


Sydney Observer

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 Sydney Observer

HOME & GARDEN

FLOOR
Heating

Storage
IDEAS

IMPROVE YOUR
Spare Space

Bedroom
DESIGN



TURRAMURRA
SPECIAL

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WINTER
FASHION*

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JESSICA ROWE

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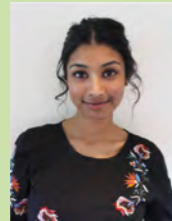
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From the Editor

This July, Sydney Observer celebrates local stories, activities and events.



Our Local News section showcases the women in local council that have received awards for initiatives that promote diversity and wellbeing in the community (10). While our Profile features Jessica Rowe, another powerful woman that shares her story with us (14).

The Turrumurra Feature has an informative array of information on the background behind our home (21) and famous faces you may recognise from the area.

As always, our What's On section is filled with exciting local events and activities that will have your school holiday plans sorted.

So grab a warm drink, get comfy in your favourite chair and enjoy our July issue.

Hannah

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In Style Turrumurra

WINTER MARKET

Supporting Hornsby
Ku-ring-gai Women's Shelter

- quality collection of boutique stalls
- ample parking
- wheelchair friendly (lift)

**Tuesday 30 July
and Wednesday 31 July**

Turrumurra Masonic Hall
Cnr Pacific Hwy & Turrumurra Avenue

10 am - 3 pm

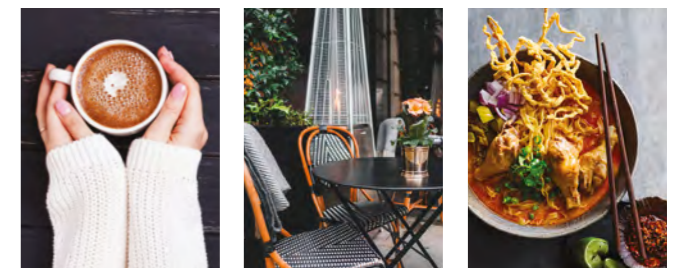
Free Devonshire Tea supplied. Gold coin donation welcome.
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SEASONAL EVENTS DATES

Spring Market Fri 30 & Sat 31 August
Summer Market Thur 31 Oct & Fri 1 Nov

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BREAKFAST, LUNCH OR DINNER

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Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
East Killara	North Turrumurra	South Turrumurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrabee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turrumurra	Willoughby

SNIPPETS

Hornsby Shire named Top Phone Recycler

Hornsby Shire has been named Australia's highest recyclers of mobile phones after depositing 578 kilograms to MobileMuster over the last year. The phones were collected at the Hornsby Shire Council's Community Recycling Centre in Thornleigh. The centre assists residents with waste issues and gathers around 120 tonnes of electronic waste each year.



New Rules for Our Furry Friends

The NSW Government is introducing new rules for advertising pets for sale or to give away. The rules will take place from Monday 1 July 2019 and will affect anyone in New South Wales who is selling or giving away a pet dog or cat. Advertising in newspapers or on social media must carry the following information:

- If the dog or cat is aged 12 weeks or older, the microchip number
- The breeder's identification number
- The rehoming identification number

A microchip number search provides information about what the owner has recorded as the breed, sex and age of the cat or dog, whether it is desexed and whether or not it is already registered. A breeder identification number search will display any recorded business names to help make informed purchasing decisions and support good animal welfare outcomes. The rehoming organisation number search will display the name and address of the relevant rehoming organisation.

According to the government, those selling or giving away a pet without including this information can be fined up to \$5,500.

Parks Precinct Committee



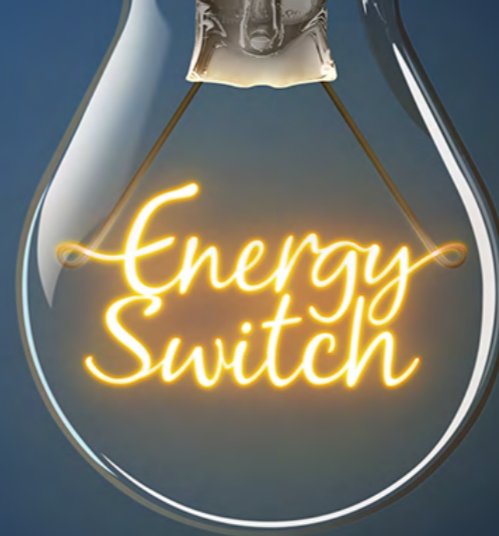
The Park's Precinct Committee has been reactivated during a meeting at North Sydney Council. The first regular meeting and the election of Office Bearers will be held on Wednesday 10 July at Cammeray Golf Club from 6:30pm to 8:30pm. Attendance is welcome to all residents, workers, students and property owners in the Parks Precinct area.



Plastic Free July

Plastic Free July focuses on actions everyone can take to create a healthy and sustainable future. As part of this initiative, Ku-ring-gai Council will be hosting a series of events that focus on sustainability. Events include a screening of Damon Gameau's documentary that explores what the future could look like if we embrace the best solutions for energy, waste and transport, as well as a free talk on owning electric vehicles.

For more information on these events email sustainability@kmc.nsw.gov.au



Energy Switch to Slash Gas Bills

Due to an expansion of the NSW Government's Energy Switch Service, households in Davidson can now switch and save potentially hundreds of dollars a year on their gas bills.

Member for Davidson, Jonathan O'Dea announced that households across the local community could benefit from the expanded offering.

"Winter has arrived and what better time is it to compare gas and electricity plans. It takes only minutes and could slash your energy bills," Mr O'Dea said.

"Energy Switch helps ease the cost of living for families by putting the power back in their hands so they can find the best deal."

Mr O'Dea said about 7,000 households across NSW have made a switch on their electricity bills, identifying close to \$3 million in annual savings, since the free service launched in November 2018. The average saving is \$435.

Energy Switch is accessible online or by visiting any Service NSW Centre and can be accessed at energyswitch.service.nsw.gov.au/

Council Delivers Strong Budget

Hornsby Shire Council has approved its budget for 2019/20 with a surplus of \$4.3 million. Significant works are underway with \$7.5 million being allocated to Hornsby Park and the development of a recreational facility at Westleigh. Hornsby Town Centre will also be the focus of comprehensive planning for renewal and regeneration.



Harvest Collective Spring Program

Applications are open for North Sydney's Harvest Collective Spring program, a program seeking to provide residents with the skills to set up their own food gardens and gain a better understanding of sustainable food. If you wish to take part, complete an Expression of Interest form before 1 August.

northsydney.nsw.gov.au/

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Hornsby Ku-ring-gai Women's Shelter

Isabella Ross

Domestic violence is not exclusive to a postcode. In our leafy North Shore area, the majority of residents are fortunate enough to be within a higher socio-economic bracket. Yet, rates of domestic violence are prevalent throughout the entire nation. In comes Hornsby Ku-ring-gai Women's Shelter. The shelter provides emergency housing for female victims of domestic violence and homelessness, says President Sallianne McClelland.

"Women who come are in desperate circumstances fleeing physical, sexual and financial abuse. The shelter provides a safe and non-threatening environment to help women get through this time of crisis."

A testament to the shelter's important work for the community, the service aims to help clients regain their independence and establish a life free from fear and abuse. Next month, representatives from Hornsby Ku-ring-gai Women's Shelter will be competing in the City2Surf on August 11. The charitable run will give Sydneysiders the opportunity to show



their support for local women enduring domestic hardship.

"Without the support of the community, Hornsby Ku-ring-gai Women's Shelter could not provide the vital services so many women need. We have housed

267 clients since we opened our doors four years ago, but sadly we have been forced to turn away 757 clients because of a lack of beds," Ms McClelland said.

So, to donate and show your support for the shelter, visit hkws.org.au/

Funding for Local Youth

If you are planning on running a project promoting youth engagement and inclusion, you may be eligible to apply for a grant through Youth Opportunities, a \$1.5 million NSW Government fund that focuses on helping youth thrive.

Member for Davidson, Jonathan O'Dea, has recently urged local non-government organisations and councils to apply, noting that the program offers, "a platform for young people in our state to engage with the

community, socialise with others and gain new skills."

Youth Opportunities provides a support network for young people from regional areas, Aboriginal and culturally and linguistically diverse backgrounds, and individuals who are disadvantaged and disabled. More than \$10 million has been invested in projects across NSW since Youth Opportunities was first established in 2012, with that number looking to increase further. One-off grants between \$10,000 and \$50,000

are being offered to projects looking to support youth participation and community engagement.

According to Mr O'Dea, the program has helped young people develop skills in areas which include, management, hospitality, event planning and artistic development.

Applications for grants will close on July 16, 2019. If you are interested in applying or learning more about the program, visit youth.nsw.gov.au/

Scouts Turn Trash into Treasure

Lewis Godwin

The 1st Turrumurra Scout's annual Garage Sale will be held over the weekend on the 13 and 14 of July. The sale will take place at the Karingal Hut in Sheldon Forest, Warragal Road, Turrumurra, and run between 10am and 4pm on Saturday and 10am through to 2pm on Sunday.

These Garage Sales have supported the 1st Turrumurra Scouts for over forty years, providing them with the funds to run exciting and worthwhile activities for young people. As one of the oldest and strongest Scout Groups on the Northside, 1st Turrumurra provides excellent facilities and has an outstanding leadership team.

The Scouts seek to develop well-rounded and resilient young people through diverse programs that consist of enjoyable and challenging activities. These range from taking part in meetings and weekend camps to major expeditions and community service projects.

The Garage Sale marks an opportunity to support the group while picking up a bargain. Group Leader, Denise Temisgian notes, "You never know what is going to turn up, from books, toys, CDs, DVDs, vinyl records to kitchen items, china, furniture, clothes, tools, linen and general bric-a-brac. It's just amazing what people will donate and we thank every one of them!"



The sale will take place at the Karingal Hut in Sheldon Forest, and run between 10am and 4pm on Saturday and 10am through to 2pm on Sunday.



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Sydney Metro Speeds Ahead

Developments in the Sydney Metro, which opened the North West line at the end of May, have progressed as the tunnel boring machine (TBM), nicknamed Wendy, breached through underground rock at the new Chatswood station in mid-June.



This marks the second stage of the project, the Sydney Metro City & South West, which will connect the North West service through the CBD and onto Bankstown.

Premier Gladys Berejiklian said, "Once the next stage of this game-changing project opens there will be turn-up-and-go Metro train services to 31 stations along a new 66-kilometre railway."

According to opal data figures, the North West Metro opened with much success, as Ms Berejiklian stated the first two weeks garnered, "an average of 72,000 journeys on weekdays."

The high-speed driverless trains offer a reliable and consistent public transport

option to provide a faster and more connected service throughout the city. Car parking amenities have been featured near stations, which will increase the current capacity of Sydney train services from 24 000 customers hourly to 40 000, as already extant in other metro systems worldwide.

It is estimated that trains will operate every four minutes during peak periods, which will eliminate delays and create an alternative for environmental sustainability by reducing private motor vehicle transport.

TBM Wendy will next commence tunnelling from Chatswood to North Sydney station in the coming weeks.

Commendation for Women of Willoughby Council

Lewis Godwin

The redevelopment of Gore Hill Park at St Leonards has earned Willoughby City Council a national award for women in local government, The Susan Grace Benny Award.

The accolade comes following the secondment of landscape architect, Holly Cowdery, as the project's manager.

This award recognises local governments boosting the participation of women in decision making and management amongst the community. Ms Cowdery, who has 20 years' of experience in local government architecture and project management, was mentored by the Willoughby's planning and infrastructure director to further develop her skills.

"It was a fantastic opportunity and one that provided many challenges and encouraged me to push my professional boundaries," Ms Cowdery said.

Both Willoughby City Council's General Manager and Mayor have expressed their satisfaction with this achievement and their continued commitment to nurturing talented women in local government.

General Manager Debra Just commended Ms Cowdery's professionalism and efficiency as well as the excellent working relationships she established with stakeholders, government departments and contractors over the project's development.

Willoughby City Council's Mayor, Gail Giles-Gidney noted, "We have strong female leadership and a culture that encourages and builds talent, particularly in areas of council that are traditionally male-dominated."

Used as a sporting field for over 90 years, Gore Hill Park now boasts a new synthetic oval, walking track, function room and a large-scale playground.



Holly Cowdery is a deserving winner of this prestigious award.



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Canberra

Animals: Please note that while the animals generally join guests as shown, no guarantee of their attendance or length of attendance can be given.

Northern Beaches Councillor Wins Award

Tita Smith

The annual Ministers' Awards for Women in Local Government saw Northern Beaches Councillor, Roslyn Harrison take home the award for the Elected Representative from a Metropolitan Council.

The awards presented at NSW Parliament House honour the contribution of women in local government across NSW, presenting a metropolitan and rural winner across each category.

