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Sydney Observer

GARDENING
with the kids

Magical
MONTAIGNE

Father's Day
FEATURE



Grant Edwards

THE STRONG MAN



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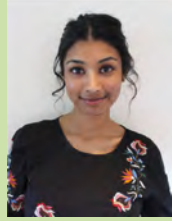
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From the Editor

Spring is here and it is time to celebrate the sun. This month, *Sydney Observer* is filled with exciting events and activities that the whole family will love.



Our Home and Garden section will encourage you to garden with the little ones (20), or if spring has brought a bundle of joy into your world, Why not transform their space with our beautiful baby rooms article (21).

We celebrate the dads who do so much for us in our Father's Day Feature, with gift and activity ideas that your dad will love (23). Our team and the locals also let us know why their dads are so special.

In our Food and Wine section (30), we showcase Lori's Wholesome Pantry who shares the story behind her brand and as always, our What's On section is jam-packed with events and a special interview with the magical Montaigne.

So sit back, grab a refreshing drink and bask in the beautiful blossoms.

Hannah

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SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

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SNIPPETS

Have your say on eat-street Gordon

A concept design for a more pedestrian-friendly area with a focus on outdoor dining has been prepared following initial consultation with business owners and local residents earlier this year. Results of the earlier consultation showed that the public were interested in more street trees, better pavements, kiss & ride facilities near Gordon station, outdoor dining areas and opportunities for community events. "We have received positive feedback so far on the idea and are keen to hear the public's views on the design we have prepared," said Mayor Jennifer Anderson.



Free Bushfire Consultations

With spring in full swing, bushfire season is looming. Ku-ring-gai Council will be hosting a session in early September on how homeowners can better protect their properties. The council are running a special Bushfire Plan Review session on Wednesday 4 September between 6pm and 8pm at the Council Chambers 818 Pacific Highway Gordon. This is a free opportunity to have your plan checked by an expert in a 20-minute personalised consultation.

Ryde Council's Solar Project

The City of Ryde's work to tackle climate change has been recognised with Council's Solar Project at the Ryde Aquatic Leisure Centre (RALC) selected as a finalist in the 2019 Cities Power Partnership Awards. The Solar PV Project was selected from a competitive field of entries from councils across Australia. Completed this year, the solar harvesting power station at the RALC is the largest of its kind in North West Sydney.

Local Business Awards

Ku-ring-gai Council is a major sponsor of this year's awards, the winners of which will be announced on 30 October at a special award presentation.

Businesses can be nominated for an award for their excellent service, range of products, innovation or any other reason that makes their business stand out for customers.

The public can get involved by nominating their favourite local business in over 30 categories. Nominations can be made via the website thebusinessawards.com.au or by submitting coupons that are available at local businesses participating in the awards. Nominations for Ku-ring-gai close on Tuesday 3 September.



The planning focused seminar will feature a presentation by Greg McDonald, Director Planning and Infrastructure, Willoughby City Council.

Community Information Seminar

Chaired by Willoughby City Mayor Gail Giles-Gidney, the seminars are an innovative new way for council to engage with the community. They are an opportunity for you to hear about significant issues and projects and to ask questions. The planning focused seminar will feature a presentation by Greg McDonald, Director Planning and Infrastructure, and Willoughby City Council who will explain the state legislation and how council manages the planning process. Held up to ten times a year on the fourth Monday of each month, seminars will feature topics presented by an expert from council, state government or other agency.

Grants for Bradfield Community

The government has allocated \$150,000 to fund up to 20 local community infrastructure projects across the electorate of Bradfield. Federal Member for Bradfield Paul Fletcher said this funding builds on the success of earlier rounds. "Grants under the Stronger Communities Program will fund projects that bring our communities together, strengthen social connections and create vibrant communities into the future, making this a major win for the entire community," Mr Fletcher said.

Community Environmental Grants

Ku-ring-gai Council are offering grants totalling \$60,000 to community groups and individuals for environmental projects in the Ku-ring-gai area. Distributed each year, the Environmental Levy Grants are a way of delivering community-based projects in local neighbourhoods.

The program is open to community groups, schools and individuals who need support for an environmental project in Ku-ring-gai. Projects may be ongoing, or a new initiative that requires start-up funding to get off the ground.

A total of \$60,000 in funding is on offer for projects worth up to \$5000, with potential funding available for larger projects. The grant scheme is funded through Ku-ring-gai's Environmental Levy.



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North Shore Volunteers Needed

Isabella Ross

“Life’s most persistent and urgent question is, what are you doing for others?” These famous words by Martin Luther King Jr. are the essence of the word ‘community.’ We all lead busy lives and have tight schedules, but it is always important to give back to those who have less than we do. Volunteering in the north shore is a common hobby for many, especially amongst the local senior demographic. Yet there is always room for more volunteers to get involved in the action! In comes Ku-ring-gai Hornsby Volunteer Service. With lots of options available within the north shore, the volunteer service aims to match individuals with roles that suit their skills, time and interests.

