@springpilates.com.au

02 9956 6000

0412 564 104

Spring into better health!

Pilates is a client focussed, unique exercise and well being studio, offering the benefits of Pilates method, physiotherapy, exercise physiology, massage and homeopathy services to the northern Sydney community and beyond. We are excited to announce another Cammeray Public School mum Julie Ward will Spring from 8 June 2010, with her talented hands offering a range of beauty therapy services to enhance the main philosophy of Spring Pilates – better health.

Mention you are a parent of Cammeray PS when you start with us at 10% off your initial consultation.

www.springpilates.com.au

Food/Travel/Entertainment

Total Travel Solutions

Christina Musgrove
christina@totaltravelsolutions.com.au
9439-2190
0417244236

With over 40 years combined experience in the Travel Industry, Total Travel Solutions provide the prompt, courteous and personalised service that we believe our clients deserve. Our many satisfied clients include both Cammeray staff and families. 10% Discount on Travel Insurance for all Cammeray Families and Staff.

www.totaltravelsolutions.com.au

Phoenix Trading

Sandy Hall
sandy@iprimus.com.au
94374519
0403916826

Gorgeous greeting cards, Christmas cards, gift wrap, invitations, posters, stationery, gift ideas and more - contemporary designs for all occasions. Shop-at-home convenience, style, quality and great prices. Call for a FREE catalogue! Ask me about fundraisers, Coffee and Cards events, work displays and Corporate cards. FREE GIFT with all in-home sales.

www.phoenixtrading.com.au

MTA Travel

Jo Oldfield
joldfield@mtatravel.com.au
02 9460 8200
0417 258 937

Specialist in International and Domestic Travel for all Family and Business Travel.

www.mtatravel.com.au

Gourmet Dinner Service

Nicole Khun
nh@gourmetdinner.com.au
9905 0266

Too Busy To Cook Every Night?

...Gourmet Dinner Service to the rescue!

We've sautéed, simmered and roasted a host of meals for you on those nights there is no time to cook.

Visit www.gourmetdinner.com.au or phone 9905 0266 for a menu.

FREE DELIVERY - until 12/09. When ordering online add the promo code 'cammeray' on the checkout page.

www.gourmetdinner.com.au

Bayly's at Ensemble Theatre

Ashraf Saleh

ashraf@ensemble.com.au

9956 8250

0433 273 246

Located within the Ensemble Theatre, Bayly's has become known as the perfect place to enjoy lunch or dinner before or after a show.

www.ensemble.com.au

Flying Fox Cafe

Piers Morgan

pbm@bigpond.net.au

9955 4109

0417 002 303

The Flying Fox Cafe is located in Winnereremy Bay Park, on Pittwater at Bayview. The park has bike tracks, open spaces, BBQ facilities and an outstanding enclosed children's playground.

The Cafe is open 7 days for breakfast, lunch and takeaways. We serve great meals and coffee.

10% discount for Cammeray PS families.

www.flyingfoxcafe.com.au

Phat Cow

Abby Crawford
abby@phatcow.com.au
9114 6225
0414 496 748

Phat Cow brings you a fantastic range of succulent meats from Scotch Fillets and T-Bones to Lamb roasts and racks or juicy pork fillets and more.

Phat Cow selects only the best quality, the best value, and delivers to your home or office.

Any order big or small, Phat Cow brings the country to your door. Order now online.

www.phatcow.com.au

synerGEM Jewellery Design

Michelle Clark
obrienmema@bigpond.com
0417 216 787

Contemporary jewellery including necklaces, bracelets, earrings and cufflinks are hand crafted to order. Quality gemstones and pearls together with hand-forged sterling silver and other precious metals are used to create distinctive, unique pieces.

Hudson Meats

Jeff Winfield
jeff.winfield@hudsonmeats.com
02 9332 4454
0414 414 024

Hudson Meats follows the “Paddock to Plate” philosophy and the Hudson team specialise in sourcing regional produce and frequently liaise directly with the farmers.

At Hudson’s you will be able to find Cape Grim Grass Fed Beef from Tasmania, Dry Aged Beef, Lamb from Junee, Pork from Byron Bay, Barossa Chickens, Italian Prosciuttos, Spanish Jamón and Artisan handmade Salamis.

www.hudsonmeats.com

My business is a donor or supporter

Booktopia

Tony Nash
tony@booktopia.com.au
9954 1080
0431 163887

Australia's largest online bookstore. Listed in 2009 BRW Fast 100. Over 2 million titles to choose from, all discounted up to 80% off. All genres. Postage is \$6.50 per order (unlimited books). Free pick up at Warehouse in Lane Cove West.