This year the five categories were: Elected Representative; General Manager/ Senior Staff Member; Non-senior staff Member; Women in a Non-Traditional Role; and Women in Traineeships or Apprenticeships.

Minister for Local Government, Shelley Hancock said, "The winners of this year's awards have broken through barriers, led and encouraged other women and tackled some



Northernbeaches.nsw.gov.au

Ms Harrison won the award for the Elected Representative from a Metropolitan Council.

of the complex issues facing communities through creativity and innovation."

"They are a shining light leading the way for other women by breaking down barriers through their service in traditionally male-dominated roles."

In response to receiving the award, Ms Harrison stated, "I was totally chuffed. It was completely unexpected. There were lots of women of such a high calibre, I didn't think I would have a chance. I just came to listen to what the other amazing women were winning awards for and I was completely surprised and honoured to win one myself."

Councillor Roslyn Harrison, who grew up in the Northern Beaches only two kilometres away from where she now serves, entered government after being encouraged by peers.

"I never really had a plan of doing so, but we started getting some really inappropriate proposals in the area and I wanted to stand up to them. I'm not the sort of person to sit back on those kinds of things. Everyone was encouraging me to apply, so instead of sitting around complaining about it, I did," Ms Harrison said.

Budget Boosts for Davidson

The NSW State Budget will be providing \$39 million to local schools and upgrades to commuter facilities at railway stations.

Member for Davidson, Jonathan O'Dea said, "I am delighted to share that the much needed new lifts and accessibility upgrades at Roseville Station are getting \$2.3 million in the 2019 NSW Budget under the Transport Access Program."

Mr O'Dea has noted that spending will go towards "lifts, new ramps, better paths and accessible toilets," which will benefit the commuters at this busy railway station. The Transport Access Program will also be providing Lindfield Station with \$3.5 million for a new commuter car park, as well as a Kiss and Ride Zone. While Gordon Station will see \$100,000 allocated towards bike spaces.

Education is also set to benefit from the budget with \$33.1 million going towards local primary and high schools. Killara High will

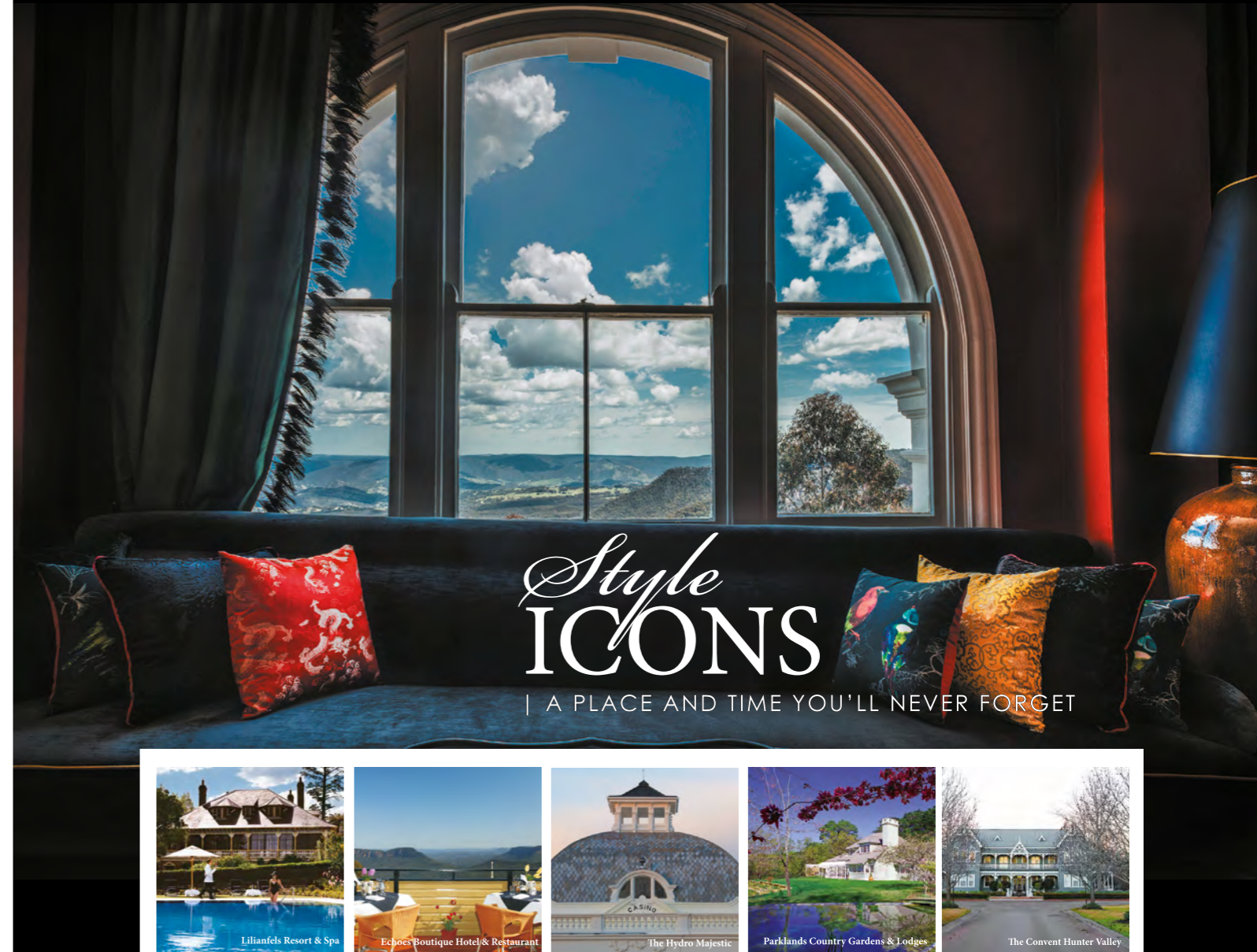


get \$9.6 million, Lindfield Learning Village \$5 million and St Ives North Public will receive nearly \$18.5 million.

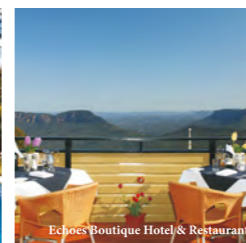
Mr O'Dea has also made sure to emphasise smaller projects that the budget has made possible, such as the \$10,000 going towards the construction of kerb ramps at Lindfield's intersection between Highfield Road and the Pacific Highway. This is a vital improvement Mr O'Dea did not want overshadowed by other multi-million dollar proposals.

ESCARPMENT GROUP

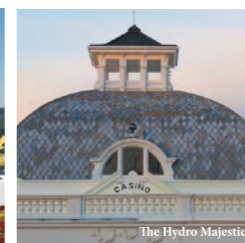
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Refreshingly Real JESSICA ROWE

Hannah Prasad

Jessica Rowe has a multitude of talents, from accomplished journalist to television presenter, author and mum, her latest book 'Diary of a Crap Housewife' is about embracing imperfections and wearing them as a badge of honour.

I was lucky enough to attend her author talk at Chatswood earlier in the month and can happily say, what you see is what you get. Wearing a bright, multi-coloured dress with a daring blue fur coat, the vivaciousness of her outfit was an extension of her personality and her warmth exuded onto the audience. Her energy is contagious and she can only be compared to a ray of sunshine.

Sydney Observer sat down with Jess to speak about her book, fashion and the importance of talking about mental health.

With an eye-catching outfit, I was curious as to where Jess's style inspiration comes from. Constantly stepping out of the mould, she believes in the transformative power of clothes and projecting a mood through an outfit.

"I adore fashion. Since I was a little girl I've been attracted to bright, shiny, sparkly items, like a magpie. For me, yes fashion is frivolous and fun and it's all of that, but I also liken it to the transformative power

of clothes and that you can dress for your mood. You can dress to hide how you might be really feeling or feeling like you need to present a certain part of yourself to the world. So you can dress a certain way. That's what I love about fashion and clothes. I think it's a wonderful way to express your personality."

Mental health is a passionate topic for Jess. Having personally dealt with her own battles, she is a brave voice for opening up and unveiling the mask of perfection that society expects.

"It has touched my family, my mum, then me, so I feel very strongly about using that for good. Mental

"What matters is what the people who we love think."

"It started through a conversation with a friend. Where it began by her saying, 'do you know that there are people who pack these perfect lunches for their children?' I thought it was a joke. I thought she was joking. What I found interesting was initially I saw it and a part of me went, 'oh, I'm not good enough.' Then I thought no, 'crap' I'm going to actually start posting what I truly cook for my family every night, with *#craphousewife*, not knowing for a moment that it would resonate with so many people."

"That's what I love about it, it gives all of us permission to exhale and go, 'oh you know what, it's fine.' What I love is that my daughters love what I cook. My youngest Giselle will say, 'mummy I love your spaghetti bolognese, you should be on *MasterChef*,' and that's what matters, what she thinks."

"On a more wider level, what matters is what the people who we love think. As opposed to this wider circle that we tire our self in knots either trying to impress or present a particular image to, for what? It's almost been like a series of letting go for me, with the *#craphousewife* movement that's gathered momentum, being honest about that, writing 'Diary of a Crap Housewife', oversharing and putting more of myself out there. It's wonderful because I care less now about what people think and that's amazingly freeing and empowering."

"I would love for people to read my book and realise that they are enough. You are enough."

To keep up to date with Jess follow her on Instagram *@jessrowe*

health impacts so many of us and it can be so isolating. I understand how isolating it is when you're going through it and how alone you feel. So you need to know that you are not alone and that you are not the only one."

"I feel as well that I've been given some amazing opportunities in my professional life. Wonderful experiences I've had, people I've met and things I've had a chance to do. But with that does come a responsibility to give something back, to do something with that. There has to be more. So for me, that more is using the voice I have to advocate for better mental health awareness, better mental health treatment and being open and urging people to ask for help."

'Diary of a Crap Housewife' started through the simplicity of the hashtag *#craphousewife*. Jess encourages individuals to do the things that make your heart sing and shares how this movement started.



Diary of a Crap Housewife
By Jessica Rowe



Learning Through Play

Before they turn five, every child goes through a stage of rapid brain and skill development. In the early years, a child's main way of learning and developing is through play. While children play for fun, it also lets them explore, observe, experiment, solve problems, collaborate and learn from their mistakes.

Learning Together Playgroup is a new initiative, which combines a child's love of play with their need to learn. Held at Catholic Primary Schools across the North Shore, this initiative offers children under five a wide range of early learning activities.

These playgroups are different from others because they have been developed by educational specialists, and are run by the Kindergarten teachers from each Catholic Primary School.

The focus of each playgroup is to help children learn about the world, make friends and develop the skills needed for 'big' school. They also give children and parents a chance to get familiar with the primary school setting.

"My daughter particularly enjoyed the outdoor play in the infant's playground and having some Year 6 students interact with them," said Vanessa, a mum who attended the Learning

Learning Together Playgroup is a initiative that combines a child's love of play with their need to learn

Together Playgroup at Our Lady of the Rosary Catholic School at Waitara.

The creators of the playgroups also recommend them for parents who are uncertain as to whether their child is ready for school next year. Children who are eligible to start Kindergarten in 2020, no matter the school, are supported at the playgroup to develop important skills needed for the transition to school.

For more information, dates and times for the next Learning Together Playgroup, contact your local Catholic Primary School.



Education Week - Every Student, Every Voice

Education Week celebrates NSW public education, the achievements of students and the value of the public school system. This year, the theme is 'Every Student, Every Voice.' The theme celebrates student empowerment and the foundation the NSW education system creates, that allows students to express their voices during their educational journey, and on a wider level, as engaged global citizens in a community.

Students also have the chance to contribute positively to their school and the wider community.

CONNECTING COMMUNITIES
Advanced technologies will be used to promote and extend student influence beyond the classroom. Through connecting diverse communities and sustaining interaction,

a sense of community will evolve in learning environments.

CHANGE MAKERS
Students will be empowered to build and share a sense of purpose, self-value and belonging that will prepare them for their future lives as active citizens, in a complex and dynamic society.

The key messages of 'Every Student, Every Voice' include:

AUTHENTIC PARTICIPATION
The power of a student's voice entails more than just having a say. Acknowledging and acting on opinions, ideas and expertise from all students has a significant impact on student wellbeing.

PARTNERS IN LEARNING
Collective student perspectives, experiences and aspirations help shape and enrich schools and communities and actively affect decision-making.

RESPECTFUL RELATIONSHIPS
The power of collaboration can be showcased through working with other students and teachers. This helps young people grow into engaged learners, as well as ethical and respectful citizens.

Ed. week

Aug 5th - 9th

2019

"LEARNING TOGETHER" PLAYGROUPS

✓ FACILITATED BY EARLY LEARNING EDUCATORS

✓ STIMULATING PLAY AND LEARNING ACTIVITIES

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belonging and learning...



