

Sydney Observer

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f Sydney Observer



Mother's Day
Special

Slow
Down in
Our Streets

Stylish
Autumn
Homewares

Vanessa Amorosi
is Back

Amanda Mifsud

THE ENTERPRISING WOMAN

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FROM THE EDITOR

This May, *Sydney Observer* has a stack of events and activities that will keep your diaries full.

We showcase the talented artists at Grace Cossington Smith Gallery, who share the passion and inspiration behind their work (12-13), while Amanda Mifsud reveals how she created Blind Inspiration, her thriving business that is a reflection of her persistence and drive (16-17).

Our Home and Garden section has a selection of the best plants to turn your bathroom into a lush escape (21), and our autumn homewares feature is a stylish curation of the hottest trends this season (22-23).

As always, our What's On section has an array of activities, while we also have some delicious recipes that will have you excited for your next meal (36).

So grab a drink, sit back and enjoy our May issue.



Hannah

PUBLISHED BY: Kamdha Pty. Ltd.
EDITOR: Hannah Prasad
 (editor@kamdha.com)
JOURNALIST: Isabella Ross
CONTRIBUTORS: Tita Smith,
 DR. Ian Sweeney, Kerrie Erwin, John Ross.
DESIGNER: Frederico S. M. de Carvalho
BOOKING DEADLINE: 15th of the month
PHONE: (02) 9884 8699
ADDRESS: PO Box 420, Killara NSW 2071



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Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby

BATHROOMWARE HOUSE

ME TIME FOR MUMS SALE

Ditch the flowers and chocolates for a Mother's Day treat mums will really love – Me Time.

Make the bathroom a space to get away from it all, with relaxing baths, luxurious showers, warm towels and vanities that cleverly conceal the clutter so mum can really escape. And don't forget a lock for the door!

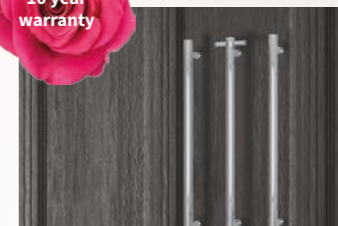
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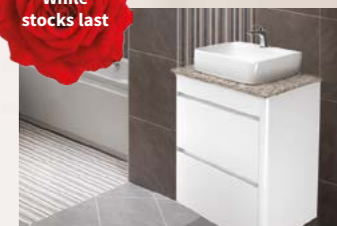
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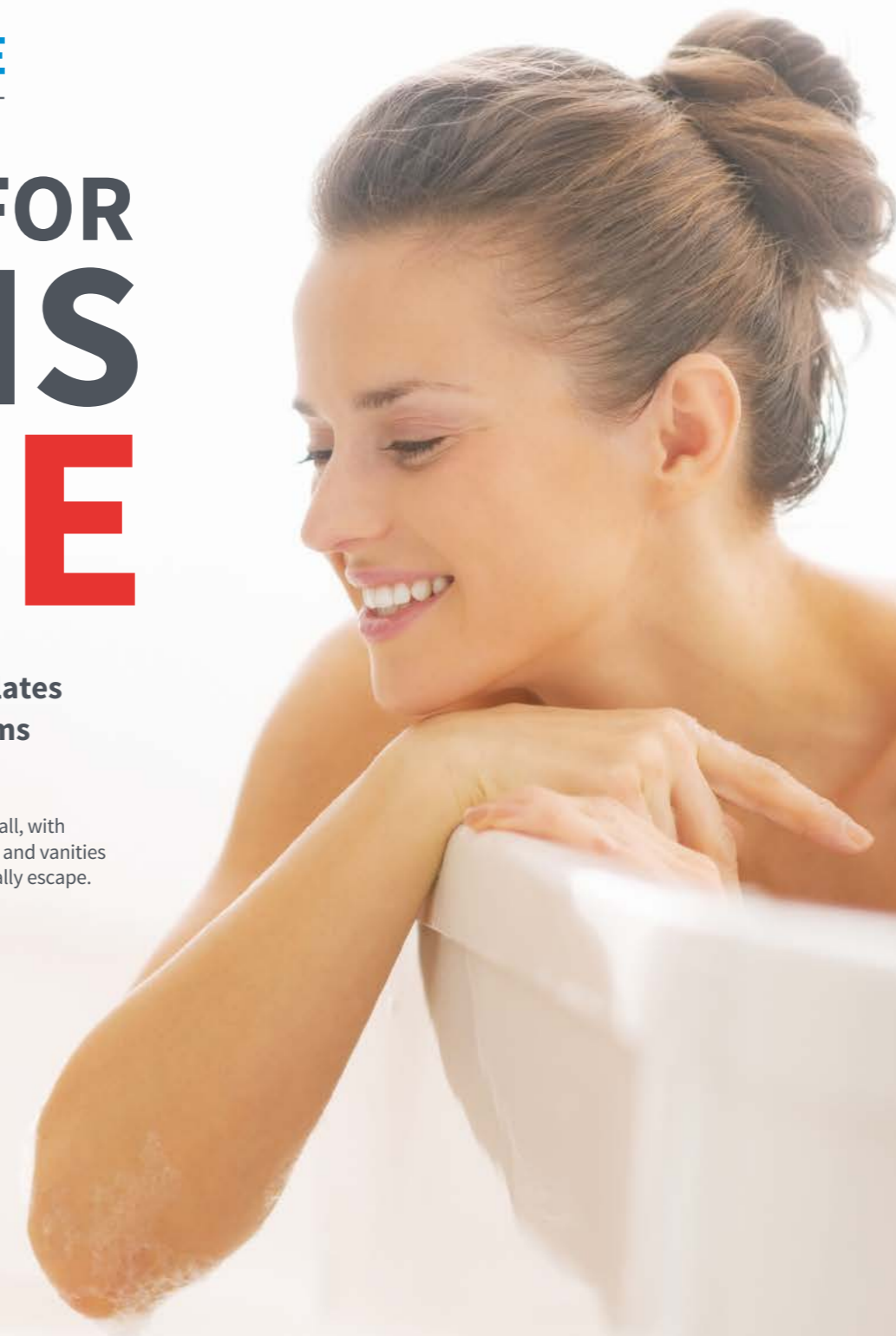
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SNIPPETS

Slow Down in Our Street



Slow Down in Our Street is a local road safety project jointly funded by NSW Roads and Maritime Service (RMS) and Ku-ring-gai Council.

Every driver travelling on Ku-ring-gai roads is asked to Slow Down in Our Street and make our local roads safer for all road users.

Speed is the highest identifiable factor in crashes within Ku-ring-gai LGA. RMS data shows that there were 268 recorded crashes in the Ku-ring-gai local government area in 2016 with speed being a factor in 12% of these crashes.

The likelihood of being in a crash, resulting in a serious casualty, rises significantly with even minor changes in travelling speed.

Australian research shows that the risk of a serious casualty crash doubles with just a 5 km/h speed increase on 60 km/h urban roads.

Council will also be spreading the Slow Down message via social media, outdoor advertising and Police enforcement where possible.



Planning for the Future

As part of a Local Strategic Planning Statement, the local community is being asked for their views on what makes up the character of Ku-ring-gai. The planning statement aims to set out a vision for the land, planning priorities and other actions for the council to pursue economic, social and environmental goals over the next 20 years. Have your say by following the link below.

oursay.org/kmclsps



Go Green with Golf Carts

The public golf course at Gordon now owns 14 new golf carts powered by lithium batteries.

In a bid to reduce greenhouse gas emissions, the golf carts will also deliver up to 40% off reduction rates in energy costs each year. Other energy-saving initiatives by council include solar panels at the depot and libraries, and movement activated lighting, which switches off automatically when offices become empty.

Remagine submissions open

Hornsby Shire Council are urging locals to let their imagination run wild and turn waste into art. The unusual request is in regards to the opening of submissions for the mixed media and digital art competition, Remagine. For over a decade, the council and Hornsby Art Society have invited artists to upcycle materials. Entries close on May 12th, with Remagine exhibiting from May 29th – June 16th at Wallarobba Arts and Cultural Centre.

hornsby.nsw.gov.au/council/noticeboard/news/remagine-2019-art-competition-and-exhibition-entries-now-open

Get a Flu Jab this May

The community are being urged to set a reminder for May 1st to book a flu jab ahead of winter. The NSW Government has invested around \$130 million in the 2018-19 Immunisation Program budget.



"Flu vaccines have already been distributed to aged care facilities but for the wider population, supplies should be with their GP by May 1," NSW Health's Communicable Diseases Director, Dr Vicky Sheppard said.

Jonathan O'Dea's Vision for the Future

Jonathan O'Dea is a life-long resident of Northern Sydney and calls Lindfield home. He was elected as Member for Davidson in 2007 and brings a wealth of knowledge and experience to Parliament. Having worked as a lawyer in private and corporate practice and in senior management roles, Jonathan has a clear vision for the future and his community. He has been elected as the Speaker of the Legislative Assembly (Lower House) and shares his goals with *Sydney Observer* readers.



Jonathan O'Dea MP was elected as Member for Davidson in 2007 from a career in the private sector. His formal qualifications include Bachelor degrees in Arts and Law and Master Degrees in Law and Business Administration. He is also a Fellow of the Australian Institute of Company Directors.

Jonathan brings a wealth of experience to Parliament including working as a lawyer in private and corporate practice, and in senior management roles. He has run various niche financial services businesses and was a non-executive board director of HCF, a health insurance company with more than \$2 billion turnover.

Jonathan's previous community activities include serving on the Boards of education and charity organisations, as Deputy Convenor of Australia's Classification Review Board and as a Councillor on North Sydney Council from 1991 to 1995.

When the NSW Liberal/Nationals were elected to government in 2011, Jonathan was appointed Chair of the NSW Public Accounts Committee, serving until 2015. He was also Deputy Chair of the Legal Affairs Committee for part of that term.