MEALS ON WHEELS

Drivers are needed to deliver meals to the elderly on weekdays for a few hours once a month in either Hornsby or Turramurra.

EASY CARE GARDENING

Avid gardening enthusiasts are needed! Volunteers help in small friendly units to create and maintain low-maintenance gardens for the elderly in the community.



NEIGHBOURHOOD AID

For many seniors, upholding autonomy and independence is highly important. Drivers are needed to provide transport to appointments, shopping and visits to family on evenings and weekends in Ku-ring-gai.

SOCIAL SUPPORT COMPANION

Socialising is a fundamental aspect of wellbeing and happiness. Spending an hour or two with the elderly in aged care and dementia centres is a great way to keep the participant’s spirits up. Needed in Wahroonga, North Turramurra and Waitara.

To get involved or for more information, email volunteers@kmc.nsw.gov.au.

Dementia-Friendly Café Opens in Ku-ring-gai

Lewis Godwin

As part of an effort towards making Ku-ring-gai a more dementia-friendly community, the Ku-ring-gai Fitness and Aquatic Centre in West Pymble will be holding a weekly Dementia Café on Tuesday mornings.

This D-café will be the first of its kind in Ku-ring-gai and will be coordinated by the Ku-ring-gai Council, Rotary, YMCA staff and volunteers from the Ku-ring-gai Neighbourhood Centre. The café will be open from 9:30am until 11:30am and act as a support group for not

only people living with dementia but their caretakers.

The group will meet to chat over coffee or tea, as well as offering light, functional exercise programs and entertainment with weekly guest speakers discussing dementia-related topics. Outside of the purchase of coffee and other refreshments, entry to the D-café is free.

Mayor Jennifer Anderson has commented on the necessity of community support services such as this one, noting that Ku-ring-gai has a “higher than average

proportion of people aged 80 and over living locally” and that “age-related diseases such as dementia and Alzheimer’s need to be supported where possible in our community.”

“We are very thankful to the volunteers and staff of Rotary, Ku-ring-gai Neighbourhood Centre and the YMCA for being part of this initiative.”

If you would like to find out more, you can contact the Council’s Aged and Disability team on 9424 0000 or Rotary on 0402 837 877.

‘Out of the Shadows of a Long Summer’

Isabella Ross

Local favourite, Grace Cossington Smith Gallery in Wahroonga, is showcasing the work of phenomenal female artists from the 1900’s in their new exhibition ‘Out of the Shadows of a Long Summer.’ Meg Stewart, the daughter of one of the artists Margaret Coen, spoke to *Sydney Observer* about the joy of seeing her mother’s watercolours in exhibition again. Having written her mother’s biography, Meg agreed that it is especially fantastic to see a local exhibition showcasing the work of women from a previous generation.

“This is a particularly poignant exhibition to have her artwork hung next to her close artist friend’s which was Alison Rehfisch. It is great – she lived in St Ives for such a long period of her life. It is nice to see the exhibition take place in a location where so many of her flower and landscape pieces were painted.”

Margaret’s daughter also talked fondly about her mother’s Camellia painting, revealing where the inspiration derived from.

“My mother would walk past this house that had a beautiful big garden with camellia trees. The gardener once caught my mother ‘borrowing’ a camellia or two, and from then on he used to leave little bunches of camellias



Margaret Coen in the 1970s.

for her so she could pick them up on her way to her art studio.”

Keeping the artistic legacy alive, be sure to visit the Grace Cossington Smith Gallery. The exhibition opens from 4 September to 10 October.

Camellias with Goddess of Mercy, 1936.



Alison Rehfisch Berrima Landscape

ABBOTSLEIGH

Grace Cossington Smith Gallery

Out of the Shadows of a Long Summer

Alison Rehfisch and her contemporaries

4 September to 10 October 2019

Opening: Saturday 7 September, 2-4 pm

Artists: Jean Appleton, Janna Bruce, Enid Cambridge, Margaret Coen, Grace Cossington Smith, Nancy Goldfinch, Adelaide Perry, Margaret Preston, Alison Rehfisch

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Quiet Hour on the Upper North Shore

Following a successful trial period in NSW and the ACT, Woolworths Beecroft and Woolworths Lane Cove will now offer the low-sensory Quiet Hour to customers.

The program is designed to reduce anxiety and sensory stress for customers with specific needs, including autism, by providing a quieter and less stimulating environment in store.

Autism Spectrum Australia estimates more than 300,000 (or 1 in 70) Australians are on the autism spectrum.

Woolworths Beecroft and Woolworths Lane Cove will lower lights, turn down music and radio, and turn off oven buzzers for an hour every Tuesday between 10:30am and 11:30am.

Operations Manager Steve Brown said, "We've heard from our customers there is a need in the community for a low sensory shopping experience in the area."

"Our team takes great pride in ensuring the store is quieter and less stressful for customers who want to shop during Quiet Hour and we look forward to welcoming them in store."