TEACHERS

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COMMUNITIES

growing and collaborating...

- Asquith
- Berowra Heights
- Carlingford
- Chatswood
- Davidson
- Epping
- Forestville
- Lindfield
- Pennant Hills
- Pymble
- St Ives
- Wahroonga
- Waitara
- West Pymble



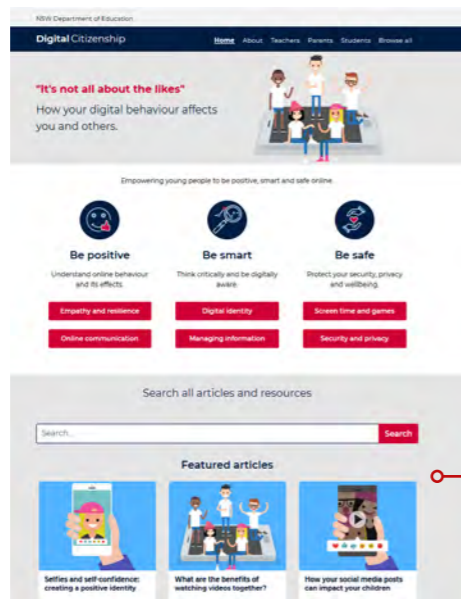
Government Website Teaching Online Safety

The NSW Government has created a website aimed at informing students, parents and teachers about smart and safe online behaviour. The website, Digital Citizenship, aims to guide young people towards more responsible online behaviour, reducing the number of cyber-related issues they face.

According to Minister for Education and Early Childhood Learning, Sarah Mitchell, "The new Digital Citizenship website will equip students, teachers and parents in NSW with the skills and knowledge to minimise the risk associated with online engagement, whilst maximising opportunities of our digital future."

Developed in close consultation with stakeholders, the Office of the eSafety Commissioner and the Office of the Advocate for Children and Young People, the website teaches students:

- To 'be positive' by understanding online behaviour and its effect.
- To 'be smart' by thinking critically and being digitally aware



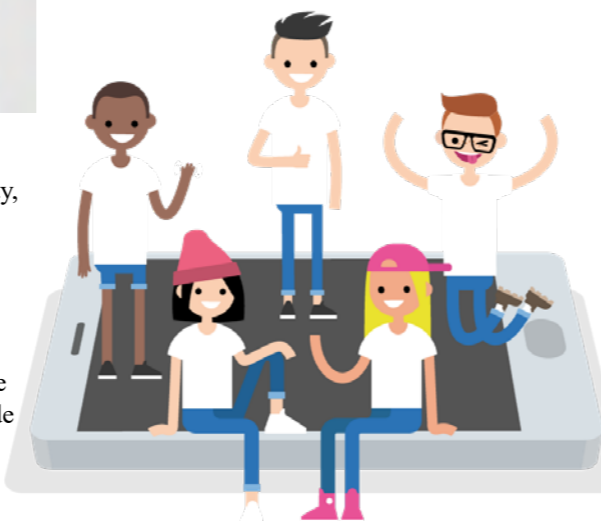
- To 'be safe' by protecting their security, privacy and wellbeing.

Parents and carers can also find advice on how to protect their children from the potential dangers of the digital environment. Ms Mitchell notes that the platform will also offer teachers, "a wide range of curriculum-aligned learning

resources," to guide them on how to equip their students with the skills needed to be responsible digital citizens.

The various articles and resources available as part of Digital Citizenship allow students to work either independently or at the instruction of their parents or teachers. It also gives them access to quick support if they are experiencing any difficulties online.

You can visit the website at digitalcitizenship.nsw.edu.au



Equal Opportunities in Schools

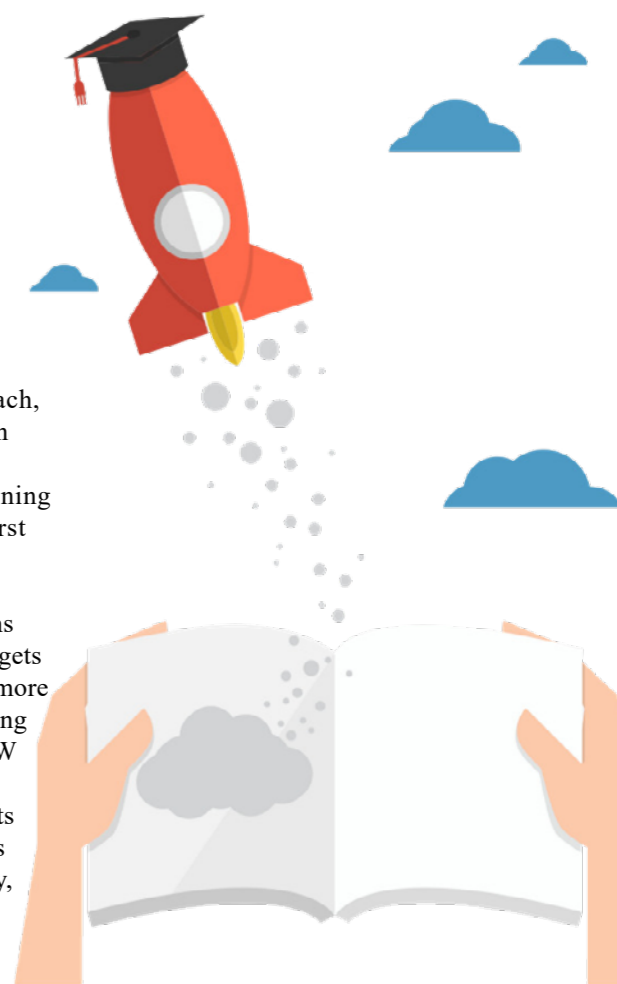
In a plan to uplift academic performance, the NSW government will be rolling out two new initiatives in public schools across the state. The High Potential and Gifted program and the Build It Up program.

Having attained public education herself, Ms Berejiklian wants to ensure that every student in NSW has the opportunity to accelerate their learning and study at higher levels, regardless of where they live or what their circumstances may be.

For students who show talent, the High Potential and Gifted program aims to

offer a personalised learning approach, giving them the opportunity to learn above their age bracket. Plans are slated for this program to begin running in all NSW public schools by the first day of Term 1, 2021.

The Bump It Up program already runs in 137 schools, providing tailored targets for performance improvement; with more than a quarter of these schools reaching their targets in the first year. The NSW Government will be operating Bump It Up in all public schools by 2020. Its targets will also be expanded to focus on five key areas – literacy, numeracy, wellbeing, equity and attendance.



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Clockwise from top: 'Chrysanthemums and Hydrangeas', solarplate intaglio and relief print, Susan Baran (tutor); 'Among the Columns', oil on linen, Kevin McKay (tutor); 'example of sketching in clay', Assaf Carmeli (tutor); 'Nolwazi', watercolour, Dee Jackson (tutor)



"This budget also recognises the importance of mental health to student outcomes, as well as the crucial role that quality teachers play in educating our children."

Minister for Education and Early Childhood Learning, Sarah Mitchell

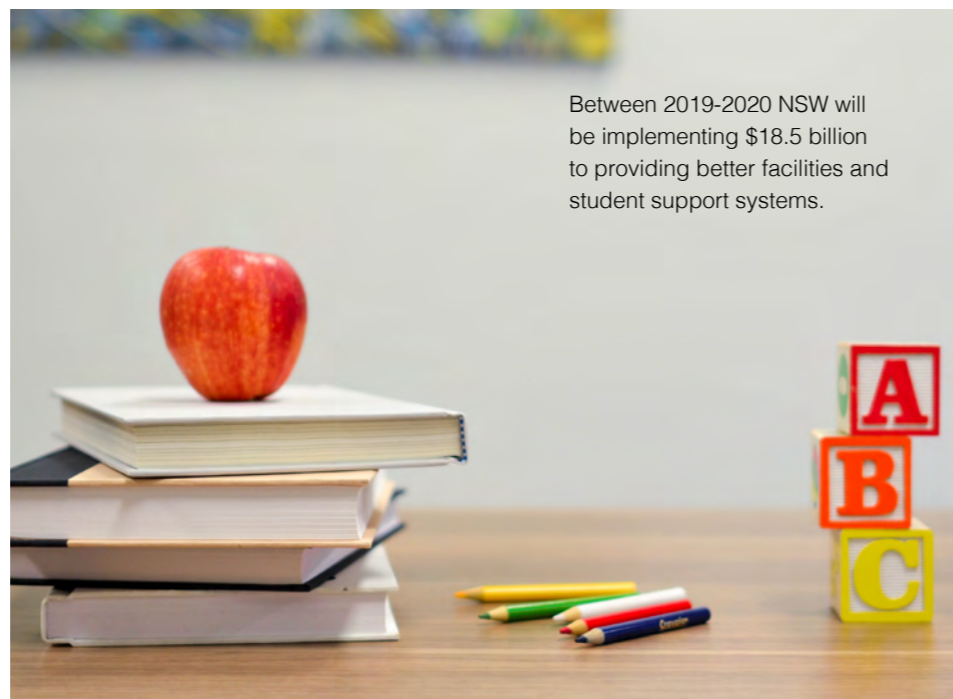
Boost to Education Budget

The NSW Government has amplified education funding with a further \$1.2 billion, in an effort to provide the state with a world-class education system.

The meeting held between Premier Gladys Berejiklian, Treasurer Dominic Perrottet, and Minister for Education and Early Childhood Learning, Sarah Mitchell, was dedicated to implementing \$18.5 billion for education between 2019-2020, which will be used for providing better facilities and student support systems.

This includes 190 new and upgraded schools and the employment of 4600 new teachers, psychologists and social workers to be positioned within each high school across the state.

Ms Mitchell said, "Not only is this Budget focused on continuing to deliver our record school infrastructure program and hiring new teachers – it also recognises the importance of mental health to student outcomes, as well as the crucial role that quality teachers play in educating our children."



Between 2019-2020 NSW will be implementing \$18.5 billion to providing better facilities and student support systems.

The plans aim to close the gap on inequality, which currently disadvantages students, by increasing the availability and access to high-quality education resources and programs within regional areas. Parents are also set to benefit with \$120 million pledged over the next four years

towards extending before and after school care for children in government primary schools.

Another \$1.3 billion will also be allocated to the overdue restoration of public school buildings to facilitate carpeting, roof maintenance and painting.



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Huon Park's Serviced Apartments have been designed for people who wish to enjoy independence with a little bit of extra care. In an idyllic location adjacent to the superb facilities of the Park Club, within the tranquil grounds of Huon Park, these serviced apartments are a relaxing and easy way of living.

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APARTMENTS

Each apartment has a double bedroom featuring a bay window and dual access bathroom with handrails. There is a separate living room that flows onto a garden terraced area or terrace, as well as a separate kitchenette and laundry for your personal washing.

Enjoy breakfast in the comfort of your own apartment then have lunch and dinner with friends in the dining room, with table services and guests welcome anytime.

There is a wide variety of activities on offer such as weekly movies, bridge group, an indoor heated pool and spa, twice weekly shopping trips, church service, craft group, bus tours to the latest shows, lawn bowls and more.

Huon Park prides themselves on their exceptional service that caters towards the freedom of individuals, while ensuring their staff are on call when help is needed.

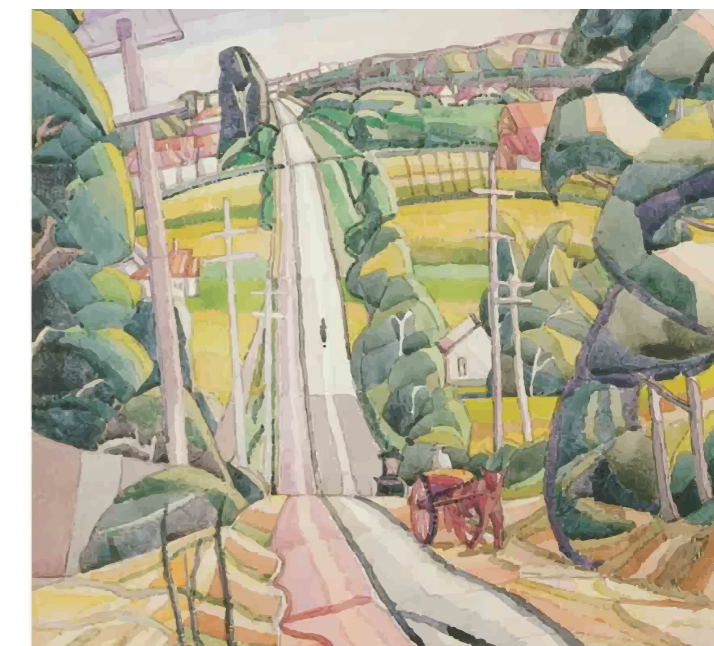
Resident John states, "Knowing there is always someone close by to call on gives me and my family peace of mind."