From April 2015 until January 2017 Jonathan was Parliamentary Secretary for Major Events and Tourism, adding the Trade and Investment portfolio from April 2016. Jonathan most recently served as Parliamentary Secretary to Premier Gladys Berejiklian and Treasurer Dominic Perrottet, from February 2017 until the 2019 election.

Jonathan is a life-long resident of Northern Sydney and lives with his wife and four children in Lindfield.

"My words today will revisit some themes addressed in my own inaugural speech, including the role of both tradition and reform - as old and new combine towards building a brighter future.

In my inaugural speech, I mentioned the need to better safeguard our environment in a sustainable way. While not intending to normally comment on government policy as Speaker, I am pleased the Government has identified 'quality local environments' as a high priority for this term of Parliament.

We need to better use modern technology and methodologies to improve efficiency, communicate more effectively and engage more meaningfully with the public in a way that enhances democratic decisions. It is important that such improved public engagement extends to people in rural and regional NSW. The Parliament should aim to truly connect with all people in NSW, no matter how remotely they live.

Examples of potential projects include having Wi-Fi properly operating in electorate offices, allowing for e-petitions, appropriate audiovisual capacity, boosting education and outreach resources, judiciously using citizen juries and introducing a basic app to replace the current paper-based recording of votes in this House.

The welfare of members will be an important part of my speakership. I am happy to assist all members in reasonably pursuing their interests. For example, I believe that it is appropriate to have a modest termination payment arrangement in place for members when they leave Parliament. This is a matter I initially spoke about in 2011, after five first-term Labor Ministers left office without such transitional assistance. I am saddened that the Coalition MPs for Murray and Coogee recently faced the same unsatisfactory situation.

Another planned initiative is to facilitate training or personal development opportunities to assist local members to best serve the public in an ethically sound way. I will have more to say on this matter in the near future.

I look forward to our journey together over the next 4 years, undertaken in the best interests of the people of NSW."

Jonathan O'Dea, State MP

Seniors Program at Boonah Creative Arts Centre

Isabella Ross

In one of our previous issues, we shared with our readers the wonderful work of Boonah Creative Arts Centre in West Pymble, a studio that meets the needs of those living with a disability looking to pursue an artistic passion. In exciting news, the centre has announced that an additional senior's creative arts program is on the horizon. Designed especially for seniors, the program is welcoming those who would like to participate in sociable art classes and in turn improve their wellbeing, confidence and creative abilities. Sticking with its core objective, the program will also support people living with dementia in the community who would like to get involved.

"We wanted to do a program specifically for over 65s, directed at those who might benefit from a supportive group in a social setting, creating art together. Our aim is to be inclusive, so also targeting seniors who might need the extra support and for those who are living with dementia. It's about bringing people together and supporting them in their creative endeavours alongside well-trained staff," Area Coordinator at Aged Care Services for CatholicCare, Shane Watson revealed.



Photo reproduction of the painting from artist Mike Stead.

This program can be accessed through government supported centre-based respite funds for those who are eligible. For more information on the centre visit: catholiccareddb.org.au/aged-care/



Calling All Artists!

The highlight of the Wildflower Garden Festival in August is the Sculpture Walk and this year there is a total of \$5200 in cash prizes on offer for winning entries. The environmentally-themed public art competition is open for entries until Monday 15 July.

The Sculpture Walk gives local and regional artists the opportunity to exhibit their works in the beautiful bushland surroundings of the Ku-ring-gai Wildflower Garden. The sculptures are a visual reflection of the unique Australian bush landscape, while utilising sustainable materials.

This year, the young ones are encouraged to enter the competition with a new Junior Sculpture Walk category being introduced to the competition. Children aged 12 years and under are invited to submit their artworks for judging in this category.

A first prize of \$3000 will be awarded, \$1500 for second and \$500 for third. Junior Sculpture Walk winners will receive a sustainability prize pack.

The George Caley People's Choice Award, named after the first botanist to explore the area, George Caley, will also be up for grabs. The award incorporates social

media into the event, by encouraging visitors to engage in the Sculpture Walk by uploading a photo of their favourite artwork to Instagram, along with a caption and hashtag #wildflowerartwalk for a chance to win \$100. The winning entrant's chosen artist will also win \$100.

Entries will be judged on Friday 23 August and announced at the Festival on Sunday 25 August around 1pm.

For more information head to kmc.nsw.gov.au/Things_to_do/Events_activities/Major_events/Wildflower_Art_and_Garden_Festival

Northshore Travel Wins Business Award

Northshore Travel has built a reputation for reliable service that is tailored towards your travel needs. They have recently been recognised for their efforts at the Local Business Awards, receiving a prize for being an outstanding travel agency.

"Northshore Travel is honoured to receive the Local Business award, and that our hard work and dedication to the travel industry has been recognised in this, our 25th year of servicing the North Shore's discerning travellers. Thank you to our loyal clients for their nominations, continued support and allowing us to make their travel dreams a reality," stated Deb Moffatt from Northshore Travel.

"We are immensely proud of our team of dedicated professionals whose hunger for knowledge and




The team is filled with joy by their win.

growth has helped to expand the business, which now offers escorted small group journeys and exclusive client events to our services. We look forward to continuing to offer

our clients a seamless and trusted travel experience."

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Images from left: 'Montgomery Reef, WA', acrylic on canvas, Julie Keech (tutor)
'Untitled', mixed media on paper, Cilla Davis (tutor)

Enrol at: kmc.nsw.gov.au/artcentre



Grandeur in the landscape: The Hawkesbury Exhibition

Isabella Ross

Local favourite, Grace Cossington Smith Gallery in Wahroonga, is showcasing the untamed landscape in their new exhibition, The Hawkesbury. Running until May 9, the exhibition features artists Lyndall Beck, David Collins and Viola Dominello who have taken inspiration from the marvellous Hawkesbury River. These views have been executed through a variety of approaches, including sketches in charcoal and pastel, thin liquid washes, crusty oil, layered prints and evocative film. Whilst admiring the exquisite art, I was in absolute awe of a river people seldom applaud.

“These three artists are incredibly successful. The Hawkesbury is really lovely, people who go there love that notion of the river, the freedom of the river. David, Viola and

Lyndall all work outdoors in the open a lot. It’s such a beautiful space,” praised Director of the museum, Mary Faith.

“The three of us went out on a kayak to an area just off Mara Creek, and it’s very special. We were quite silenced whilst we were entering the area, as it was like entering a cathedral. We are fortunate that it’s so close to us. It’s not celebrated like the harbour or the desert. It has kind of got this unknown quality to it, almost like a secret,” Viola revealed.

David nodded his head in agreement, detailing its beauty.

“It has an unruly quality about it, you get great sandstone cliffs, mangroves and scrubs. I’ve been living on the Hawkesbury for over



30 years, so it feels natural to capture what is around me. A lot of what I do is a mix of what I see and my memories.”

When I asked the artists how they decide when it is time to put the paintbrush down, they each assured me that it is a challenging task.

“That’s the hardest part, is knowing when to stop,” assured David.

“I like to think of it in relation to ‘The Gambler’ by Kenny Rogers – you’ve got to know when to hold it, when to fold it, know when to walk away and know when to run,” laughed Lyndall.

The visual grandeur of the coastal river environment, including the tides, mangroves and weathered jetties are conveyed beautifully. During conversation, Lyndall



Lyndall Beck, David Collins and Viola Dominello.

shared the inspiration behind her collection, describing the ever-evolving landscape.

“I’ve done a bit about the houses that are being demolished in Brooklyn. They are so quaint and iconic, so I think it’s about capturing what is there in the moment.”

It was an eloquently simple response from Viola when asked what she appreciates most about being an artist, which stood out for me.

“Art is a life. It is challenging as you never arrive and are constantly searching. It’s consuming but it does sustain you.”

And as I left the exhibition, in admiration of the artists’ rich talent, I knew I would have to visit the Grace Cossington Smith Gallery once again.

On May 4th, Grace Cossington Smith Gallery is inviting members of the public to join Hendrik Kolenberg in conversation with each of the artists followed by morning tea from 10:30am – 11:30am.



Gallery hours Mon to Fri 10 am-5 pm Sat 9 am-4 pm FREE ENTRY
Gate 7, 1666 Pacific Highway, Wahroonga | 02 9473 7878
gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au
An Anglican Pre K-12 Day and Boarding School for Girls

Grace Cossington Smith Gallery



ABBOTTSLEIGH

Hold Everything Dear Eight artists explore values felt at risk in times of rapid change	14 May to 1 June
Electricity Exploration of drawing enhanced by a simple electric current	5 June to 13 July
Connecting Thread Artists considering ideas about personal history, culture and memory	19 July to 22 August
HSC Showcase Abbotsleigh Year 12 Visual Arts	27 to 30 August (closes 1 pm)
Out of the shadows of a long summer Alison Rehfisch and her modernist contemporaries	4 September to 10 October
Arboreal Narratives Environmental artists embrace the character of trees	15 October to 2 November
Grace Cossington Smith art award 2018 Grace Cossington Smith art award winners Catherine O'Donnell, Stephen Hall and Jane Theau	7 November to 5 December

Australia's Future is Bright

One of the privileges of being a Member of Parliament is meeting and interacting with young people – in my electorate of Bradfield, and all around Australia.

I sometimes hear people claim that today's young Australians are the entitled generation – in my view, this couldn't be farther from the truth.

Young people today have grown up with the Internet, smartphones and a constant flow of information – and as a result they are well informed and knowledgeable.

Young Australians have a well-informed perspective on Australia – and on the world. They have often travelled extensively to other countries; many have studied overseas or visited other countries as part of sporting or cultural exchanges.

And of course they have grown up in an Australia which is much more diverse than fifty years ago. When your classmates come from many different cultural, ethnic and language backgrounds, you simply take diversity for granted.

As for those who call young people “lazy” or “entitled”, I say this is very different from what I see in the busy, multitasking lives of young Australians today. Many are industrious, with many working more than one job while balancing a tertiary education and their social life.