www.booktopia.com.au

My business is a donor or supporter

Children/Parenting/Family

Baby & Beyond Parental Counselling

Melissa Hughes

melissa@babyandbeyond.net.au

99575858

Qualified Perinatal Psychotherapist, Melissa Hughes has experience in assisting parents with a variety of issues including: Anxiety; Postnatal and Antenatal Depression, Parenting concerns, Feelings of inadequacy, Traumatic Birth experiences and Couple's relationship strains. 50% discount on 2nd couple session.

www.babyandbeyond.net.au

Bright Bubs

Pamela Allen

Pamela@BrightBubs.com

402105590

Bright Bubs is the award winning program that helps parents connect with their baby through musical play. The do-at-home DVD is designed to guide parents through playtime to:

- stimulate with tender massage and tapping
- enrich physical and emotional development and
- assist developmental milestones.

www.brightbubs.com

Crows Nest Occasional Child Care Services

Kylie Palmer - Committee Member
palmer_kj@hotmail.com
94364118

Need child care? For support while you work or study or just so you can get to that appointment. Places are available now in the lower North Shore's only truly occasional child care centre. A not-for-profit organisation catering for 0-5 year olds for an hour, a day (8:30am-4pm) or anywhere in between!

love to celebrate

Gaby Hunter
lovetocelbrate@iinet.net.au
9416 4868
414909545

love to celebrate is modern children's party boutique located in Roseville. Specialising in balloons, decorations, invitations and partyware love to celebrate stocks some of Australia's most beautiful party ranges including Alannah Rose, Paper Eskimo, Poppies from Grace and Sambellina.

www.lovetocelbrate.com.au

energyflow

Ann Bridges
info@energyflow.com.au
0449 8 444 18
0449 8 444 18

Hypnobirthing Practitioner.

Hypnotherapist, specialising in birth. Are you, or someone you know, looking for the tools that will enable you to experience a calm, natural birth? Then these are the birth education classes for you.

www.energyflow.com.au

Table Tonic

Louise Bell
louise@tabletonic.com.au
0414 508 473

An online homewares store selling inspiring finds for modern living. Choose from hand woven ikat cushions, Mexican embroidered bedspreads, Moroccan leather poufs, pure cotton Indian quilts, even décor and toys for your little one(s). Table Tonic products are sourced from far flung corners of the globe and are all handmade.

Cammeray Public parents are invited to save 10% when shopping online, simple enter coupon code "Cammeray" at checkout.

www.tabletonic.com.au

Law/Medical

Appleton & Co Lawyers

Charles Appleton
charles@appletonlawyers.com.au
92623834
0412229139

Solicitor & Barrister; all real property purchases/sales/leasing; commercial disputes/litigation; deceased Estates administration/disputes; Migration Agent (Australian visas); Notary Public (certify documents going overseas).

www.appletonlawyers.com.au

Friends Home Care Nursing Service

Sue Pullar
gpullar@bigpond.net.au
412407142
412407142

Friends Home Care Nursing Service provides 24 hours-a-day, 7 days-a-week holistic nursing in your home with experienced friendly staff. Our services include:

- Home Care Nursing
- Aged Care
- Palliative Care
- Bereavement Support
- Respite Care
- Rehabilitation
- Stomal Therapy
- Companionship
- Lactation Consultant
- Care of Unsettled babies

Call Friends now for a FREE consultation and assessment, guaranteeing a quick response to all referrals.

www.friendshomecarenursing.com.au

Kemp & Co Lawyers

Andrew Kemp
andrew.kemp@kempandco.com.au
02 92999879

Kemp & Co Lawyers provide general legal services with specialist expertise in Veteran's Law, Insurance Litigation and Challenging Wills. We also provide conveyancing services for those buying and selling property in New South Wales.

Located in the heart of Sydney, we are a boutique law firm offering legal services at competitive rates.

www.kempandco.com.au

Bull, Son & Schmidt

Janine De Saxe
lawyer@bullson.com.au
02 9439 5299
Level 7, No.1 Chandos Street, St Leonards

Family Law, Wills & Estates, Conveyancing. No matter what type of legal problem you have, we will be able to help.

www.bullson.com.au

Marketing/Media/Consultancy

Emigraph Creative

Russell Jeffery
russell@emigraph.com
9929 5062
0409 396 445

Emigraph Creative is a Sydney-based graphic design studio. We provide innovative and targeted design solutions in both print and electronic media, to corporate and consumer clients - large and small.

www.emigraph.com

EMM Consult Pty Ltd

Eva-Marie Matiszik
evamarie@emmconsult.com.au
94608287
0411377076

My small consultancy solves management problems, advising and solving processes, improving marketing and change management. I have developed performance scorecards, training and communications strategies. I've worked for large organisations (banks & government) and smaller not-for-profit. I help you 'find a better way' of doing things.