While Anne says, "I can still meet up with my friends for my weekly coffee at the local shopping centre."

For further information phone Sharon Hummelstad (02) 9440 4344 on-site sales agent for Huon Park.

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Turramurra SPECIAL



Digital manipulation over the painting The Eastern Rd, Turramurra. By Grace Cossington-Smith

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Heritage Hub

Ingleholme, Boomerang Street, Turrumurra, Sydney, ca. 1906



Lewis Godwin

Cossington

Cossington is a heritage-listed residence also known as Sylvan Fells or Sylvan Falls. Built in 1899, it is significant for its association with twentieth-century artist Grace Cossington Smith, a pioneer of modernist painting, who lived there as an adult. Regularly featuring the house itself, Smith's works conveyed a widespread, feminine perspective on Australian culture.



Ingleholme and Garage

Ingleholme and Garage is a heritage-listed residence designed and built by architect Sir John Sulman between 1885 and 86. It is regarded as one of Turrumurra's early landmarks and served as a second preparatory and junior school for Pymble as part of Presbyterian Ladies College (now the Pymble Ladies College) until 1977. It was featured on the Register of the National Estate as an example of Sulman's style.

The History of Our Home

Lewis Godwin

Turrumurra is named after the Aboriginal word for high hill. Initially named Eastern Road following the construction of the railway station in 1880, it was changed to Turrumurra later that same year as an Aboriginal name was thought to be more appropriate. The railway brought significant growth to the suburb, boosting its population from 142 in 1881 to 1,306 by 1901.

Established originally as an area for obtaining timber, European settlers began to occupy land in Turrumurra between 1822 and 1850. From 1850 onward, extensive land was occupied by orchardists, who grew citrus and a variety of other fruits, such as persimmons, Asian pears and custard apples. This continued until 1920 when the fruit fly put an end to commercial fruit growing. The land was then converted into Chinese gardens.

Until 1927, Turrumurra did not have electricity. The Wahroonga Reserve served as its water supply and outhouses needed to be emptied regularly by night watchmen.

Turrumurra is bordered by Ku-ring-gai Chase and Lane Cove National Parks on either side, which act as boundaries to North and South Turrumurra, respectively.

Wikimedia / Sardaka

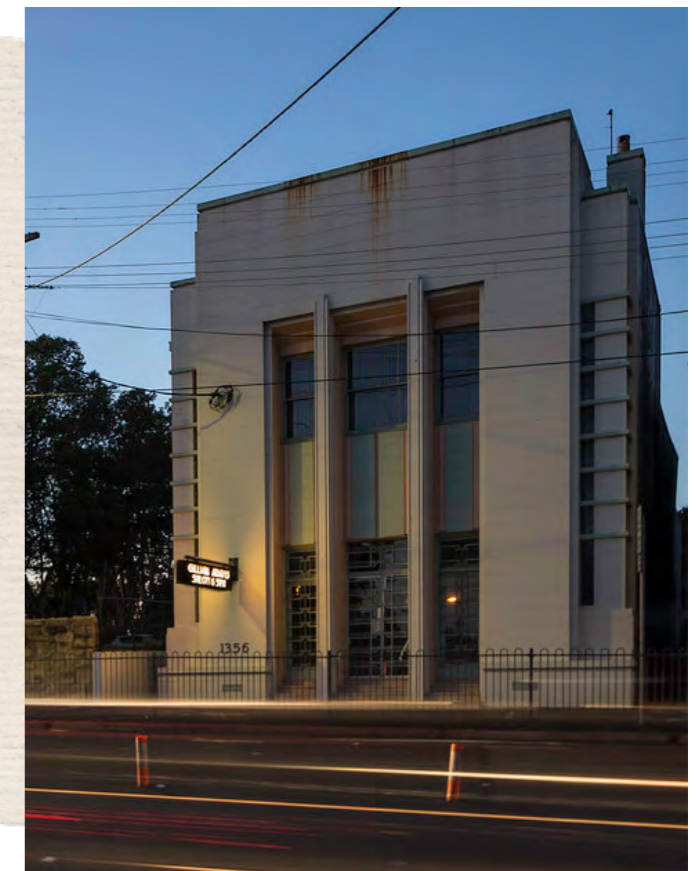


Hillview Garages & Precincts

The original cottage was built in 1890 to take advantage of the boom following the railway's opening. A private guesthouse was later built in 1913. This property was significant for its prominent hilltop setting with views over the harbour and close proximity to the railway line. The garages were also a significant element. They were built by E. S. W. Paul, a Managing Director of Schweppes Ltd., to store his Rolls Royce and Chauffeur. The Hillview guesthouse would be later leased out to the Ku-ring-gai Hospital and used as the Hillview Community Health Centre.

Gillian Adams Salon and Spa – (Former) Turrumurra Commonwealth Bank

Gillian Adams Salon and Spa, which was formerly Turrumurra Commonwealth Bank was built in the 1930s, in an Art Deco style popular at the time. With the advent of modern banking, many of Commonwealth's suburban branches were closed, along with Turrumurra. It was acquired by Gillian Adams who converted it into a beauty salon and spa, which is still operating today.



The Stars of Turrumurra

Tita Smith

Here are a few of the Turrumurra elite that have been born and raised, or later resided, amongst the lush green swerving dips and peaks of Ku-ring-gai's North West.



Faith Bandler

Born in Northern NSW in 1918, Faith Bandler, the leading civil rights activist for the 1967 Aboriginal rights referendum, moved to Turrumurra later in life. Together with Pearl Gibbs and Jessie Street, Bandler formed the Aboriginal-Australian fellowship in 1956 to lobby legislative change and was the secretary when the campaign commenced. Although she didn't identify as Aboriginal - her father being a South-Sea Islander and her mother Scottish Indian - she radically changed Aboriginal lives and Australian history, as the referendum, consisted of more than 90% yes votes, enabled Aboriginal people to be counted as citizens in the Commonwealth census and granted the Commonwealth the capability of legislating on behalf of Aboriginal people.



Grace Cossington Smith

Beloved Australian artist, Grace Cossington Smith, was originally from Neutral Bay before her family relocated to Thornleigh during her schooling years. She attended Abbotsleigh where famous artists, Albert Collins and Alfred Coffey, gave lessons. She undertook private drawing classes as she travelled abroad through Europe before she landed back in Sydney in 1914 at 43 Ku-ring-gai Avenue, Turrumurra, where her family were then residing. Her parents bought the house in the 1920's and named it 'Cossington' after her mother's family home back in England. Around this time, as her she immersed herself into her professional career, she changed her name to include 'Cossington' at the insistence of her mother, to distinguish her within her field. She remained at Cossington for the rest of her working life before moving into a nursing home, eventually passing away in Roseville in 1984.



Chris Lilley

Funny man Chris Lilley, known for his multiple character performances in the mockumentary television series *We Can Be Heroes*, *Angry Boys* and *Summer Heights High*, was born the youngest of four children on the 10th of November 1974. He was raised in Turrumurra and attended Pymble Public School, then would later go on to work at Turrumurra North Public School as he began to launch his career as a stand-up comedian in his twenties. With two Logie Awards for Most Popular Actor, Lilley has an extensive career list, working as a comedian, actor, writer, television producer, director and musician.

Gretel Killeen

Gretel Killeen, famous for her role as the host of *Big Brother* between 2001-2007, has had an astonishingly versatile career. Born and raised in Turrumurra with her three sisters and parents, she spent part of her childhood at 24 Fairlawn Avenue and would later become the captain of Ravenswood Ladies' College. Not only is she an Ambassador for UNICEF, she is also a renowned presenter, journalist, comedian and the author of over twenty books. Today Gretel is the proud mum of two children, Zeke, 30, and Eppie, 27.

Trevor Allan

Rugby great, Trevor Allan, was nicknamed 'Tub' as a child. Born in Bathurst, his family relocated to North Sydney where he attended Willoughby Public School. At 19 years old, in 1946, he joined the Wallabies' first post-war tour as they headed to New Zealand. By 1949, he had already established a record of captaining Australia in 10 consecutive internationals. His career was abruptly cut short by a knee injury, which led him to transition into a commentator role on ABC Sports. He moved to Turrumurra later in life, where he passed away in his home in 2007.



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There are a plethora of factors that can lead to heel pain such as starting a new sport or activity, increased weight gain, flat (pronated) feet and even changes in footwear. So how do you treat these cases before they become serious issues? Turrumurra Podiatry Centre will help you heal your heels. With trusted podiatrists that have a wealth of knowledge and years of experience, they are able to identify and analyse the causes of heel pain, while tailoring treatments to individual requirements.

Some of the treatment options include strapping, strengthening, dry needling, orthoses, and joint mobilisation. Turrumurra Podiatry Centre understands the power of an active and pain-free lifestyle, so they ensure each visit has a positive outcome.

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Tasty and Trendy

Kipling's Garage Bar, located on Sydney's upper North Shore at Turrumurra train station is the perfect destination for an intimate lunch, dinner or large gathering. The converted 1930's garage named after Rudyard Kipling whose famous quote "A man can never have too much red wine or too many books," sits confidently between Eastern Road and Rohini Street with seating options available outside and in.



cook for you, or indeed hosting your private function on-site.

With a wine list of more than 400 varieties including over 120 by the glass, there's plenty to keep you coming back to taste.

Throughout the year occasions of all types are celebrated, from Valentine's Day right through to Melbourne Cup with pepperings of Wine Dinners from

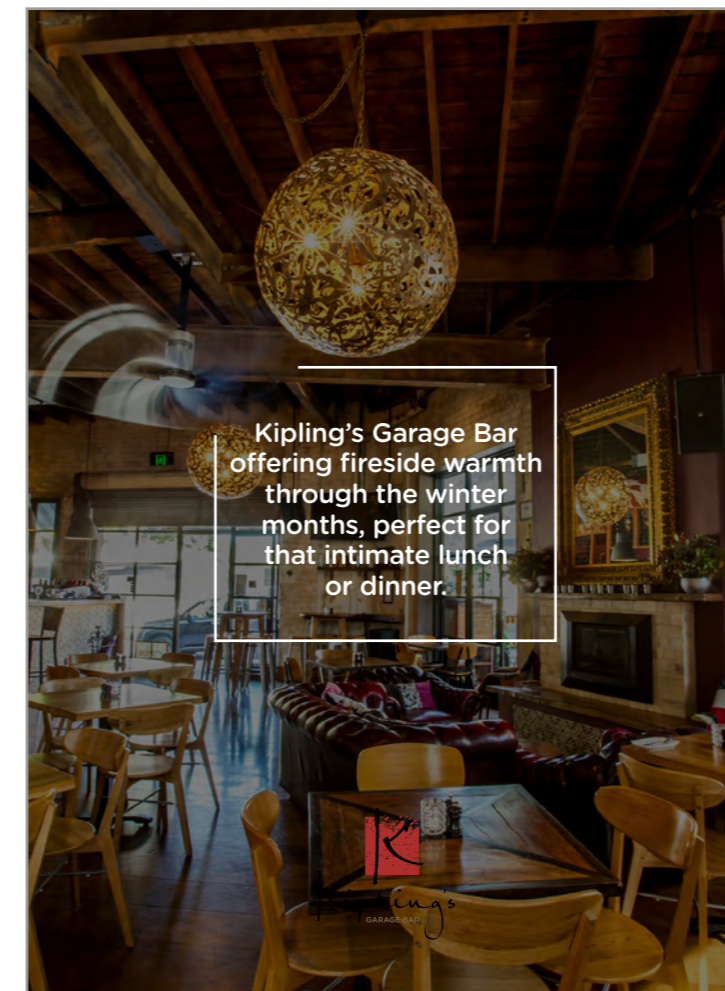
lauded wineries such as Tyrell's and Pegasus Bay, as well as collaborations with celebrity chef Massimo Mele.

Award-winning winemakers join with Kipling's to showcase their current and back vintages at long tables with a sharing menu. Guests can taste up to 8 wines superbly matched with a four-course dinner. Whether you're coming in for a drink or staying for lunch or dinner, Kipling's Garage Bar offers an intimate and friendly atmosphere to catch up or wind down.

The a la Carte lunch menu offers warming and hearty dishes such as seafood chowder or slow-cooked pulled pork ragu. By night, there is a street food sharing menu with offerings of Peking duck pancakes, three cheese zucchini flowers, tuna tacos and more.

The cosy, intimate atmosphere lends itself to gatherings for business and play, especially to take advantage of the \$55 three-course lunch – available every day. Kipling's Garage Bar also operates Catering By Kipling's, pulling up at your home to

Amid the vintage vibe and eclectic collection of charming décor, the welcome is warm, especially by the fireside where you can recline in deep Chesterfield sofas. Kipling's is a boutique bar specialising in artisanal wine and cuisine. The wine list is extensive and rich with vintages and varieties from Australia, Europe and South America to which the menu is crafted from fresh and seasonal ingredients.