Of course, today's young Australians also face some pressures that earlier generations did not. It's estimated that one in four young Australians aged 16 to 24 experience mental illness in any given year.

While this has many causes, the role of social media in my view cannot be ignored. A few years ago, as Parliamentary Secretary to the Minister for Communications, I led work to establish the Office of the eSafety Commissioner. This Office provides many tools and resources for young people who may be struggling with online bullying, revenge porn, or some of the other nasties the internet can bring. If this is you, I'd encourage you to visit esafety.gov.au.

As Minister for Families and Social Services I was recently able to deliver

\$17 million in funding for additional services at headspace, an organisation dedicated to providing mental health support services to people aged 12 to 25.

One of the other priorities in my portfolio is supporting young people in the transition from school to work. We are funding some terrific programs around the country, such as Productivity Bootcamp in Penrith.

Each new generation needs to overcome its own distinctive set of challenges – and today's young Australians are no different.

But today's young Australians are a remarkable generation in my view – well informed, agile, innovative, hard-working and passionate.

In years to come the future of our nation will increasingly be in their hands – and I for one am confident that our nation has a bright future.

Paul Fletcher is the Federal MP for Bradfield and Minister for Families and Social Services

May Election

With the federal election on May 18, *Sydney Observer* has an overview of the candidates running in the electoral division of Bradfield, covering the Ku-ring-gai area.

PAUL FLETCHER (Liberal)

Paul says the Liberal National offering is about backing Australians to have a go. It's about lowering the tax burden and maintaining a strong economy, so they can continue to deliver the services that Australians rely on. They have a focus on keeping Australians together.

TONY ADAMS (The Greens)

Tony is committed to ensuring the political system starts planning for the broader long-term implications of climate change.

He believes Australia can continue to grow into a more compassionate and fairer society by facing the reality of climate change and the social inequality challenging many within our society, including our Indigenous brothers and sisters.

MARCUS VERSACE (United Australia Party)

Marcus represents the United Australia Party, they are committed to reducing taxes, stimulating the economy and providing Australians with access to basic services.

STEPHEN MOLLOY (Sustainable Australia)

This party aims to secure an economically, environmentally and socially sustainable Australia. This includes secure jobs, affordable housing, better planning, and a sustainable environment and population.

During his career, Steve has consulted with large corporations and small start-ups and everyone in-between. He commits 100% and works extremely hard with focus to make sure everything is done to the best of his ability and help grow the team to new heights.

CHRIS HAVILAND (Labor)

Chris Haviland is a small business owner who was born and raised in Bradfield.

He has previously worked in the health and education sectors. He has seen first-hand how the Liberal's cuts to these essential services have hurt the community. As a former Member of Parliament, Chris knows what it takes to be a strong voice for the community.

VOTE

PAUL FLETCHER

LIBERAL FOR BRADFIELD

Step 1.

Start here and number every box.

(Small green ballot paper)

You must number every box.

Electoral Division of Bradfield

5	ADAMS, T
1	FLETCHER, Paul LIBERAL
2	VERSACE, M
3	MOLLOY, S
4	HAVILAND, C

Step 2: Senate Voting.

(Large white ballot paper)

Place a number **1** in box **D** and then number the boxes as indicated below.

D

1

LIBERAL & NATIONALS

M

6

AUSTRALIAN CONSERVATIVES

P

3

CHRISTIAN DEMOCRATIC PARTY (FRED NILE GROUP)

R

4

LIBERAL DEMOCRATS

Z

2

UNITED AUSTRALIA PARTY

AI

5

THE SMALL BUSINESS PARTY

No need to number the boxes below the thick black line.

BUILDING OUR ECONOMY. SECURING YOUR FUTURE.

Authorised and printed by C. Stone, Liberal Party of Australia, NSW Division, Level 12, 100 William Street, East Sydney NSW 2011.

Amanda Mifsud

The Enterprising Woman

Hannah Prasad

Amanda Mifsud embodies the enterprising woman. Strong and stylish, she has raised 3 successful daughters while establishing her business, Blind Inspiration. Now running for 17 years, Amanda's business is a reflection of her hard-working nature and passionate personality. *Sydney Observer* had the pleasure of talking to Amanda to discuss her career, design inspiration and the power of women in a male-dominated industry.

With a degree in medical science, Blind Inspiration is a world away from the career path Amanda saw herself going down. When informed of the lack of women in the industry, Amanda completed an interior design course, which gave her an eye for design that allows her to stand out in the market.

"I started the business when I lived out at Dural. I used to work from home and carry all the samples in my car. I had a lady come to the home once a week to do the bookwork. So I started off relatively small and I used to advertise at the children's schools and in the local newspapers."

"It was a slow progression, which was good because I was so busy with my girls when they were babies. I used to advertise in shopping centres. I'd go to shopping centres and set up a display with the shutters, blinds, curtain fabrics and I'd book in the leads and appointments from there as well."

Jenny is the General Manager at Blind Inspiration. Showcasing an attentive eye and passion for her products, it is no surprise Jenny and Amanda's friendship is as strong as it is. Intertwining sentences, their thoughts flow smoothly as they empower each other through a mutual passion. Amanda describes Jenny as a second mum, while Jenny also has a great connection with Amanda's family.

"I actually approached Amanda because she was the only woman in this industry. So I left my job and approached her and I said, if you employ me the sky's the limit and we can do this as a women-run team, because Amanda is the only woman in this very male-dominated industry," Jenny reveals.

"I used to work from home and carry all the samples in my car...It was a slow progression, which was good because I was so busy with my girls when they were babies."



Amanda and Jenny have formed a strong friendship.

"Ever since I've taken on Jenny, that's when the business thrived. We saw a vision together and we got a premise at Lane Cove. We took a couple of salespeople on and the business just grew from there."

Amanda will be creating a unique product for the shutter industry. Launching in June, the motorised shutter is a world-first and our *Sydney Observer* readers are lucky enough to have a sneak-peak into Amanda's design and inspiration behind this piece.



Amanda with her daughters.

"It looks exactly like a plantation shutter, but it's motorised and the blades lift up, so you have a clear view of your scenery."

"So many people used to say, 'we love shutters, but we're just worried about the view'. I was at a trade show in America and I was thinking there is nothing new. Motorisation has come a long way within the last 5 years, it has become so much more affordable and everyone wants to walk into their home and go, 'blinds come down' and it's done."

Lastly, Amanda says windows shouldn't be overlooked as a design element.

"People think it's about the furniture and the colour of the walls, but windows are such a prominent feature of the homes in Australia, they literally transform any house into a home."



School Infrastructure NSW

Construction Underway at Local School

Isabella Ross

Construction has officially begun at Kent Road Public School, as part of a \$6 billion investment from the NSW Government. Announced in 2018, the initiative aims to provide more flexible permanent teaching spaces and advanced core facilities. This major investment will be delivered over the course of the next four years, with more than 170 schools across NSW set to undergo upgrades.

Member for Ryde, MP Victor Dominello commented on the positive impact this project will have on the local area and its future students.

“We are making significant investments in our local community to make it even stronger and better for our future. The NSW Government is turning Ryde into the education powerhouse of NSW. As part of this investment, Kent Road Public School is set to undergo a major upgrade. Recently the project’s reference group showed the local

This \$6 billion funding boost is the largest investment in public education infrastructure in the history of NSW.

community the flythroughs and they were really impressed.”

This \$6 billion funding boost is the largest investment in public education infrastructure in the history of NSW, therefore delighting parents and pupils across the wider Sydney basin. Located near the North Shore in Ryde, Kent Road Public School is also being upgraded in a bid to accommodate a steep increase in the local population.

Victor Dominello Twitter Page



MP Victor Dominello with NSW Premier Gladys Berejiklian.



Walk Safely to School Day

Walk Safely to School Day will be occurring on Friday 17 May. This initiative encourages kids to walk and commute safely to school, promoting road safety, health, public transport and the environment.

Now in its 20th year, the annual event is a great way to get the kids walking and to transfer this simple form of exercise into their routines. Parents and carers are encouraged to walk to school, while reinforcing safe pedestrian behaviour to primary school aged children.

The skills and values Walk Safely to School Day teach are integral for kids as they navigate busy roads and develop road-crossing skills that can be used as they mature.

For more information on how your school can get involved go to walk.com.au/WSTSD/.

Prestigious Award for Local Student

Roseville College student, Mari Watkins, is one of eight young Australians to have been awarded the Simpson Prize. The prestigious national history competition encourages participants to explore the significance of the ANZAC spirit in relation to Australian history.



Emily Galton

Roseville College student Mari Watkins.

“I congratulate every student in Bradfield who entered the Simpson Prize and gained a better understanding of the Anzac tradition and its importance to our national identity,” Member for Bradfield, Paul Fletcher said.



Learning Festival

Saturday 25 May, 2019
12pm to 4pm

Our Open Day is an ideal opportunity to visit our campus and to experience learning by girls in Kindergarten to Year 12.

Come and see student exhibitions, recitals, performances, sport demonstrations, workshops, a STEAM project fair, cafes, food vans, activities for young children, and more!

For news about our Festival, visit rosevillecollege.com



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27 Bancroft Avenue, Roseville
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E registrar@roseville.nsw.edu.au
Roseville College is a school within the Anglican Schools Corporation

www.rosevillecollege.com

SYDOB50419



Before and After School Care Boost

Under the NSW Liberals & Nationals Government, before and after school care will be made available to all parents with children at public primary schools on the Upper North Shore by 2021.

Premier Gladys Berejiklian, announced \$120 million will be invested by the government to expand before and after school care, providing families with access to affordable, convenient and flexible services.

“We know a major challenge for working families is accessing affordable

and convenient before and after school care,” Ms Berejiklian said.

To make life easier for families, all public primary schools on the Upper North Shore will be required to open their playgrounds, halls or classrooms for before and after school care and school holiday care from 7am to 6pm.