Browns Lane Productions

Cris Parker

cris@brownslane.com.au

99541064

0413599076

Browns Lane is an experienced production company based in North Sydney that provides quality scripting, filming and editing. We are a reliable and cost efficient company that can assist with your filming needs, whether it's marketing your company, updating your website or simply celebrating and sharing your family history.

www.brownslane.com.au

Mint Marketing & Communications

Carol Walker

carol@mintmarketing.com.au

99675416

412594459

Marketing & Communications Consultancy: Brand, Strategise, Design, Write.

Experienced in Tenders - Strategy, Document Design/Packaging, Writing and Production. (e.g. Design & Construct PPP's -Defence, Correctional, Health, Schools).

Passionate to create and rejuvenate, brands and collateral (e.g. logos, stationery, brochures).

www.mintmarketing.com.au

Supersonic

Antony Partos

antonyp@super-sonic.com.au

02 93687234

0414 738 531

Original music composition and sound design for film, television, advertising and new media

www.super-sonic.com.au

Kathy Salter

Kathy Salter

salter@accsoft.com.au

0417 216 787

Direct marketing and public relations consultant. If your business could benefit from project-based or freelance marketing advice and campaign management, then let's talk!

Marketability

David LoRusso

david@marketability.com.au

02 9959 2220

0407 109 375

Marketing consulting business that specialises in three main areas:

1. Research & Insights
2. Strategic Planning
3. CRM & Marketing Communication Implementation

We are driven to optimise and improve your marketing return on investment. No business too big or small. We offer a complimentary business consultation meeting, coffee/meal at Maggio's Café to any parents and supporters of the school.

www.marketability.com.au

Property/Building/Finance

Stylish Outcomes

Sally-anne Hunter

jhun1815@bigpond.net.au

02 99567270

0402 407 633

Residential interior property styling for pre-sale preparation or home refurbishment and updating.

Customised services range from a one hour consultation to whole house project management including professional advice on colour selection, furniture rearrangement and hire, window, wall and floor treatments, accessorising, decluttering and storage.

Call our friendly team today for a free quote. 10% discount on initial consultation for Cammeray school parents and staff.

Northside Ceiling Insulation

Andrew Smedley

nsci@optusnet.com.au

Freecall 1800096234

0414803960

Take advantage of the Federal Government FREE insulation offer and receive \$1600 worth of free ceiling insulation on your own home or rental property. Happy to donate \$40 to the school on mention of the business directory when insulation is installed. We pride ourselves on offering friendly professional service to the Cammeray Willoughby area and beyond.

www.northsideceilings.com.au

Raine & Horne Chatswood/Willoughby

Hugh & Cassandra Macfarlan
cassandra@rhcw.com.au
02 9417 4877
0416 155 165

The business encompasses all aspects of residential and commercial real estate including sales, leasing and management services.

Our commitment to client service ensures a professional & detailed approach delivering optimal results every time.

For every settled sale RHCW will donate \$500 towards school resources. Conditions apply.

www.rhcw.com.au

Desire 4 Design

Sacha Klarenbeek
sacha@desire4design.com.au
425211090

We provide full Indoor-Outdoor design services.

Renovate your home or need help re-designing your garden? Desire 4 Design can meet your requirements.

We provide the following services: interior design/decorating, landscape design, concept sketches, colour consultation, council submission and project management.

Also experienced in commercial, retail and medical design.

MacGibbon Services Pty Ltd

Ben MacGibbon
macgibbonservices@bigpond.com
+61299064564
+61402699115

Property advisory, development and project management services. Delivery of your vision from acquisition through to completion. Expertise in varying property sectors including medium density residential, retirement living, commercial fitouts, healthcare, hospitality and leisure. We add value to your investment.

The Salisbury Group

Clinton Clarke
bevclint@bigpond.net.au
02 9909 8558
0414 867 450

Financial planning and insurance

www.thesalisburygroup.com.au

Orchard Solutions Pty Ltd

Glen Orchard

glen@orchardsolutions.com.au

0415 886 050

Electrical and Lighting Services

Servicing The Local Cammeray Community.

For All Your Domestic, Commercial And Strata Electrical Needs.

Mention This Ad To Receive A Free Safety Check Today.

www.orchardsolutions.com.au

HABITUS Wealth Creation

Gregory A. Koch

greg.koch@ampfp.com.au

02 8257 3342

0412 657 001

Habitus provides a comprehensive and holistic personal financial advice service to assist you on your pathway to financial security.