Kipling's Garage Bar offering fireside warmth through the winter months, perfect for that intimate lunch or dinner.





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Bathroom floors keep dry and warm with floor heating.

Luxury from the Ground Up

Hannah Prasad

Nothing says luxury like underfloor heating and Comfort Heat will have you feeling warm this winter. With expertise in both hydronic and electric systems, Comfort Heat takes pride in individually designing each project to the homeowner's needs. With an eye for detail and memorable customer service, Comfort Heat work with the builder, designer and homeowner to ensure the final product is completed to the highest standard possible. *Sydney Observer* spoke to Sandra from Comfort Heat who shares the benefits of this form of heating and what is the best option for your home.



Polished concrete is ideal to heat.

How does this form of heating work?

Everyone knows heat rises, so it makes sense to heat the floor below you so the heat rises past you on its way to the ceiling. Because you are closest to the source of the heat you do not need the heating to be hot. Having the floor set at just 25 degrees radiating from the entire floor will keep the house very comfortable without wasting energy.

What are the benefits of underfloor heating compared to a traditional form of heating?

Traditional heating usually utilises a high heat source and sometimes requires fans to move the heated air through the room. Floor heating is silent, invisible and has no dust or fume issues. It is also a low heat so there are no burn issues.

Can you tell me more about the maintenance of this system?

Once the electric floor heating is installed within the floor, there is no maintenance required. The only above-ground mechanical part is the thermostat which can be upgraded or replaced as required, although we have thermostats installed which are over 15 years old. The hydronic heating pipes are the same as the cable, but there is more plant above the floor, which needs regular maintenance to keep it working efficiently.

What are the running costs?

The electric floor heating is connected to the power supply and the size of the floor area being heated will determine the electrical

load of the floor, so therefore the cost to run it. For larger areas, it may be more cost effective to utilise a hydronic floor heating system, which requires cheaper energy sources for the heating. The running costs can be lowered by designing insulation and passive solar capture into the building design.

What is the difference between electric and hydronic - what are the advantages and disadvantages?

Electric floor heating is cable and a thermostat so there is little impact on the building, but the larger the floor area the more the system will cost to run. Hydronic floor heating is a plumbing system with water in pipes heated by a boiler of some kind, which then passes this heat to the floor. Because of the pipes in this installation, there is more impact on the fabric of the building and the installation cost is higher. However, the boilers are very efficient and the energy load is less, so for larger floor areas the hydronic can become a cost-effective heating option.

Can you tell me more about the DIY kits – how easy are they to install?

DIY electric floor heating kits for bathrooms are quick and easy to install. Larger areas will take more time but are still quite straightforward. We can also provide DIY hydronic heating kits as well for the owner's builders or remote trades. We can ship the kits anywhere in Australia and all our kits come with installation schematics and instructions where floor plans have been provided.

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Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort Heat designs each system to reflect the required outcome of the clients as well as taking into account each plan and location. The systems can be controlled manually or designed to be completely automatic. They can be zoned or operate as one system.

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Superior Floor Heating Systems

Blissfully Bejewelled Bedroom Design

Isabella Ross

With winter in full swing, now is the time to freshen up your bedroom interior with some cosy touches. Warm and comforting textures and jewel tones are key when it comes to designing a glamorous boudoir that is seasonally appropriate.

Hints of Chesterfield

A nod to our colonial roots, the classic Chesterfield is an iconic symbol of British design in the 1920's. Traditionally made in leather material, modern chesterfield furniture is often created using a variety of fabrics. For your revamped bedroom design opt for a chesterfield bedhead, as the deep buttoning adds a touch of luxury.

French Bedroom Co



Decadent Jewel Tones

To ensure your space exudes warmth this winter season, it is important to select a rich colour palette. Deep and decadent jewel tones are the way to go. Sapphire and ruby shades are currently trending and will perfectly compliment the other interior pieces mentioned. These indulgent colours are guaranteed to add some extravagance to your bedroom design.



Audenza

Soft Furnishings

Cosy textures are synonymous with winter-friendly interiors. Throw rugs are the major decorative piece to add to your shopping list. Wool, linen, cotton and additional fleecy materials are the perfect fabrics for this space, thanks to their ability to radiate comfort and warmth.

Abstract House

Be Original with Artwork

Forget the overdone deer wall hanging. Now is the time to express your own creativity and choose art that speaks to your own individual aesthetic. This does not necessarily mean paying an exorbitant fee for a piece, but rather shop around and see which particular canvas artwork stands out for you. Art looks particularly spectacular when hung above a bedhead or cabinet wardrobe.



Transform Your Spare Room

Isabella Ross

Wallsauce.com



A Children's Playroom

The sky is the limit! Let your imagination run wild when creating a children's playroom. A funky and youthful print on the walls is a great way to inject flair into the space, preferably a wallpaper that is gender neutral. A reading nook, drawing station, tepee and basket of toys are great ways to keep the kids entertained. Finding a balance between education and fun in your child's playroom is always the way to go.

A Work Space

Lots of Sydneysiders like to work from home and have a quiet space where they can get on with tasks without the distraction of others. So, for freelance workers, having a home office is a necessity. Sources of good quality natural light, comfortable seating, filing storage and a desk are essential features.



A Home Gym

Many of us lead busy lives and often struggle to find the time to get a daily amount of exercise. It is also quite expensive to pay for a gym membership that is rarely used. So, if a spare room is available within your home, why not design your own gym! All it takes is some storage facilities, yoga mats and an exercise ball. If you are willing to loosen the purse strings, investing in a rowing machine, treadmill, elliptical trainer or exercise bike are also great options.

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Kitchen Storage 101

Isabella Ross

For many families, the kitchen represents the heart of the home, a space where memories have been forged and flavourful food is shared amongst loved ones. Ensuring you have the space to create delicious dishes in your kitchen, it is important to organise accordingly. There are plenty of ways to save room and create efficient kitchen storage, including the options below.

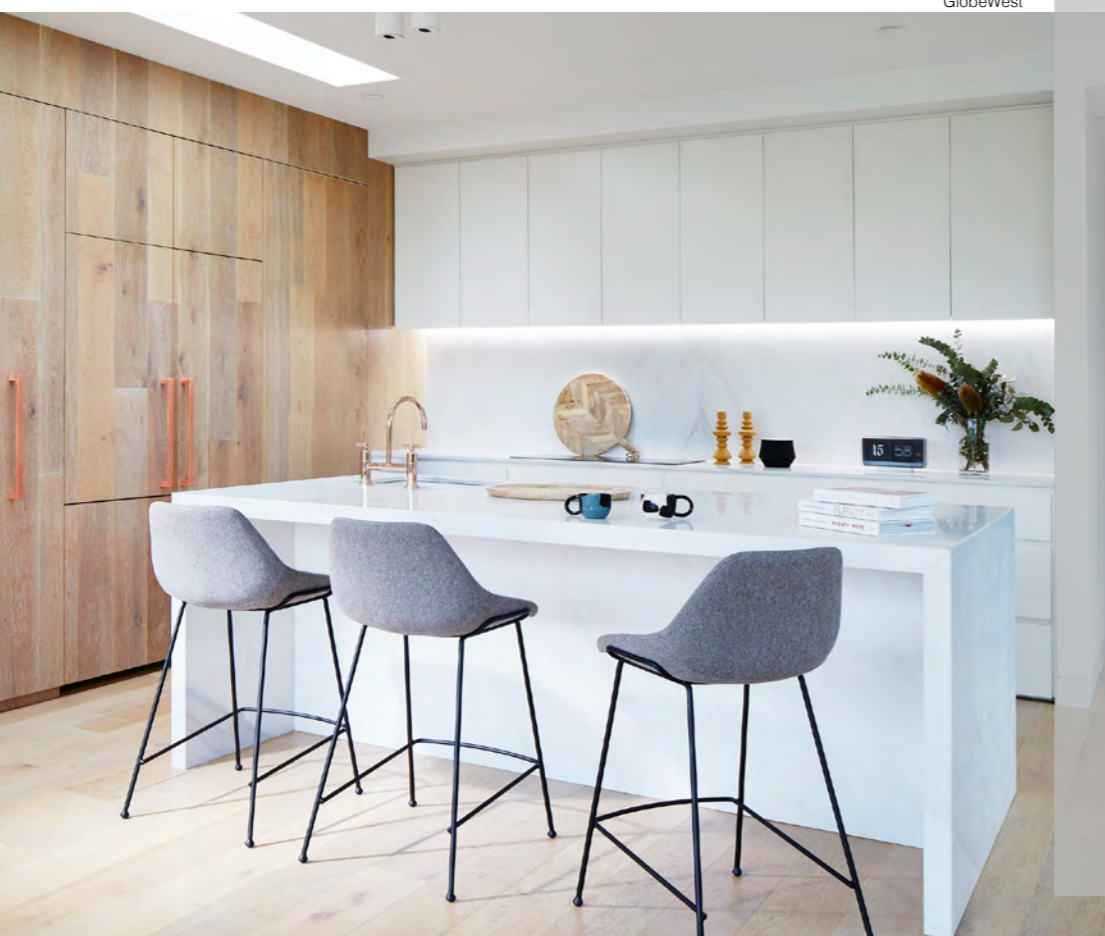


australianoutdoorkitchens.com.au/

Bring the Kitchen Outdoors

Why make the kitchen the only space in the home where food and wine can be shared? Lots of modern Australian backyards host an entertainment area where the family can have BBQs, dinners with the neighbours and afternoon tea in the garden. With the perfect mix of contemporary style and comfort, alfresco dining is a great way to showcase your family's love for food.

Having the option to open your kitchen onto an outdoor entertainment precinct will allow your house to not only flow seamlessly but also impress your guests! Additionally, a pizza oven is always a crowd favourite, as it gives you the opportunity to cook Italian delights in the comfort of your backyard.



GlobeWest

Optimal Storage

Having plenty of storage space in your kitchen is a necessary factor for any homeowner, especially if children are in the picture. A spice rack, island benchtop, pantry organisers and food storage containers are some examples of stellar kitchen storage. Howard's Storage World is one of the premier local shops that offer a myriad of solutions that are perfectly suited to the kitchen.

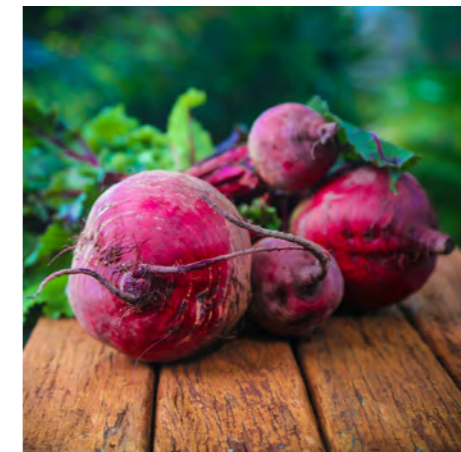
Design wise, timber cabinetry with white stone bench tops continue to emulate classic style. Another great idea for your kitchen is to grab hold of a cookbook stand. It is preferable to choose one that has a translucent plastic shield so that your recipes will not be splattered with sauces or spices. You can also take full advantage of the space above your kitchen island, by installing an overhead solution for hanging pots and pans.

Cold Season Crops

Lewis Godwin

Asian Greens

Bok choy, gai lan (Chinese Broccoli) and wombok (Chinese Cabbage) are some of the many Asian vegetables optimal to grow in winter, as they tend to become bitter in hot weather. These greens are easy to grow, nutritious and can make for a great addition to winter soups. They do tend to attract slugs and snails but spreading coffee grounds around the vegetable patch can help keep these creatures away.



Beetroot

For a superior taste, rather than buying by the can, why not plant your own beetroot? They grow easily from seed and don't require much space. Freshly grown beetroot comes in a number of shapes and colours. The plant's leaves can also be used in a salad.

Lettuce

Lettuce comes in a variety of shapes and sizes but all are relatively easy to grow. You can sow them in the garden or start them out in seed trays. As these crops have shallow roots, they will require daily watering in dry weather, this will also help prevent bolting.



Herbs

The winter season is a great time to start planting herbs like chamomile, dill, mint, coriander, parsley, sage, thyme and oregano. With good soil, appropriate light, air circulation and water, you can even set up an indoor herb garden.





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Stay Stylishly Warm

Isabella Ross

Cosy Accessories

When the wind is brisk, it is important to be able to keep yourself warm yet still chic! Fuzzy beanies, circle scarves, pashminas, chunky belts and gold jewellery are all timeless pieces that are versatile. Take inspiration from the rich, cool tones mentioned below.