Member for Ku-ring-gai Alister Henskens states, “The Upper North Shore community is a region with a lot of working families and it’s important we provide them with choice and flexibility when it comes to before and after school care.”



Premier Gladys Berejiklian, announced \$120 million will be invested by the government.

Best Bathroom Plants

Tita Smith

Introducing plants into your bathroom can transform the tranquillity and instantly splash up the décor, with the beautiful contrast of green leaves against polished tiles. Not only are they great for improving air quality, having plants around also helps increase concentration and reduces stress levels, and are an essential element of turning any house into a home. With temperamental conditions, it can be difficult to decide which ones will thrive. Here is a list of a few of our favourites that will love living by your bath side.



Window Sill Warriors
Although all bathroom plants flourish in the humidity, some will need more sunlight than others. Aloe vera, orchids and Boston ferns will furnish the room best from the windowsill, where they can receive some direct rays.



Fluorescent Favoured
If your bathroom is fitted with fluorescent lights, then philodendrons and begonias will feel right at home. When selecting plants to complement your colour scheme, choose begonias for a speckle of pink petals, or for green luscious prehistoric-looking leaves try the philodendron.



Darkness Devotees
If your bathroom offers little light; fear not. Brighten up the dreariness with some low maintenance plants that need no direct sunlight. Bamboo, peace lilies and mother-in-law’s tongue are perfect for adding some greenery into low light spaces.



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Tactile Textures

There is nothing better on a windy day than having a plush throw rug, comfy pillows and a shaggy rug in the living room. Make sure to also keep your greenery hydrated, as a leafy fern doesn't have to be synonymous with a particular season. The best aspect of these tactile homewares is that they also play a major role in elevating an interior's aesthetic.



GlobeWest

Autumn Inspired Homewares

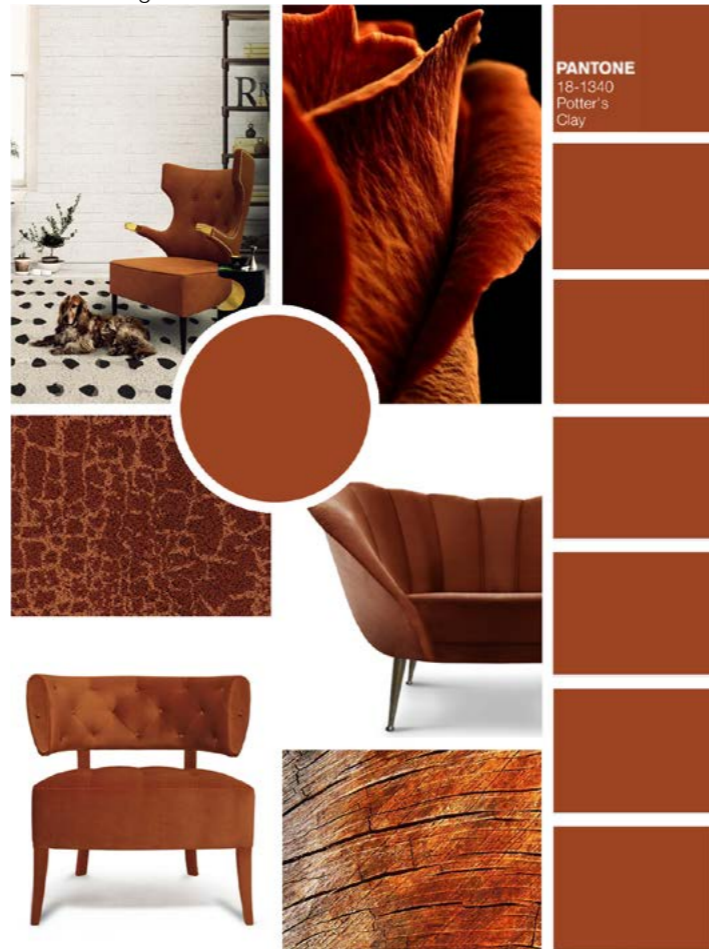
Isabella Ross

The leaves have officially fallen, signalling the height of autumn. With the cooler temperature comes the opportunity to redesign your interior and take inspiration from autumn textures and colour palettes. Perfect for any room of the house, these trendy homewares are set to transform your space.



Schots Home Emporium

Brabbu Design Forces



Terracotta Tones

Forget the conventional orange, yellow and red. Arrays of earthy hues are the way to go when opting for a more refined colour palette. This includes olive, ochre, ruby and the one and only terracotta. There is no doubt that pigment impacts on the home, whether it is a lick of paint on the wall, a statement lamp or even an assortment of cushions.

Timber Kitchens

Classic and classy – that is what timber material offers when refreshing your kitchen's outlook. Timber cabinetry contrasted with white stone bench tops is one good option. Accompanying with silver tapware is the perfect way to finish the look – the idyllic pairing of sleek and rustic.



Satara Australia

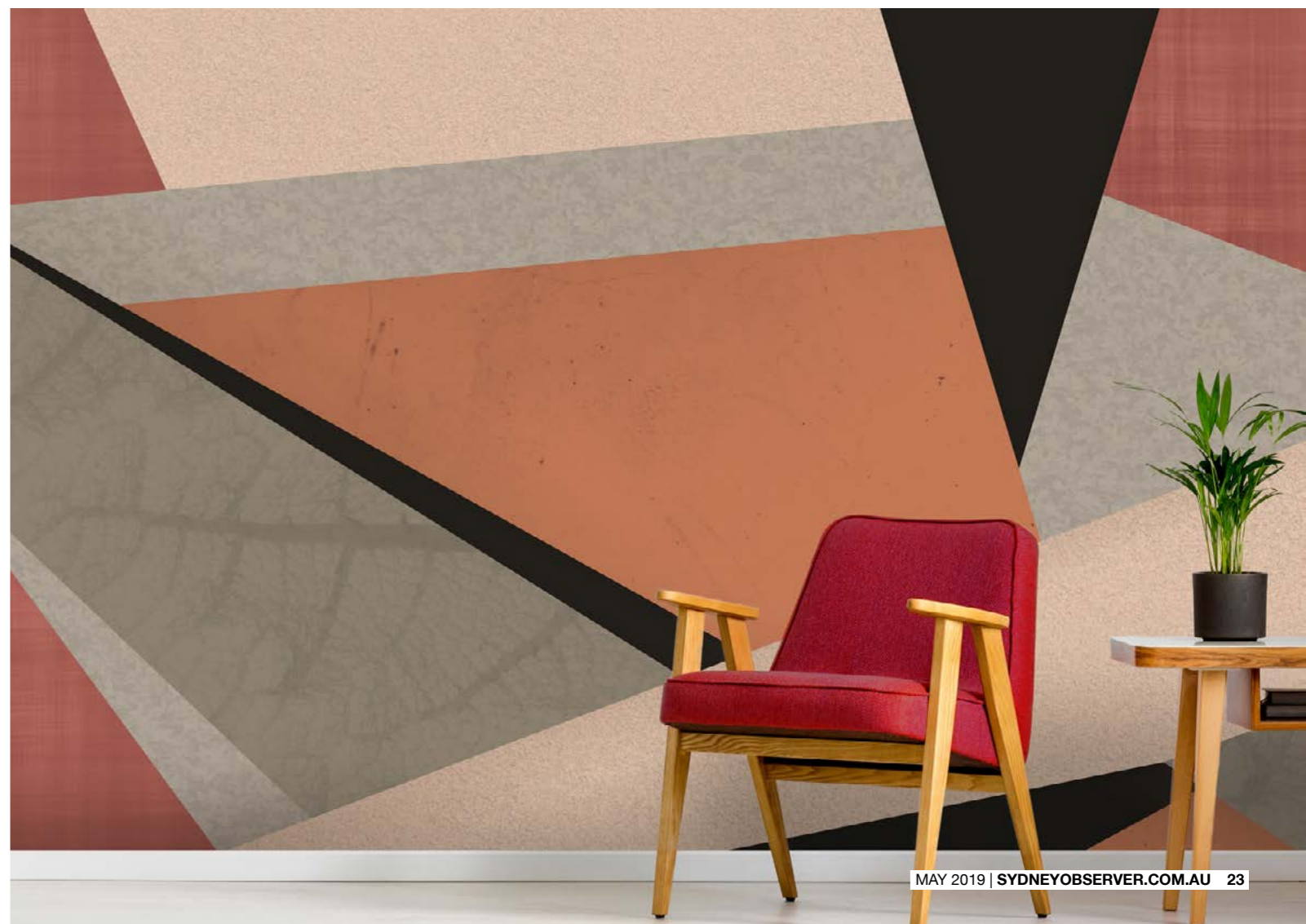
Luxurious Leather

One of the most sophisticated materials on offer when it comes to furniture is leather. Perfect on bedheads, cushions, couches and armchairs, leather furnishings suit a plethora of interior themes. Camel or tan coloured leather would complement the trending colour palette mentioned previously. Not to mention, these particular shades of leather are a tad more modern than the conventional dark shades.

A Touch of Wallpaper

Lots of homeowners can be apprehensive when it comes to incorporating wallpaper into their interior. But if used sparingly it can become quite a design feature. Whether it is wallpapering the inside of a bookcase, a particular wall or even the ceiling, there are numerous options to choose from.

Wall Sauce



Mother's Day Gift Guide

Hannah Prasad

The hardest part about Mother's Day is finding the perfect present. How do you find an item for someone that deserves the world? Instead of a traditional gift, why not treat your mum to a memorable experience, while spending some quality time together.

Sydney Observer spoke to John from ClassBento, who specialises in workshops that aim to get you involved in the local creative community. He has suggested 3 experiences that your mum won't forget anytime soon.