Goldkey Financial

Chris Lapointe

Chris.lapointe@gkfinancial.com.au

0418602807

0418602807

Goldkey Financial founded in 1990 is a financial services company that offer tailored financial solutions in the mortgage, leasing and financial planning space. Buying a home, investment property or have a business with finance needs or require some equipment or a new car and Goldkey will source the best solution for you. Goldkey will rebate the standard bank application fee of \$500 for first time clients

www.goldkeyfinancial.com.au

Contemporary Architecture Pty Ltd

Clare Carter

clare@contemporary.net.au

02 9438 4200

0419 400 493

Contemporary Architecture is a design focused practice based on the lower North Shore of Sydney with extensive experience in creating quality Residential, Educational and Industrial designs. We have been residents in Cammeray since 1995 and our children have attended Cammeray Public School since 1999. We are committed to improving the built environment in our local area and have extensive experience in the North Sydney and Willoughby Local Council Areas.

www.contemporary.net.au

Mortgage Choice

Andrew Hawking

andrew.hawking@mortgagechoice.com.au

02 9929 2683

0414 890 574

It can be difficult to find a home loan that's right for you. Why shop around talking to lenders when you can speak to me. Mortgage Choice has up to 22 lenders with 350 products to choose from that will be explained to you in simple English. This way when it comes to making a decision about your new home, you'll be making an informed decision.

As your local home loan expert in Cammeray specialising in first home buyers, re-financing, construction, investment home loans, I look forward to helping you get into your dream home sooner!<http://www.mortgagechoice.com.au/cammeray1>

My business is a donor or supporter

Wealth Foundations

Andrew Jenkins

ajenkins@wealthfoundations.com.au

02 8249 8176

0421 538 492

Wealth Foundations provides strategic wealth management services to professionals, executives and business owners. Advice is independent, unbiased and impartial.

Visit the site www.wealthfoundations.com.au. There is plenty of useful and helpful information.

Magdelina Hinckfuss Interior Design

Magdelina Hinckfuss

magdahinckfuss@bigpond.com.au

0403 920 928

Provide assistance from decoration to design. My style has European influence that is mixed with Australian lifestyle. I create simple, but fresh, plain but natural (both in texture and materials) spaces and when allowed with a bit of cheekiness.

Thought Source

Luke Silcock

Luke.silcock@thoughtsource.com.au

02 8002 0087

0414 423 236

Thought Source is a specialist provider of Information Technology Management Consulting Services. If you are a manager in a medium to large organisation with plenty of IT related problems (and opportunities!) give me a call.

First coffee at Maggio's is on me!

www.thoughtsource.com.au

A.M General Services Sydney Pty Ltd

Arif Mohammed

amservices@live.com.au

0412 675 816

Located on the Northern Beaches, providing quality services in and around the Sydney area. Services range from landscaping, woodwork repairs, painting, restoration, small building workings, gardening, caretaking, all handyworks, rubbish removals and cleanup.

Call or email me for a free quote (on-site inspection available if required).

(Currently GA at Cammeray Public School)

Fine Lines Cabinetry

Jarod Scott & Jonathon White

Jon@finelinescabinetry.com.au

02 9939 1151

26/410 Pittwater Road, North Manly

We are both fully qualified, professional cabinet makers. All projects are manufactured in our own factory where we can show you the wide range of material available to you. We have a range of high quality products that we prefer to use, however, we are not limited to any brand and can source any other product you prefer.

Our products include kitchen renovations, custom made cabinetry, vanities, entertainment units, wardrobes, commercial, bars & reception desks.

www.finelinescabinetry.com.au

Sue Ashton-Davies

Susie@juliettedavies.com

02 9922 4981

0419 462 365

Freelance journalist and Editor. 15 years experience in Business and Information Technology (specialising in consumer experiences and human resources).

The Australian, Sydney Morning Herald, IDG, Pacific Publications

Qualifications: Post Grad in Publishing and Editing Macquarie University.

Other experience: Public Relations.

GDB Architecture Pty Ltd

Graeme Bell

Graeme@gdbarchitecture.com.au

02 9818 4236

0416 039 686

Residential Architecture and Interiors specialist.

We have a local knowledge of North Sydney, Willoughby and Ku-ring-gai Councils. We can be of service with any size project from small alterations and editions projects through to new dwellings.

Logic Design Interiors

Anouke Klarenbeek

anouke@logicdesign.com.au

0421 122 702

Sacha Klarenbeek

sacha@logicdesign.com.au

0425 211 090

DESIGN: Concept design, CAD drafting, council documentation, lighting design.

CONSULTING: Site planning, outdoor décor and fittings selection, lighting selection, exterior colour selection.

PROJECT MANAGEMENT: Liaising with architects, council Development Applications, liaising with contractors, sourcing materials.

Please give us a call for a free consultation and we offer 20% off our casual rate to parents of Cammeray Public School kids.

www.logicdesign.com.au

More information

For up-to-date information or to register your business see the Cammeray Public School website at:

www.CammerayPanc.org.au

The information in this directory was provided by the businesses involved. Cammeray Public School P&C makes no representation as to the accuracy of the information, nor does the P&C recommend the businesses. People contemplating using the businesses should make, and rely upon, their own enquiries.