Statement Boots

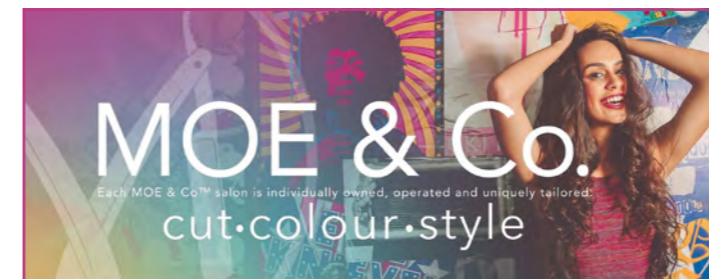
Boots are most definitely a well-loved accessory during this season. A pair with a bit of a heel is ideal, as they will elongate the legs but still be proficiently comfortable to walk in. Everyone loves a pair of stylish brown suede boots! Black leather boots will also stay in fashion, thanks to their edgy style and flair that pair seamlessly with any outfit.

Rich Cool Tones

Plums, oatmeal tones, cornflower blue and brisk whites featured heavily at Mercedes Benz Fashion Week. This event often marks the beginning of winter fashion and serves as a rich source of inspiration for what is hot this season. Commonly synonymous with basic colours that lack creativity, winter style does not have to be boring. Sprucing up an outfit with a plum scarf or cornflower blue tote can make all the difference.

Pretty Ponchos

V-neck and turtleneck ponchos are the two most common types; however, the turtleneck style may be more practical for the cooler weather. Woolly textures or faux fur are the perfect materials to keep warm with. Perfectly chic when accessorised accordingly, ponchos ooze youth and Parisian chic.



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Rise and Shine!

Rejimon Punchayil

Winter presents us with an opportunity to rest longer in our beds, our rise recliners and our favourite chairs. But the colder months can become a challenge when trying to get out of bed in the morning. It seems as though our bodies do not follow our instructions and it can be hard to move despite our best efforts. While we can continue to blame our body, its aches and pains or age, there is definitely something we can do to improve the situation.

Getting in touch with your GP or occupational therapist will provide some essential solutions. One simple strategy is to review the height of your bed and the height of your chair. Minor increases in their height can make a major difference in your ability to get out of a bed or chair.

Another simple solution is to use a bed rail to help assist you out of bed. If that is not enough, I suggest that you invest in an electric bed and a good mattress. If you have been procrastinating on those decisions, you are missing out on the indisputable benefits of a good night's rest.

Most good quality electric beds will allow you to do a combination of things such as, adjusting the height,

bending the back and using the Trendelenburg tilt function.

Don't choose an electric bed because of its name. Make sure that your electric bed has all the necessary functions which include, height adjustment, back bend, knee bend, Trendelenburg tilt, reverse Trendelenburg tilt, good quality castors and a 10-year warranty. A 24-hour battery backup is also an essential feature, as it will come to your aid if the power fails. There is a range of wonderful looking electric beds to suit

your taste and style, so shop around before you commit to a purchase.

Independence comes with our ability to conduct our daily chores with the least amount of dependence on others. This winter, make sure that you rise and shine with ease and grace with the help of a bed rail or an electric home care bed.

For more helpful solutions visit comfortdiscovered.com.



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Seniors in a Tech-Savvy Environment

Isabella Ross



There is often a technological stigma attached to seniors, regarding the concern that older Australians can become digitally isolated. But recent statistics have revealed that the impacts of technology on the older generations are not as drastic as previously predicted. A recent report commissioned by the NBN.CO, found that Australian seniors over the age of 65 are the quickest-growing new adopters of online education.

"It has always been a concern that the digital world could be isolating for older Australians, but it is great to

see evidence that many are utilising services over the NBN access network to make the most of new opportunities to learn online and upskill after their retirement years," remarked Council on the Ageing Australia's Chief Executive Ian Yates.

Like the NBN, numerous councils are also aiming to combat such digital isolation by offering technology-centred lessons for seniors at local libraries. Mayor Jennifer Anderson noted that North Shore libraries are transforming into communal meeting places to study, learn and pursue interests for all ages.

"The traditional view of libraries as places to borrow books is being superseded and widened. There will always be books, but technology is becoming a key factor in how people use libraries."

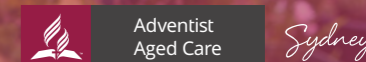
Computer Pals is an example of one fantastic local organisation aiming to bridge the gap. The organisation holds computer sessions for seniors each 2nd Thursday of the month, with branches in Ku-ring-gai, Turramurra, Northern Beaches and Epping. Hornsby RSL also offers such classes to promote technological knowledge and mutual assistance with digital technology usage.



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Random Acts of Kindness: Who benefits?

Dr Sue Ferguson

Compassion and social support have benefits for the health and wellbeing of recipients. Who doesn't appreciate a meal cooked for us when we're ill, or even a compliment from a stranger? But helping and supporting others has benefits for support providers too, so long as it doesn't become too burdensome (as it can, for example, in caring for those with dementia).

Being kind to others may take the focus off our own problems and make us feel connected to our communities. For example, volunteering has been shown to reduce stress, increase happiness, give life meaning and purpose, and even improve physical health and longevity! Showing care and support for others in the community also sets a good example for our children.

Being kind is something most of us value as an ideal, but do we practice it day to day? Being altruistic more broadly may perhaps be a good starting point. Altruistic behaviours are those which are undertaken

voluntarily and without anticipation of a reward or payback. So if you don't have time for a big formal volunteering job, what can you do? How about trying some smaller random acts of kindness?

For a boost to your own happiness, research by Psychologist Dr Sonja Lyubomirsky suggests:

- Doing 5 random acts of kindness in one day works best (rather than spreading them out), as does doing a greater variety of activities.
- Then pick a day each subsequent week to do 5 more, but different ones to the week before.
- It may also be helpful to write down what you have done and how it made you feel, so you can savour it and motivate yourself to do more kind acts.

So, in a world where you can be anything, be kind.



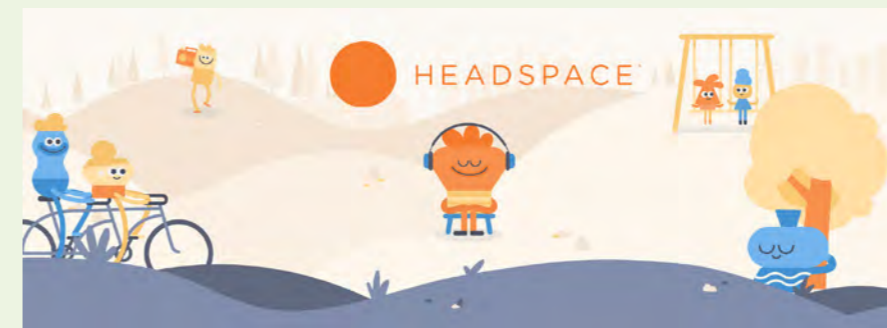
Dr Sue Ferguson has a Masters in Clinical Psychology, and a PhD focused on Positive Ageing from Macquarie University.

Relaxation Corner

Lewis Godwin

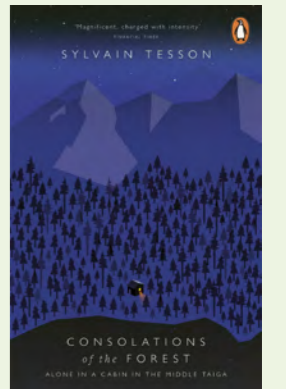
SOUND

Headspace is an app offering soundscapes to help you relax, fall asleep and improve your productivity. It features a library of sleep music and atmospheric music without much variation, so your rest remains uninterrupted. Some tracks use repeated harmonies, while others feature natural sounds, such as crickets chirping. The app also offers sleepcasts, which are audio-guided tours that help create the right conditions for healthy sleep. Sleepcasts work much like a bedtime story and can be changed up each night, ensuring that your experience is different with each listen. Headspace is available free for both Android and iPhone users, however, subscriptions are available for full, unrestricted access to their libraries.



BOOK

'Consolations of the Forest: Alone in a Cabin in the Middle Taiga' recounts six months of French writer, Sylvain Tesson living in an isolated Siberian cabin, cut off from society. Described as "a meditation on escaping the chaos of modern life and rediscovering the luxury of solitude," Tesson reflects on the beautiful, harsh environment and history of Siberia in a memoir about the freedom that comes with owning your own time.



Consolations of the Forest: Alone in a Cabin in the Middle Taiga by Sylvain Tesson
237 pages

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Sharing Toothbrushes – Is this a Good Idea?

Dr. Ian Sweeney

Believe it or not, sharing toothbrushes appears to be quite common practice. You may, however, get more than you bargained for if you do.

Our mouths are full of bacteria, in fact, there are between 200 to 500 different species of bacteria colonising our mouths. Whilst some of these are healthy bacteria, many of the bacteria, as well as some fungi and viruses are not. Certain bacteria have been linked to tooth decay, whilst others will lead to gum disease.

Once a toothbrush has been used it becomes colonised with bacteria from your mouth. Cleaning and thoroughly drying your brush between cleans will kill most bacteria on the brush. However, if the brush is not allowed to dry out between uses, the bacteria will multiply and your brush may also start to grow species of mould.

Sharing a toothbrush is quite similar to kissing someone on the lips, as bacteria will be transmitted from one person to another. Likewise, if your partner contracts a viral illness, sharing their toothbrush may put you at risk of catching the virus. Many people experience bleeding gums whilst brushing, and this too poses a risk for transmitting disease.

If you do happen to forget your toothbrush on that overnight stay, there are options more desirable than picking up someone else's brush. You could consider disinfecting your mouth with mouth rinse, using toothpaste alone or with a piece of paper towel wrapped around your finger. You could even use a diluted mix of water and vinegar to rinse your mouth. Remember to floss if you have this available. Whilst not ideal, this will suffice as a one-off until you can purchase a new brush in the morning.

It has been well known for over 30 years that decay-causing bacteria can often spread from mother to newborn. When teeth first appear in a baby's mouth the types of bacteria present in the baby's mouth will change to resemble those found in the mouth of the mother or other primary caregiver. If the mother has active decay, the bacteria responsible for the decay will be passed on to the infant. For this reason, the Australian Dental Association recommends a child's first dental visit occurs at 12 months of age.

Bacteria can also pass from one person to another by the transference of saliva. The transference of saliva may occur by sharing utensils and cups as well as blowing on food. People with compromised immune systems, such as people on chemotherapy or undergoing organ transplants need to be very careful about exposing themselves to foreign bacteria of any type.

Keeping your toothbrush to yourself and changing it regularly will help maintain healthy teeth, gums and general health. Toothbrush hygiene including keeping it dry and away from toilets will help limit new bacteria, mould and viruses from being introduced into the mouth.



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

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New Zealand Rail and Sail

Ship and train lovers will all be happy on an exclusive, new, rail and sail cruise tour to New Zealand this October.

Cruise Express has released the fully hosted 'New Zealand Rail and Sail' itinerary, offering complimentary, onboard drinks for bookings made in Balcony staterooms or above. The offer is available until sold out.

The 16-night package features a 12-night cruise aboard Celebrity Solstice from Sydney to Auckland and a four-night North Island tour including a two-day ride aboard a historic train between Auckland and Wellington.

Sailing from Sydney on October 27, 2019, the cruise will visit Hobart, Fjordland, Dunedin, Akaroa, Picton, Tauranga and the Bay of Islands before the cruise ends in Auckland.

A four-night land tour follows including a night in Auckland and a two-day trip to Wellington aboard the historic, privately chartered RM31 railcar, 'Tokomaru'. Built in 1938 and named after a Maori canoe, the railmotor was used for North Island passenger rail services for more than 30 years until the early 1970s and still retains her traditional, art deco charm.



The Chateau Tongariro is a 90-year-old hotel on the slopes of Mt Ruapehu.

Half-way through the journey, guests will stay at the grand, 90-year-old Chateau Tongariro hotel on the slopes of Mt Ruapehu. The tour ends with two nights in Wellington with a lunch visit to the wineries of the famous Martinborough wine region - famous for pinot noir.

Including a flight home to Australia, the 16-night New Zealand Rail and

Sail cruise tour is available from \$4790 per person, twin-share, in an Inside Cabin. In Balcony Cabins and above (from \$5690 per person twin-share), passengers will receive a bonus Classic Beverage Package for drinks onboard Celebrity Solstice. The offer is available until sold out.

Call Cruise Express on 1300 766 537 or visit cruiseexpress.com.au

Decadent Chocolate Recipes

Isabella Ross

To celebrate World Chocolate Day on July 7, *Sydney Observer* has collated two of our favourite chocolate-inspired recipes. So, indulge in some delicious chocolate decadence this cosy winter season.