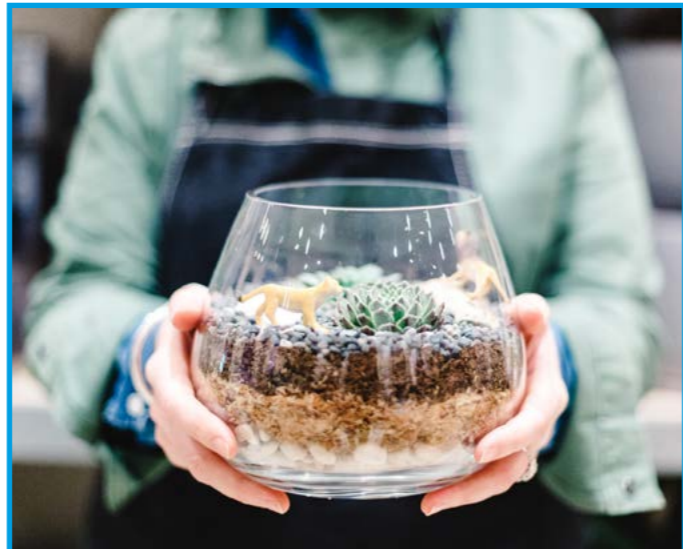


Ikebana Flower Arranging / Bouquet Class

Instead of giving your mum flowers, why not create a bouquet together.

With the ability to choose from an array of seasonal flowers, this is a great opportunity to create a bouquet based on your mum's personality. Is she lovely like a lily, or is her smell warm and comforting like lavender? Whatever your choices may be, you will be under the guidance of Setsuko, who has over 13 years of experience as a florist and is the founder of Yuga Floral Design in Glebe, so you know your creations will be fresh and fabulous!

classbento.com.au/basket-bouquet-flower-arranging-workshop



Terrarium Making

During this hands-on class, you will experiment with textured plants and soils while immersing yourself in the earthy scents of nature. The best thing about these terrariums is they can be customised to your design desires. Whether you plan on creating a Zen garden or a mystical hideaway with hidden gems, this reminder of a special day will look stunning in any corner of your home.

classbento.com.au/succulent-terrarium-making-class

Resin Art

In this class, you will create your own resin enhanced serving board. Resin art is the eye-catching design feature that turns heads. Comprised of bold colours that effortlessly mingle with each other, each design is a unique piece of art that is eye-catching and elegant. Combined with one of the essentials of entertaining, the cheese platter, this class is perfect for the mums that like to relax with a bit of brie.

classbento.com.au/resin-wood-serving-board-workshop



The Women Behind Us

Hannah Prasad

At *Sydney Observer* we have a team of wonderful women that empower and inspire each other. This Mother's Day, we want to acknowledge the women that have made us the strong, fierce and independent ladies who run your favourite local magazine.

So meet the team and our mums as we share why we adore these magnificent souls.



"My mum came to visit me in Sydney for the first time a few weeks ago. She had a stroke 10 years ago, which left her both physically and mentally disabled, so it is hard for her to travel. Despite all of the challenges she has had in life, she remains devoutly optimistic and well humoured. Her persistence and grit continue to inspire me every day," Tita lovingly states.



Isabella admiringly says, "My beautiful mum, Leisa, is my absolute rock. We have experienced the quintessential highs and lows of life together and I'm so grateful for her positivity and the memories that we share. This Mother's Day I will be showing her my utmost love and appreciation by making her some delicious blueberry pancakes!"



Lastly, my mum Marion is my best friend. She is a goddess who lights up every room with her energy. She is my biggest supporter and the one who believes in me when I don't. I am so lucky to have an angel as sweet as her in my life.

Lush and Luxurious Skin

Hannah Prasad

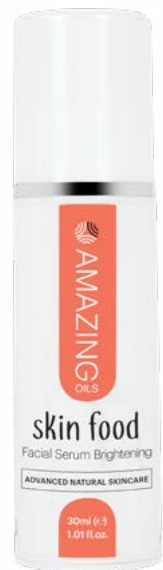
With winter slowly creeping up on us, it is essential we prep our skin for the harsh weather. The cold wind tends to dry out our skin, so it is vital we keep ourselves hydrated to avoid the itchy and irritable feeling of cracking skin.

Sydney Observer has found 3 products to help fight the winter blues while feeding your skin from the outside in.



Fix My Face Moisturiser

There is nothing worse than foundation sticking to flaky skin, accentuating fine lines and wrinkles. Exfoliating will ensure your skin is flawless and following up with a moisturiser will leave your skin loving you. Fix My Face Moisturiser by Amazing Oils will lightly exfoliate and detox your skin to give you a healthy glow. With shea butter, coconut and vitamin E, natural vitamins and fatty acids help combat dry skin while protecting the skin's natural oils.



Skin Food Serum

We treat our bellies with fresh wholesome food, so why not do the same for our skin. Skin Food by Amazing Oils is a brightening serum that feeds the face. With fine minerals that aim to hydrate skin, this serum will sink into the layers of your skin and combat the cold weather with a refreshing formula. Packed with nutrient dense ingredients, your skin will be left feeling soft and refreshed.

Perfect Pout

Just like we nourish our faces, our lips should not be forgotten this winter. Dry indoor air combined with rough weather leads to chapped and dry lips. To avoid this, try using Clean & Pure lip balms, which are made from naturally derived ingredients that nourish the lips. With honey and extra virgin olive oil, the lip balms are packed with nourishing vitamins and minerals that help moisturise lips while protecting them from the elements. Available in a range of scents, there is something for every fruity flavour you're feeling.



Mums: How to Dress to Impress

Isabella Ross

Mums are the champions of the household. Constantly on the go, there is no question that fashion can sometimes be pushed aside in their chaotic lives. So forget the sweat pants and explore these age-appropriate fashion trends that will leave you feeling fabulous.



Statement Earrings

A great way to spruce up your everyday look is to pop on some fashion-forward earrings that pack a punch. Affordable brands from the likes of Lovisa to more high-end retailers like Mimco are presently offering some lovely pieces – maybe even suggest to the kids or hubby that earrings would make a great Mother's Day present!



Stock up on Staples

When it comes to heading off to work, running after the kids, cooking a meal or doing the school drop off, it is definite that both working and stay-at-home mums live busy lifestyles. Having wardrobe staples that easily coordinate with other pieces, are good quality and are made of comfortable fabrics will make you look put together without the effort. Options include the classic sweater, linen pants, blazer and silk midi-skirt. Reliable and versatile - what's not to love!



Accessorising is Gospel

To elevate any outfit, accessorising is the way to go. For these cooler months, opt for a scarf or pashmina as the draping effect of the material shapes the body well. Animal print is also on the market, implemented stylishly through sandal slides or a belt. In terms of trending colour palettes, taupes, butterscotch beige and navy blues are currently hot on the catwalk.



In the final moments: National Palliative Care Week

Isabella Ross

Palliative carers and nurses are true heroes when it comes to the emotionally-challenging task of having to assist a patient with a progressive disease. In comes National Palliative Care Week May 19 – 25. Initiated by Palliative Care Australia (PCA), the community are urged to prompt conversations with loved ones regarding their preferred end-of-life care. A loss of autonomy and the grief associated with a terminal illness is evidently harrowing.

“I often work in a community setting caring for patients who wish to die in their own home surrounded by their loved ones. For many, this is their final wish. At home, they are in a familiar environment being mainly cared for by family and friends under the guidance and advice from medical staff. Palliative nurses assist with pain relief, drug administration, hygiene, symptom management, wound care and any clinical needs. But they also provide reassurance, a shoulder to cry on and strength in a very difficult and challenging time,” revealed palliative care nurse Robyn Harrison.

“By having the conversation with their loved ones and health professionals, people can ensure their treatment and care best aligns with their values and preferences regarding both the type and place of care and place of death,” said PCA CEO Mr Rohan Greenland.



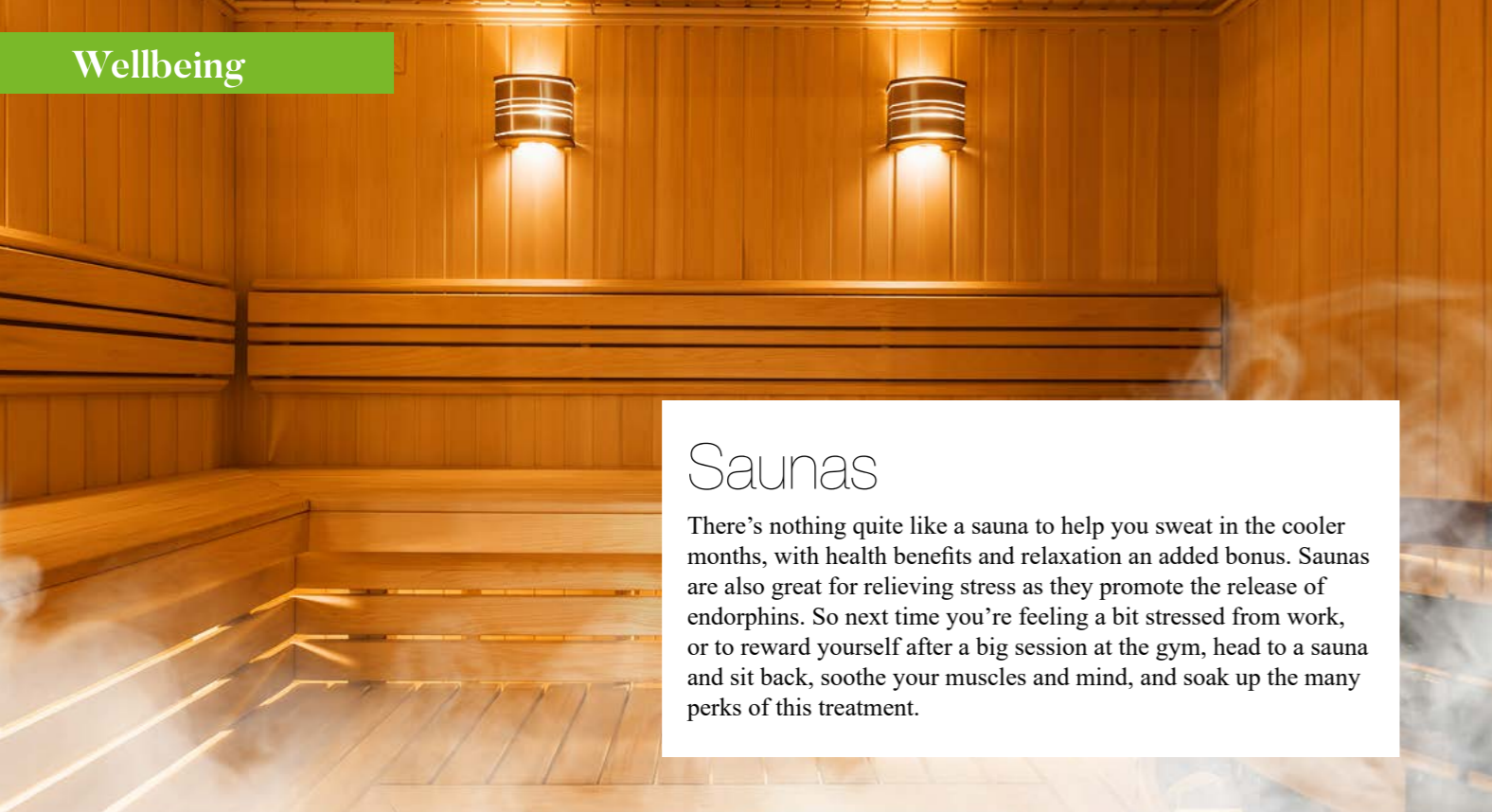
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Saunas