Classic Brownies

Recipe from Taste.com

Ingredients

- 125 grams unsalted butter, chopped
- 125 grams dark chocolate, chopped
- 3 eggs, lightly whisked
- 335 grams CSR white sugar
- 115 grams plain flour
- 30 grams Dutch cocoa powder
- 1 tbs. vanilla extract
- Pinch of salt

Method:

1. Preheat oven to 160°C fan forced. Grease a 20cm square cake pan and line with baking paper.

2. Place butter and chocolate in a heatproof bowl over a saucepan of simmering water. Make sure not to let the bowl touch the water. Stir with a metal spoon until melted. Remove from heat.

3. Quickly stir in egg, sugar, flour, cocoa powder, vanilla and salt until just combined. Pour into prepared pan.

4. Bake for 30 minutes or until a skewer inserted in the centre comes out with moist crumbs clinging. Set aside to cool completely.



Chocolate Ganache Cake

Recipe from Delicious.com

Ingredients

- 180 grams dark chocolate chips
- 200 grams unsalted butter, plus extra for greasing
- 4 eggs
- 250 grams brown sugar
- 2 ½ cups self-raising flour, sifted
- ¼ cup Dutch cocoa powder, sifted
- 200 ml buttermilk

Ganache Frosting Ingredients

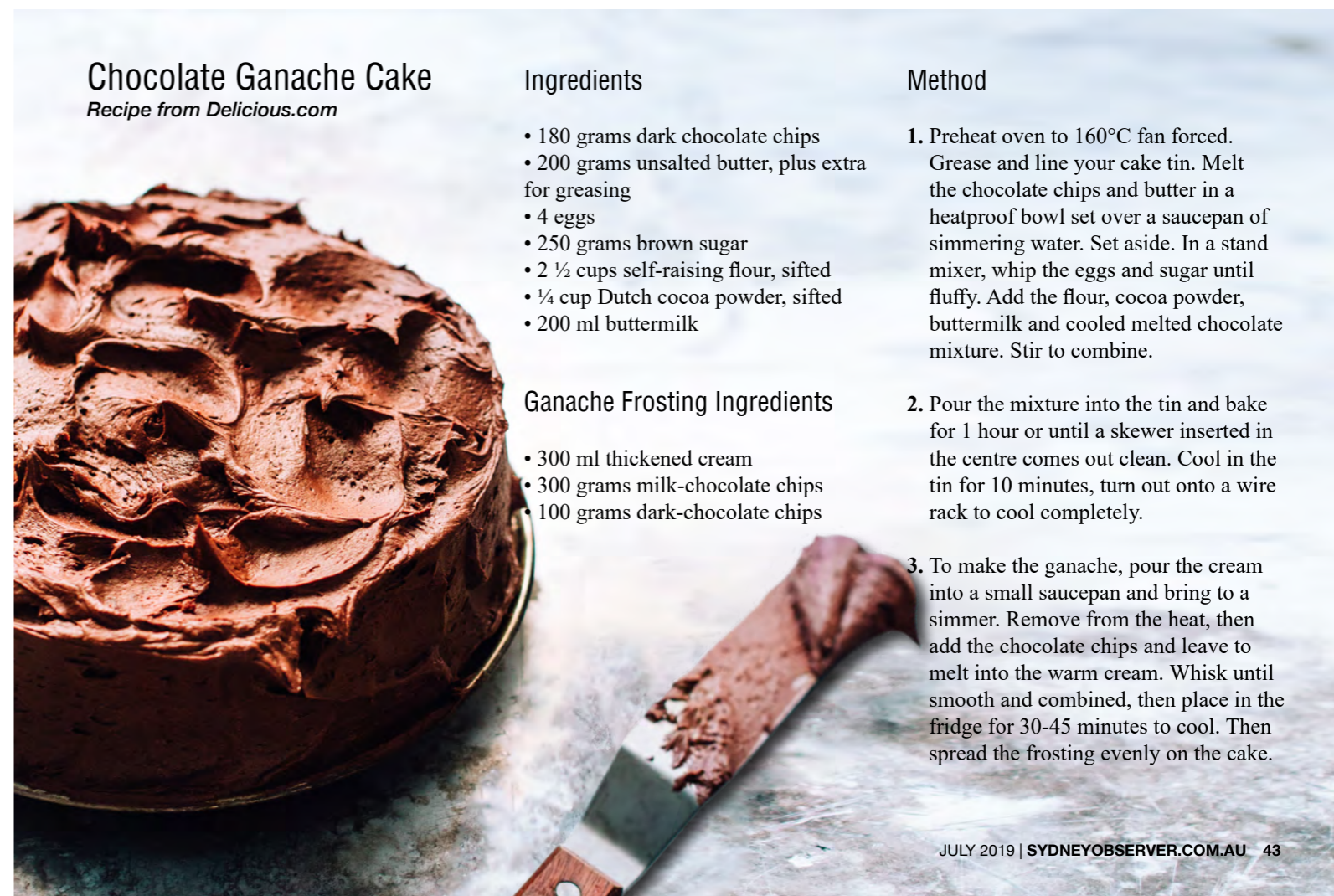
- 300 ml thickened cream
- 300 grams milk-chocolate chips
- 100 grams dark-chocolate chips

Method

1. Preheat oven to 160°C fan forced. Grease and line your cake tin. Melt the chocolate chips and butter in a heatproof bowl set over a saucepan of simmering water. Set aside. In a stand mixer, whip the eggs and sugar until fluffy. Add the flour, cocoa powder, buttermilk and cooled melted chocolate mixture. Stir to combine.

2. Pour the mixture into the tin and bake for 1 hour or until a skewer inserted in the centre comes out clean. Cool in the tin for 10 minutes, turn out onto a wire rack to cool completely.

3. To make the ganache, pour the cream into a small saucepan and bring to a simmer. Remove from the heat, then add the chocolate chips and leave to melt into the warm cream. Whisk until smooth and combined, then place in the fridge for 30-45 minutes to cool. Then spread the frosting evenly on the cake.



What's On

July

BONDI ICE RINK

Dates: 1 July – 21 July

The rink on the beach returns this winter! Watch Bondi turn into a winter wonderland and get ready to show off your skating skills this season.

bondiwintermagic.org.au/bondi-ice-rink



aimf.com.au

AUSTRALIAN INTERNATIONAL MUSIC FESTIVAL

Dates: 4 July – 11 July

This spectacular showcase of music draws in 1000+ participants each year and focuses on a musical, educational and cultural experience. Providing young people with performance opportunities at iconic locations such as the Conservatorium of Music, this is a memorable experience full of music and knowledge.

aimf.com.au/about-the-festival/



FOOD SWAP

Dates: 5 July

Come to the Blend Café in Chatswood to meet friendly green thumbs and to exchange your excess produce. This monthly swap features a free talk on growing and cooking vegetables, fruits and herbs. The café will also be open, so why not pick up a delicious fair-trade coffee or nutritious snack while you are out.

willoughby.nsw.gov.au/



NAIDOC.org

NAIDOC WEEK

Dates: 7 July – 14 July

This year's theme for NAIDOC Week is 'Voice, Treaty, Truth', aiming to promote voice and a better future for our Indigenous community. Throughout our colonial history, the Indigenous have rightfully sought for recognition and the right 'to be the architects of their lives and futures.' NAIDOC Week aims to raise awareness in regards to this purpose, along with celebrating Aboriginal and Torres Strait Islander peoples' rich and unique culture.

For a full list of the public events and ceremonies taking place across the city, visit: naidoc.org.au

HORNSBY GANG SHOW

Dates: 5 July – 13 July

Over the July school holidays Hornsby Gang Show, a local Scout youth production, will be running. Gang Show is a variety show performed by Scouts and Guides from all over the Sydney North region, including the North Shore. It hopes to develop the region's performing arts by allowing young people to take part in a number of roles, such as stagecraft, acting, dancing, singing and working behind the scenes. Gang Show is suitable for all ages and makes for a wonderful, affordable school holiday activity.

gangshow.com

SURRY HILLS MARKETS

Dates: 6 July

The Surry Hills Markets have a unique selection of vintage fashion, antiques, books, hand-made items and designer labels. Held on the first Saturday of each month, this is the perfect way to start your weekend.

shnc.org/events/surry-hills-markets/

SUNSET SESSIONS POP-UP BAR

Dates: 7 July

The Coal Loader Platform will be hosting a waterside pop-up bar. The perfect way to relax on a Sunday afternoon, there will be live music, wine and the whole series event is sustainable!

northsydney.nsw.gov.au

DOUGHNUT MASTERCLASS WITH SHORTSTOP

Dates: 8 July

Cult-favourite bakery Shortstop in Barangaroo is serving up a series of after-dark doughnut making masterclasses. Head doughnut maker Natalie Waugh will be sharing her skills on how to create these trendy desserts. In this 90-minute workshop, participants will roll, proof and fry their own doughnuts from scratch. Fresh

cinnamon doughnuts and batch brew coffee will be available to sample as you bake. Attendees will receive a box of professionally made doughnuts to take home, recipes for Shortstop's special yeast doughnut and a \$10 voucher for their shop.

short-stop.com.au

MAKE YOUR OWN COMICS

Dates: 9 July

In this workshop with artist and writer Mike Barry, you can learn to tell a story through the power of visuals.

northsydney.nsw.gov.au

BONDI FEAST

Dates: 9 July – 21 July

Bondi Feast is a fringe-style festival that celebrates theatre, music, comedy, visual arts and food on the beautiful beach.

bondifeast.com.au

PLASTIC FREE LIVING AND MAKING BEESWAX WRAPS

Dates: 10 July

For those wanting to make a positive change in their home and reduce their use of plastic packaging, head on down to the Coachwood Room at Willoughby City Council. This practical workshop will look at ways to eliminate plastic from our lives and demonstrate how to make your own washable and reusable beeswax wraps.

willoughby.nsw.gov.au



STATE OF ORIGIN GAME 3

Dates: 10 July

It is official – the final game of State of Origin has arrived! Get the family together, throw on the classic blue and white colours and support NSW. Lots of local clubs will be screening the final game, including Chatswood RSL. Punters will be able to enjoy the game on the silver screen, be offered free snacks at half-time and even try their luck at winning one of the RSL's State of Origin competitions.

HARRY POTTER AND THE HALF BLOOD PRINCE IN CONCERT

Dates: 10 July – 13 July

For orchestral music lovers who also have a soft spot for the Harry Potter film franchise, this event is idyllic for you. Relive the fantastical storyline of Harry Potter and the Half-Blood Prince on the big screen within the luxurious surroundings of the iconic Sydney Opera House. The sixth instalment of the film series will be accompanied live by the Sydney Symphony Orchestra playing Nicholas Hooper's score. Enjoy the adventure, wizardry and suspense that is Hogwarts!

sydneyorchestra.com

What's On

SUPERHEROES STORYTIME AND CRAFT

Dates: 11 July

As part of the school holidays, Lindfield Library will be hosting a morning of superhero-themed stories, rhymes and craft activities.

kmc.nsw.gov.au/Things_to_do/

THE ROCKS CHRISTMAS IN JULY MARKET PLACE

Dates: 11 – 14 July

For a taste of Europe at a fraction of the price, look no further than The Rock's French-inspired Christmas in July Markets, which also coincide with Circular Quay's Bastille Festival. The markets will take place on Argyle Street for four days and nights, with 25 wooden chalets serving up heart-warming snacks, mulled wine, freshly roasted chestnuts, a gingerbread house and other creations.

Bastillefestival.com



BASTILLE FRENCH FESTIVAL

Dates: 11 July – 14 July

2019 is set to be the biggest and brightest year yet for Sydney's Bastille French Festival. A staple for the French community in Sydney, this festival welcomes everyone to get amongst the celebration of France's premium food, alcohol and culture. Cheese and wine tastings, French cinemas, champagne bars, markets and live music are just some of the factors on offer. Ambitiously planning to become the greenest food and wine festival in Australia, the event will be encouraging patrons to use public transport and banning non-recyclable utensils, packaging and glasses.

bastillefestival.com.au



My Barossa

BAROSSA. BE CONSUMED. SYDNEY

Dates: 13 July

Coming to the inner-city Carriageworks this month is one of Sydney's favourite events, Barossa. Be Consumed. All happening in one jam-packed day, immerse yourself in the premium products that the Barossa Valley in South Australia has on offer. Over 300 wines from 50 prestigious winemakers will be available for tastings, as well as other artisan drops, live music and delicious food and coffee.

For more information and ticket prices, visit: barossa.com



Sydney Living Museums

STREET PHOTOGRAPHY EXHIBITION

Dates: 18 July
 Sydney Living Museums is inviting members of the public to cast their eyes on unseen candid photographs spanning from the 1930's – 1960's in Sydney. Photo-media artist Anne Zahalka and Sydney Living Museum's curator Anna Cossu will discuss the street photography prolific on Sydney's streets in the mid-20th century and its lasting visual record. Most of the collection on display has largely been unseen until now, with private family albums capturing the quintessential moments of millions of locals on the streets of our city.
 For ticket prices and more information, visit: sydneylivingmuseums.com.au

MEET ME AT THE LIBRARY WITH JAN LATTA

Dates: 19 July
 Jan Latta is a wildlife photographer and author. She has an array of stories and scary experiences to share that are better than any fiction tale. Catch her at Gordon Library and get ready to be captivated by her tales.
kmc.nsw.gov.au



roslynpackertheatre.com.au

LORD OF THE FLIES

Dates: 23 July – 24 August
 The classic tale of rivalries and violence, William Golding's Lord of the Flies is a 20th-century masterpiece. The Roslyn Packer Theatre in Walsh Bay will be bringing the novel to life this month, in their latest production of the same name. An exciting ensemble of both women and men, including Australian screen star Mia Wasikowska who starred in Tim Burton's Alice in Wonderland, will bring Golding's island of kids to life. Directed by Kip Williams, the play is set to impress audiences, so get in quick before tickets get snapped up.
 For ticket prices visit: roslynpackertheatre.com.au



Jeff Busby

MURIEL'S WEDDING THE MUSICAL

Dates: Until 11 August
 After its sold-out premier season, Muriel's Wedding is back at the Sydney Lyric Theatre! One of Australia's most iconic films, the storyline has been transformed into a bold and cheeky musical. Starring Natalie Abbott as Muriel Heslop, this musical is her professional debut. So, say hello to Porpoise Spit, some fabulous ABBA classics and the wedding of the century.
murielweddingthemusical.com

CHILDREN'S CONCERT CROWNS AND TIARAS

Dates: 27 July
 At the Concourse, Chatswood, Dr Nicholas Milton AM will be directing a special one-hour concert for children. This show unlocks the mysteries of Elgar's beloved Enigma Variations – a fascinating and fun musical discovery. The English composer's famous Pomp and Circumstance March will be an unforgettable finale, and children are encouraged to dress in royal attire with a crown or tiara. Following the concert, children are invited to take part in free art activities and to explore and play the instruments of the orchestra premier.
ticketek.com.au



sydneyharbour10k.com.au

SYDNEY HARBOUR 10K AND 5K

Dates: 28 July
 Returning to The Rocks, the Sydney Harbour 10k and 5k is on its way this month! Anyone is eligible to enter, whether you are an elite athlete, marathon runner, gym junkie or someone who enjoys a social walk or jog. With the two distance options to choose from, each course length offers spectacular views of the harbour and the chance to raise some money for OzHarvest. The country's leading food rescue organisation, OzHarvest collects quality excess food and delivers it direct and free to over 1300 Australian charities.
sydneyharbour10k.com.au

SYDNEY ROCK 'N' ROLL & ALTERNATIVE MARKET

Dates: 29 July
 Get ready to rock 'n' roll at Sydney's own alternative markets. Featuring retro, vintage, and alternative clothing and jewellery, you are sure to find something special at these memorable markets.
rocknrollmarket.com.au

Stephen Madsen Shines in MURIEL'S WEDDING

Tita Smith

Laid back, humble and ambitious, Stephen Madsen is a triple threat both on and off stage. A three-time Sydney Theatre Award nominee and winner of the TDP/ ASCAP Bound for Broadway scholarship, the charming Australian heart-throb is already a distinguished star that will continue to shine.



expectations of Muriel's husband, Alexander Shkuratov, see Stephen training at the gym five to six times a week.

Sydney Observer was relieved to hear that he does manage some downtime.

"In my spare time, I try to take it easy because of the physical exertion of the show. Hang out with friends, or read a book, or catching up with friends that aren't actors," he laughs.

Growing up surfing and living by the beach in Mona Vale, Stephen says he will be happy to be back on his home turf when Muriel's Wedding hits the Sydney Lyric Theatre from the 28th of June.

With his Northern Beaches heritage, he acknowledges that Muriel's Wedding will provide audiences with familiar traditions they will appreciate.

"Australia will love seeing the Australia that they know and love played back to them, board shorts, budgie smugglers and all the great pop culture references are definitely going to make them laugh."

Once Sydneysiders have seen the best of Australian humour, Muriel's Wedding will be moving on to grace stages in Brisbane, with shows running from September. But the sweet-sounding Stephen won't be sitting down just yet.

"After spending this long working on Muriel's Wedding and moving around, I'm excited to move onto something else. A lot of people like to take time to relax, but I'm keen to get back out there. I'm currently trying to find something else, and I'm speaking to directors. Watch this space."

For more information and to book a ticket, head to murielweddingthemusical.com.



His current role as Alexander Shkuratov, a Russian Olympic swimmer in the Sydney Theatre Company's Muriel's Wedding the Musical, demands an intensive regime of rigorous training as the show travels across Melbourne, Sydney and Brisbane. *Sydney Observer* spoke to Stephen about budgie smugglers, performing at the Sydney Opera House and his future plans.

With an extensive list of theatre credits, Stephen is no stranger to stage success. Of his many marvellous roles, one, in particular, took the cake.

"Playing J.D. at the Australian premiere of Heathers at the Sydney Opera House was a big moment for me. To have a lead role on my home soil was like I'd reached a massive dream. It was definitely a career highlight."

Unsurprisingly, that moment was a long time in the making. When asked when he first discovered that he wanted to be an actor Stephen hastily replied, "I think as long as I can remember."

"It's always been a part of my conscious memory. I went to the theatre a lot as a kid and my mother was a subscriber to the Sydney Theatre. Watching the actors on the stage as a kid they always felt so distant. It was like bridging the gap seemed like it was much wider."

Narrowing in to reach these goals requires a combination of grit, hard work and determination. The physical

What's On Kids



LUNA PARK WINTERFEST
 When: Friday July 5 – 22
 Where: Luna Park
 Prices: Part of unlimited rides pass

JUNIOR ADVENTURE TOUR
 When: July 6 – 21
 Where: Sydney Opera House
 Prices: \$22 - \$32



PEPPA PIG PLAYDATE
 When: July 13 – 21
 Where: International Convention Centre
 Prices: \$59.90



SPACE ODYSSEY TINKERTORIUM
 When: July 6 – 21
 Where: Powerhouse Museum
 Prices: \$0 - \$15

DISNEY ON ICE CELEBRATES MICKEY AND FRIENDS
 When: July 17 – 21
 Where: Qudos Bank Arena
 Prices: \$33 - \$66



LITTLE PEOPLE: BIG IDEAS
 When: July 1 – 31
 Where: The Cannery Rosebery
 Prices: Free

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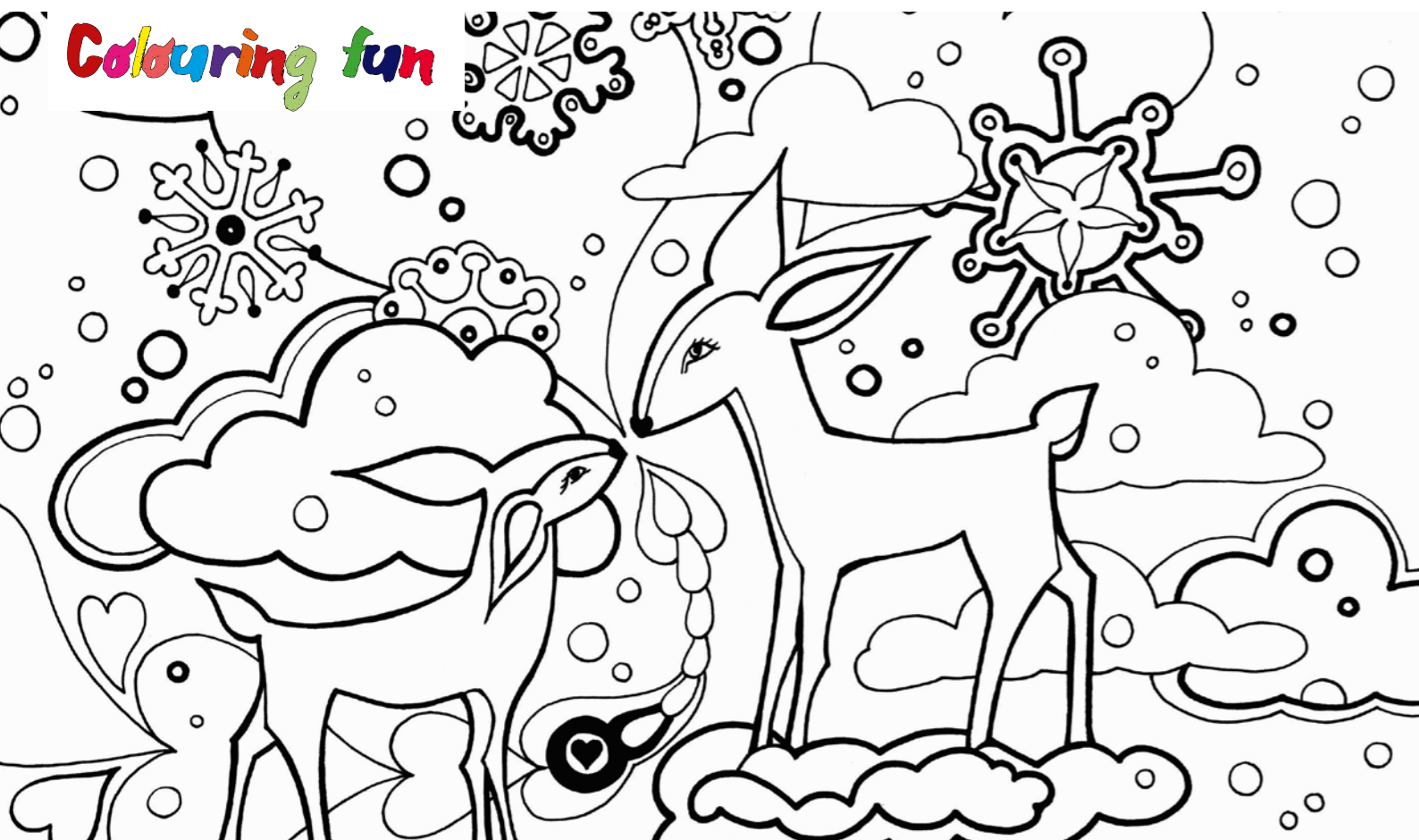
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Kerrie Erwin is
Psychic and Medium

What is the difference between a Twin Soul and a Soul Mate?

Kerrie Erwin

Soul mates or companion souls have a different spiritual lineage to you. They come in to help you progress as a soul as they help you with your spiritual development. Once you have met your soul mate you usually have a very happy relationship based on trust, unconditional love and companionship. You both will harmonise and balance your energies and this will stimulate your growth as a spiritual being.

Susan and Mark have been married for almost 27 years and love each other deeply. While they are very different from one another, this seems to keep them together as they find it easy to communicate in a loving way. They have respect for each other's space, know that they are there for each other, and although are often busy with their own interests they take time to do things together.

Twin souls, on the other hand, have a completely different relationship to this vibration. People who are interested in meeting their twin soul should be aware that these types of relationships might be turbulent because of patterns established during previous incarnations, which need to be resolved. Twin soul relationships are generally very difficult as there is too much friction and similarity between the two that causes spiritual growth to stagnate. At the same time, they can also be very healing because working through conflicts can bring unconditional love.

Isabella was a herbalist who was madly in love with Adam. At the beginning of their relationship, they shared the same interests and loved each other passionately. Everything was fine until they fought over Adam's commitment issues. It started off with him not being able to sleep in the same bed as her because of an important job he had to go to the next day. He complained that her energy kept him awake so he couldn't sleep properly. He also had no interest in her long-term friends, having children and wanted

nothing to do with the work she did but constantly gave her advice on her business. It would take days to get over their terrible fights as both were so badly wounded that they found it difficult to trust each other.

Each time this happened, Isabella became more and more despondent and began to realise that Adam had major issues he either could not or would not discuss with her. Adam, in turn, felt the same way and both of them were left frustrated and angry all the time, and not able to make any type of commitment to each other. One minute Isabella could be completely loving and understanding and then she would withdraw from him and not let him do anything for her. In the end, because of their differences, they couldn't live together but also couldn't live without each other. They both told each other that they loved each other passionately yet found it difficult to work through the issues that were continually coming up for them. Unfortunately, they ended up moving away from each other and never saw each other again except in their dreams.

No matter what way you look at it, in my opinion, twin soul relationships are difficult. If you are able to work out your differences and spiritual contracts, good luck.

I have been in a twin soul relationship and also found it difficult at the time. Even though we loved each other dearly, nothing ever worked out and it was just too hard to stay together.

An elderly and very wise psychic woman once gave me some very good advice. "If your armour isn't made out of steel, run the other way before you get too involved!"

What is your opinion?

Blessings Kerrie

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Email editor@kamdha.com with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

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