There's nothing quite like a sauna to help you sweat in the cooler months, with health benefits and relaxation an added bonus. Saunas are also great for relieving stress as they promote the release of endorphins. So next time you're feeling a bit stressed from work, or to reward yourself after a big session at the gym, head to a sauna and sit back, soothe your muscles and mind, and soak up the many perks of this treatment.

Happiness Hacks

Tita Smith

Indoor gardens

As environmental awareness reaches an all-time high, the appreciation of plants as our precious life source is rapidly increasing. Not only are they aesthetically pleasing and often aromatic, plants help reduce stress and improve air quality by removing pollutants like carbon dioxide. Indoor plants are great for creating a sense of wellbeing, with species like the peace lily, devil's ivy, Zanzibar gem, and swiss cheese plant happily thriving within the shelter of your home. They also provide the perfect excuse for relaxing DIY planter projects. A succulent in a mug is a certain way to help you wake up with a smile!



An Ideal Mother's Day Gift

Remember the cosy and comfortable chair your mum's friend has in her living room? Finding a cosy chair to sit down and relax on is very important, especially as winter approaches. A rise recliner or a lift chair can be a practical yet thoughtful Mother's Day gift. So, Comfort Discovered have created a

guide on how to choose the perfect chair for your mum.

All chairs give some support but think about the following questions. Does your mum need extra support? Does she sit in the same chair for an extended period of time? Does she find it difficult to sit down or get up? The

right chair can help keep your mum independent and mobile.

It is important to try before you buy and don't forget to ask about the warranty. Theorem Concepts have a range of designer selections with unique features, which include a range of designs varying in size, shape and fabric.

Factors to consider before buying a rise recliner.

- How many motors are there? This is important to serve your long-term needs.
- Fabric - leather or vinyl?
- What size? Don't get lost in a chair that is too big or one that is too small.
- Does it have a battery backup in case of an emergency?
- Does it have a motorised headrest or lumbar support?
- How easy are the controls?

The benefits of a rise recliner or lift chair include

- The rising action helps you sit down and stand up.
- The reclining action can make you more comfortable. Always check with a medical professional on what will best suit your needs

For more information, head to comfortdiscovered.com

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A Fresh and Clean Mouth

Dr. Ian Sweeney

Bad breath or halitosis is extremely common and is estimated to affect 50% of the general population. Halitosis may originate from a number of different places, however, up to 90% of cases are estimated to stem from the oral cavity.

The most common causes include poor oral hygiene, periodontal (gum) disease, food impaction, unclean dentures, failing restorations and throat infections. There are hundreds of types of bacteria that may be found in the mouth, while many of them are capable of producing odorous compounds, which can cause halitosis.

Poor oral hygiene allows food particles to collect on the surface of the tongue, between the teeth or along the gum line surrounding the teeth. Naturally occurring bacteria in your mouth then break down these food particles, releasing chemicals that have a strong odour. Caring for your mouth will help limit food residue and plaque build-up, reducing the risk of developing halitosis as well as dental caries and periodontal disease.

Diet is a common culprit of bad breath. Foods such as garlic and onions, in particular, can foul your breath and produce unpleasant smells. Once your food is digested, chemicals that cause odour can be absorbed into your bloodstream and from there into your lungs; these chemicals are then exhaled. Diets high in protein and sugar have also been associated with bad breath.

Saliva in the mouth helps to wash food particles away. People with a dry mouth may suffer from chronic bad breath due to a lack of cleansing. Causes of dry mouth may include; some medications, mouth breathing and smoking.

Bad breath may also be a by-product of certain health conditions. It may result from infections in the nose, throat or lungs; chronic sinusitis; post-nasal drip; chronic bronchitis; or disturbances in your digestive system.

Management may include simple measures such as cleaning and scaling of teeth, deeper cleaning below the gum line,

instructions for oral hygiene, tongue cleaning and mouth rinsing. Knowing the cause is half the battle in fighting bad breath, and the best weapon you have is good oral hygiene.

If your problem seems to stem from a dry mouth, consider chewing sugar-free gum or use an artificial saliva substitute to help stimulate salivary flow. Above all, talk to your dentist about your concerns. If your breath problems stem from an oral cause, your dentist can work with you to develop a treatment plan that minimises odour.

A thorough health history, including a list of medications and supplements you are taking, may be helpful in determining whether the cause of your bad breath is localised to the mouth or might be a systemic condition, in which case your GP should be consulted.

The Australian Dental Association recommends that you brush your teeth twice a day with toothpaste containing fluoride. They also suggest cleaning between your teeth once a day by using an interdental cleaner such as floss. Brushing your tongue will also help to remove bacteria that contributes to oral odours.

If you wear removable dentures, take them out at night and brush them thoroughly with a denture cleanser before replacing them the next morning.



Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turrumurra.



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Little Lunches

Hannah Prasad

With the holiday season quickly coming to a close, school runs, snacks and lunches are back on the menu as the little ones settle back into their routines. To help keep spirits high and tummies full, try out these quick and delicious lunch and snack ideas that may even inspire your own meals.



I'm Bananas for You

Banana bread is a tasty and easy way to use up those overripe bananas lying around, while the simple base allows for other fruity flavours to be incorporated into the mix, such as raspberries or blueberries. For a sneaky afternoon snack try toasting the bread and adding a generous layer of butter or cream cheese...yum!



Little Bit of This, Little Bit of That

Why not have an array of goodies that will please even the fussiest eaters. Try placing cubes of cheese, fruit and a source of protein in bite-sized pieces that the little ones can mix and match. This DIY meal is not only fun but can be tailor-made to your child's desires.



Ooodles of Noodles

Noodle salads are a great alternative if you're sick of sandwiches. They are a great base for your favourite vegetables and sauces and are best served cold so there's no need for a microwave. Try spiralling veggies into your mix to create an added bit of texture and fun.



Mighty Muffins

Blueberry muffins are a classic snack we couldn't go past. From the crispy exterior to the moist filling, there is an abundance of ways to transform this simple snack into your own personal creation. Why not try making savoury muffins packed with your favourite fillings or leftover vegetables that would have gone to waste.

Mother's Day Brunch

Isabella Ross

To show the special women in your life how much you adore them, why not plan a meaningful and delicious brunch! The perfect way to toast the start of your Mother's Day celebrations, a beautiful brunch in bed is simple to create. So get your chef whites on and whisk in hand, and get ready to create these fabulous brunch recipes.

Lemon Ricotta Pancakes

Recipe from Baker by Nature

Ingredients:

- 2 cups all-purpose flour
- ¼ cup of granulated sugar
- 1 ½ teaspoons baking soda
- 2 large eggs
- 1 ½ cups of whole milk
- 1 cup full-fat ricotta cheese
- 1 ½ teaspoons vanilla extract
- ¼ cup fresh lemon juice
- Pinch of lemon zest
- Maple syrup and blueberries to serve

Method:

1. In a large bowl whisk together the flour, sugar and baking soda. In a separate bowl add the eggs and lightly beat them with a whisk. Add in the milk, ricotta and vanilla and combine. Stir the wet mixture into the dry ingredients until just combined.
2. Pour batter with a ladle onto a buttered hot pan. Add a few per time so that the pancakes do not blend together. Cook for approximately 3 minutes before flipping over or until bubbles begin to form on top. Cook on the second side until golden brown.
3. Serve pancakes warm with maple syrup and fresh blueberries.



Yoghurt, Berry and Muesli Compote:

Recipe from Taste.com

Ingredients:

- 250g strawberries
- 120g raspberries
- ¼ cup fresh orange juice
- 2 tbsp. honey
- 500g natural yoghurt of your choice
- ¾ cup of toasted muesli

Method:

1. Place the berries, orange juice and honey into a saucepan and gently cook for 2 minutes or until the berries start to soften. Remove from the heat and leave to cool.
2. Divide one-third of the berry mixture between 4 glasses and top with half of the yoghurt and muesli, repeat the layers and chill until ready to serve. Add fresh berries on top.



What's On

May



Hunter Valley Food and Wine Festival

Dates: 1 May – 30 June

A two-month long celebration of excellent food and the Hunter Valley's premium wine-growing region, the festival will be welcoming attendees from across the state. Presented by Wine Selectors, the special event will include activities such as gourmet dinners, vineyard tours, winemaking masterclasses and hands-on cooking lessons.

winecountry.com.au/events/wine-and-food-festival/



Ballet for Beginners 55+

Dates: 7 - 28 May

No experience is necessary for this seniors' ballet class, which encourages balance, stability and coordination through dance. Enjoy the first class as a free trial to get a taste of the slow-paced, gentle choreography that is accompanied by classical ballet music. Have fun trying something new while you exercise within your own pace and ease.

[kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Ballet_for_Better_Balance_55TMseniors_absolute_beginners_ballet_class](http://kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Ballet_for_Better_Balance_55%TM_seniors_absolute_beginners_ballet_class)



Mother's Day Classic

Dates: 12 May

Breast cancer is the most common cancer to be diagnosed, and the second most common cancer to cause death with women in Australia. In a bid to raise much-needed funds, awareness and support, the Mother's Day Classic is conducted annually. With the option to walk or run at your own pace, the aim of the Classic is to deliver a fun, healthy and inspirational event that brings the community together on Mother's Day.

mothersdayclassic.com.au

Spanish Film Festival

Dates: 1 May – 8 May

Get ready for some exquisite cinematic experiences because the 2019 Moro Spanish Film Festival is coming to Sydney this May. With more than 32 Spanish and Latin American films to be shown at Palace theatres, the event will be placing a spotlight on female directors.

spanishfilmfestival.com



Tails of Trickery Magic Show

Dates: 1-17 May

Watch mysteries manifest before your eyes at the Museum of Magical Arts. Indulge in food and drinks at the magician's secret top hat bar before you are escorted into the cabaret room for an hour of illusions, where enchantment awaits. This magic is sure to make seats disappear, so be sure to book in fast.

themagicianscabaret.com



Cambridge Markets EQ

Dates: 1 - 31 May

Embrace the atmospheric Entertainment Quarter, which will be hosting the Cambridge Markets this May. From fresh flowers, food, and music, to crafts, cakes and clothing - the markets and EQ facilities have everything needed to keep the family entertained for hours on end.

cambridgemarketseq.com.au

Darling Harbour Fireworks Display

Dates: 4 - 18 May

The harbour will be lighting up with 8.30pm fireworks on Saturday nights throughout May. Enjoy dinner with a view from one of the many restaurants nearby, as the surrounding city skyline illuminates with fluorescent sparks. This is the perfect excuse for a dinner date with your other half, a friend, or a night out with the family!

darlingharbour.com/whats-on/fireworks

Park After Dark

Dates: 10 May

Immerse yourself in a night of family fun at Centennial Park Camping 101 without having to leave the city. Discover the range of wildlife during guided tours and sleep under the stars after a night of exchanging stories around the campfire.

All you need to bring is yourself, your tent and some stories to share!

centennialparklands.com.au/whatson/camping-101

Ku-ring-gai Art Centre Exhibition: 'Famous Masters'

Dates: 10 May – 30 May

At the local North Shore hub for artistic creativity and prowess, Ku-ring-gai Art Centre will be showcasing some fabulous artwork. With a range of mediums on display, each piece is based upon the style of the creator's favourite master artist. With expression and autonomy at the forefront of the vision, this exhibition should definitely not be missed.

kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Ku-ring-gai_Art_Centre_exhibition_Famous_Masters



Mercedes-Benz Fashion Week

Dates: 12 May – 17 May

A celebration of Australian fashion, culture and designers, Mercedes-Benz Fashion Week showcases our nation's most innovative labels and retailers. So get ready for Sydney to transform into a city filled with inspiration and fabulous clothes, for Australia's premier fashion event.

mbfashionweek.com/Australia

Vivid Sydney

Dates: 24 May – 15 June

A 23-day festival of mesmerising lights and contemporary art, Vivid Sydney is one of the world's largest free public exhibitions of outdoor lighting sculptures and installations. An event where art, technology and creativity come together, the city centre's urban spaces will be illuminated spectacularly for attendees to enjoy.

vividssydney.com



Cyber Safety: Introduction for Parents

Dates: 14 May

There comes a point in parenthood when you realise just how different things are from, 'back in your day'. As new technology emerges and the generational gap widens, knowing how to apply parenting approaches towards unfamiliar terrain can be daunting. Dr Joanne Orlando will be providing a free seminar addressing the risk, safety issues and decisions regarding technology across different age groups. Register your spot and come along to hear some advice and tips, or to get your questions answered.

whatson.cityofsydney.nsw.gov.au/events/cyber-safety-introduction-for-parents



Introduction to Permaculture Course

Dates: 18 May

With food sustainability igniting important social conversations in our local community, now is the time to learn all about permaculture. Run by Permaculture Sydney North, the course aims to teach students how to design a garden, choose the best plants and establish optimal soil consistency.

permaculturenorth.org.au

Sydney Morning Herald Half Marathon

Dates: 19 May

Returning to the iconic locations of Sydney, the marathon is expected to host over 13,000 entrants along the 21.1km course. The Botanic Gardens, Opera House, Hyde Park and The Rocks are just some of the premier spots along the course. Participants of all calibres are invited to rise to the challenge and raise money for over 900 charities.

smhhalfmarathon.com.au



Mould: A Cheese Festival

Dates: 24 May – 25 May

Brie, blue, cheddar or camembert, one thing is for sure – Aussies love their cheese varieties. Mould: A Cheese Festival is a celebration of this adoration, bringing together cheese lovers across the nation, including the best artisan retailers and vendors. With relaxed masterclasses, cooking demonstrations, taste testings and a bar heavily stocked to the brim, this event is sure to please all.

mouldcheesefestival.com/portfolio/sydney-2019/

A Triumphant Return: Vanessa Amorosi

Isabella Ross

She performed to over a billion viewers worldwide during the 2000 Sydney Olympic Games, singing her knockout hit 'Absolutely Everybody'. Her classic hits and boisterous vocal range have won her a legion of fans, and *Sydney Observer* was lucky enough to chat with Vanessa Amorosi about her successful career and new single, 'Heavy Lies the Head.'

First and foremost, congratulations on the new single! What was the creative process like?

I think it was just a reflection on toxic situations that I've walked away from and just letting karma do its thing. It happens in song-writing sessions – you're sitting there reflecting on certain elements of your life and then suddenly this song just comes out.

What was it like to appear on the music scene in your early teens?

I grew up in a musical family, so it was the normal thing to do. Being successful in any division is always incredible, and to live off that for so long is super hard as well. So, I am blessed that it did happen for me at such a young age and I'm thrilled that I've been able to last for over 20 years in the industry. I love being creative as it's like my therapy.

I can imagine it feels amazing to be performing in Australia again, after living in LA for the past few years!

It's incredible to believe I was able to put it on ice for that long. Around 2011 I went to go write another record, but I just wasn't excited about the material. So, I decided to take an opportunity to go to the States and venture into other musical fields and evolve as an artist. I absolutely love to be on stage, it's my thing and a reward really. To have to wait that long was really challenging but it's been incredible to be embraced again and to be living life on that stage.

Given how diverse your music is, what do you think about the industry's strict categorisation of genre?

I've always been super diverse, and I try to get many different reflections within my songs. The industry has always been like that – if you're successful in one genre then they just want you to keep going. But on the art side it's about getting those two worlds to mix, so being able to pull off music that still has integrity and that you'll want to sing for the next 20 years.

To stay up-to-date with Vanessa Amorosi, check her out @vanessaamorosi and purchase her new single 'Heavy Lies the Head' on iTunes now.



What's On Kids



Festival on the Green

When: Sunday 5 May, 10:00am - 4:00pm
Where: St Ives Village Green, Memorial Ave St Ives
Price: Free

Marian St Drama Classes

When: 6 May - 24 June
Where: Marian St Theatre, Killara
Price: \$195 (young children - teens, save \$50 if you book for two terms)

Storytime at the library

When: Monday-Fridays
Where: Ku-ring-gai Libraries
Price: Free (0 - 6 years old)

Maker & Creator Workshops

When: Wednesday 8 May, 4:00pm-5:00pm
Where: City of Sydney Library branches
Price: Free (8 - 12 years old)

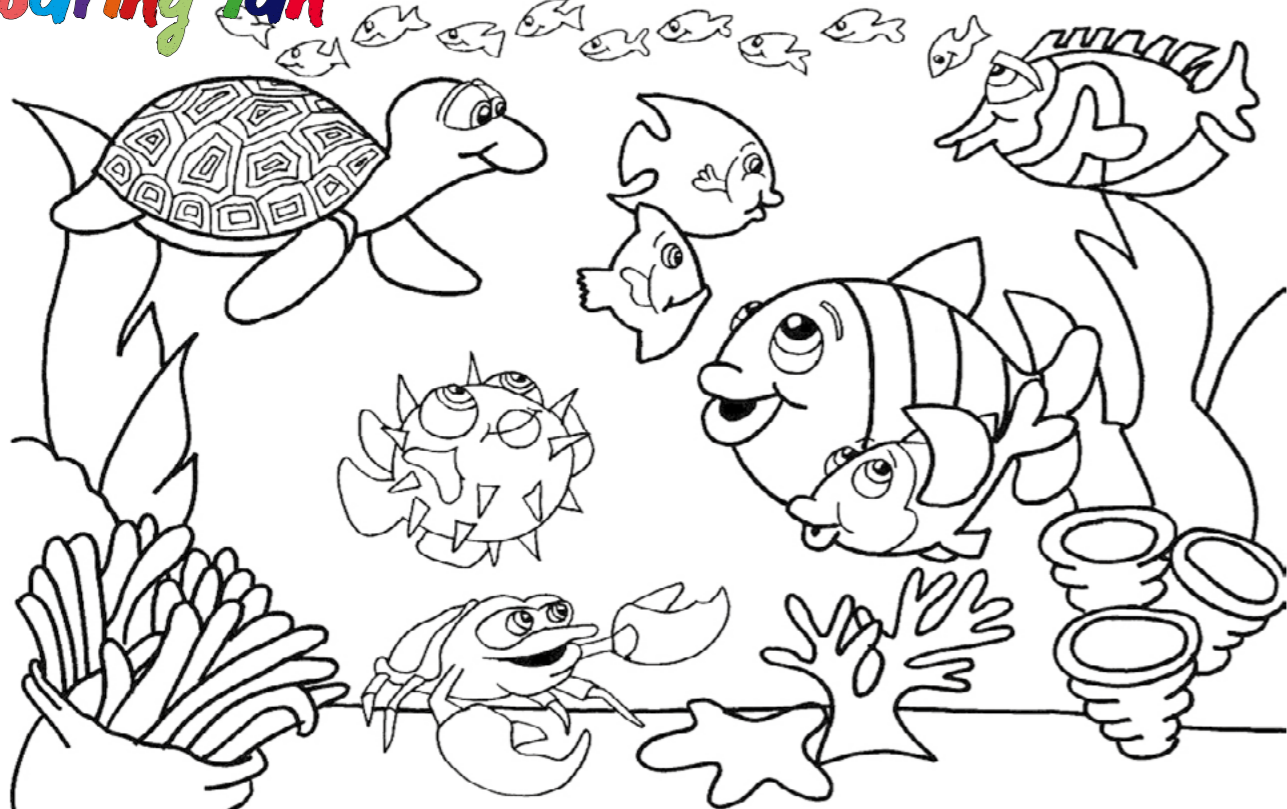


The Australian Botanic Garden

Under 5's Bush Play Group

When: 1 May - 29 May
Where: Botanic Garden, Mount Annan
Price: \$20.00 1-week pass or \$100.00 5-week term pass

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Simple Tips To Allow Change In Your Home, Office and Space



Kerrie Erwin is Psychic and Medium

Kerrie Erwin

Have you ever stopped to think how unnecessary clutter in your space will impact the flow of energy in your home and cause blockages?

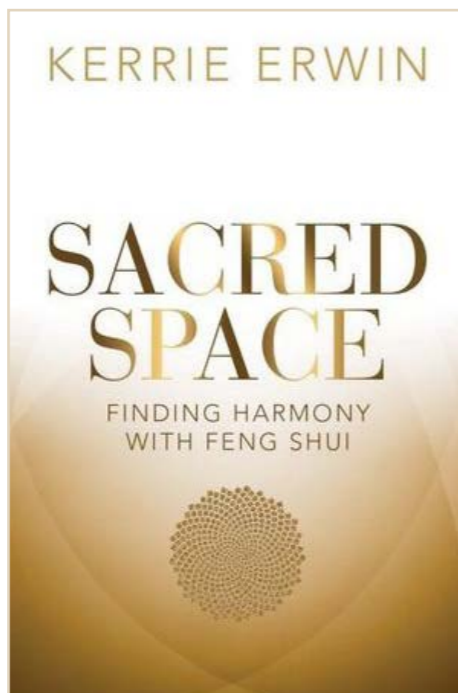
A blockage of energy will slow down the natural chi energies in your space, as well as the free flow of universal energy. This will result in consequences such as tiredness; lack of awareness, discomfort and the energy in the space will feel heavy and unpleasant to live in.

The good thing is you don't have to move or spend too much money to make changes. Just like spring cleaning but on an energetic level, space clearing releases negative energy and encourages positive energy to enter our lives. The more time and energy you spend tuning your awareness in your space and home, the better you and your family will feel, as you are not only creating peace and harmony but also inviting success into your world.

Whatever makes you feel good is always the best way to go. If you are having problems in your life, or would just like a change, begin by clearing your home, office or space. Smoking is also a good way to clear stuck and negative energy. You can also use dried gum leaves, by placing them in a big metal or stone bowl and burning them, allowing the smoke to do its thing by cleansing the room. Once you have done this, open up all your windows to let the old out and the new in.

CLEAR OUT THAT CLUTTER

Your home is your foundation in life and when it is in harmony it's a wonderful base to work from to make your dreams a reality. When you have a safe and solid foundation in the world, nothing is impossible. By doing this easy life change, you can bring changes in your life for the better, which is often magical. Begin by clearing out all the clutter in your home or working space and this means everything.



OLD CLOTHES AND OLD FAVOURITES

Believe it or not this is actually hard to do. Old, worn out shoes, slippers, hats, odd socks, scarves, gloves, pajamas and underwear may have been expensive or comfortable in their heyday, but if they are past their use by date its time for them to go.

OLD MAKEUP

Check out the use-by dates on your makeup, your well-loved products may be out of date and could be causing havoc on your skin.

OLD PAPERS

Go to your desk, cupboards and drawers and start to go through all the old papers and throw out any items that you no longer need. Also, throw out those piles of newspapers that keep stacking up unnecessarily in the corner of your room.

ACCESSORIES

This means belts, scarves and jewellery that may be from the older you and are out of date and dowdy.

OLD FURNITURE

Sell it today or get rid of it because why are you saving it?

UNINSPIRING ART

Wall art can reflect how you see yourself in the world so your pieces should be inspiring.

FRAYED OLD LINEN

Always remember to get rid of old frayed towels, washers with holes and sheets you no longer need or are ever going to use.

BROKEN KITCHEN UTENSILS

Make sure that all your appliances are clean, up to date and functional. Watch out for leaks with gas, broken electrical cords and never leave dirty plates lying in the sink for days.

OUT OF DATE FOOD

Make sure you always check the use by dates and throw out anything that's past its time.

PAINT TINS AND OLD TOOLS

Old paint tins that sit in the same cupboard need to go. There are special disposal methods that the local council want you to follow if the paint is toxic, so do us all a favour and look this up.

OLD TOYS AND TRINKETS

These precious things are just items you have collected and are never going to use. Some old trinkets can also hold energy that may not be in your best interest.

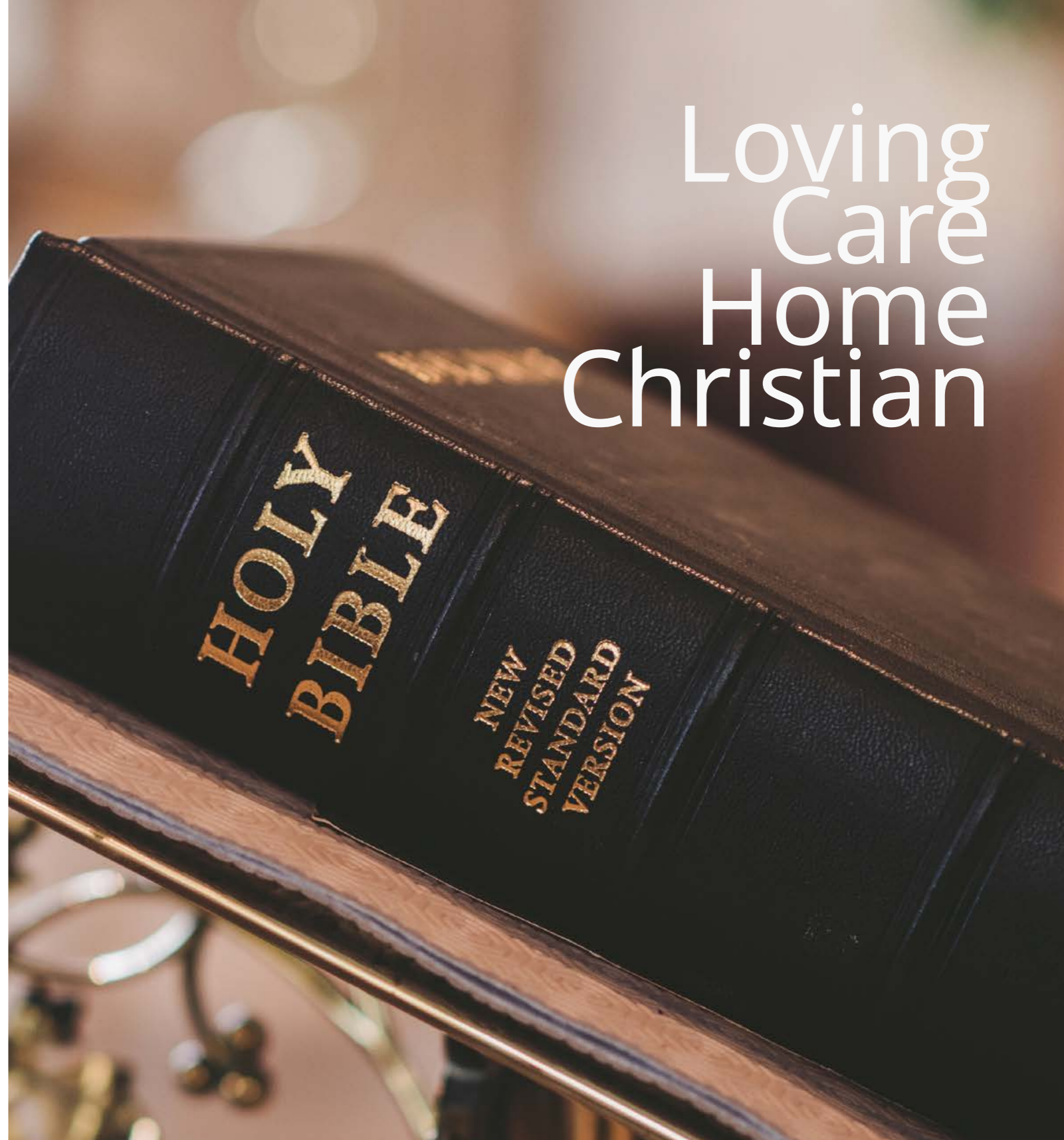
PLASTIC, FAKE OR DEAD PLANTS

If there is one thing I don't tolerate when clearing a space that's dead and fake plants. Not only are they ugly, drab and sad, they also look shabby. Healthy green plants bring in good chi energy for all the people and inhabitants living in your home.

HOUSEHOLD REPAIRS

Never ignore leaking taps, blocked drains and blown light bulbs.

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