The low sensory initiative was developed in consultation with disability service providers at Life Without Barriers.

Life Without Barriers Chief Executive Claire Robbs said, "Quiet Hour is a fantastic accessibility initiative by Woolworths that recognises that people have different accessibility needs."

"It gives people a way to do their shopping and increase their independence in an

environment that is not stressful and overwhelming to them."

During Quiet Hour, customers will also notice the following changes:

- Reducing the volume on store phones and registers on the trading floor
- Roll cages will be removed from the shop floor
- No PA announcements (excluding in case of emergencies)

'Traffic Calming' Strategies for St Ives

Lewis Godwin

Following concerns expressed by local residents and businesses, the Ku-ring-gai Council are consulting the community on measures to help improve the safety of pedestrians and traffic flow in the St Ives shopping district.

\$424,000 of funds from the Roads and Maritime Services (RMS) will be going towards a number of 'traffic calming' strategies for the shopping and bus interchange areas. These strategies have

been proposed by council engineers, with residents and businesses in the area encouraged to offer feedback.

Any comments received will be included in a report to the Ku-ring-gai Traffic Committee by November 2019, before being presented to the council for a final decision.

As part of the proposal, Cowan Road, Memorial Avenue, Village Green

Parade and Denley Lane will all see benefits. High pedestrian activity areas with a 40km speed limit have been proposed for Cowan Road and Memorial Avenue where the streets connect with Mona Vale Road. Speed cushions will also be used to help further slow traffic.

You can read more about the proposed plans on the Ku-ring-gai Council website kmc.nsw.gov.au.

Take Part this Steptember

Isabella Ross

This month, our readers have the ideal reason to get active – the Cerebral Palsy Alliance's Steptember. Their flagship annual fundraising initiative, Steptember, is all about raising awareness, support and funds for those with Cerebral Palsy (CP). Taking place in seven countries around the world including Australia, the aim for participants is to complete the recommended 10,000 steps-a-day for the month of September. Lucy Jacka, Manager of the fundraising team, spoke of the important work the Cerebral Palsy Alliance performs.



"The money raised is used in three key different areas. One is equipment, the second one is the services that we run as part of the Alliance, and then the third area is our research programs. So Steptember is about raising funds, but it is also about inclusivity."

Australians are often surprised to find that CP is the most common physical

disability in children in our country. It is a sobering fact that a child is born with the condition every 20 hours, therefore accounting for 1 in every 700 births.

"It is not a really well-understood condition. CP is on a spectrum, so it is a condition that is very different for different people. It is really a spectrum of different levels of disability. I think people are really surprised to hear that it is the more common physical disability in kids, because it doesn't have the

profile that some other conditions might have," Lucy noted.

ABOUT THE ALLIANCE:
In operation for over 70 years, the organisation was developed by a group of parents of children with Cerebral Palsy. The Alliance provides additional support for children and adults living with the condition, as well as establishing funding for research into the treatment and prevention of CP.

To get involved, learn more or donate, visit september.org.au

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Grant Edwards

THE STRONG MAN

Hannah Prasad

Grant Edwards was Australia's strongest man in the '90s. But when he started to break down and face a battle with mental health, his strength would soon lie in being vulnerable, open and speaking out. Grant's career in the Australian Federal Police has seen him tackle extraordinary challenges, whilst helping the most vulnerable and exploited members of society. But the biggest battle he would face would lie within his mind. He shares his story in 'The Strong Man,' a powerful memoir of Grant's journey back from the brink.

Sydney Observer spoke to Grant about his career, mental health and raising his voice to speak up about the hidden struggles that lie in his line of work.

A former elite athlete and strongman competitor, sport unintentionally became a way for Grant to forget about what was happening in his life – it gave him purpose and focus. He had always dreamed about becoming a police officer, and after applying for a number of placements, his career with the Australian Federal Police began. Part of the cybercrimes unit, Grant helped fight child exploitation and human trafficking. A rewarding but confronting job, Grant shares the highs and lows of his role.

"Although it came with its burdens, my career was highly rewarding, especially when I was dealing with vulnerable children and women – it made the nastiness worth dealing with to help and save those most at risk. It's always difficult when you're dealing with the worst of humanity. Those who exploit women, and especially children, are the worst. Viewing images and videos day in, day out, etches them into your brain – you can't unsee what you've seen."

Grant started to struggle after returning from Afghanistan in 2013. The mask he used to shield his internal pain started to unveil and two years later his battles were brought to light.

"A lifetime of exposure to trauma had taken its toll. I thought I was able to mask my issues, however, have come to realise that some saw through that mask. It took me a further two years to finally acknowledge I was suffering a mental impairment. I've experienced how I and others have struggled with mental health issues. There is still a large societal bias and stigma associated with it – we need to change this and normalise mental health issues, specifically within policing."

In a line of work that is seen as highly masculine, there is a predetermined



Grant took up powerlifting in 1994 as a stress reliever. In 1995 he was pleasantly surprised to win the NSW title and place second at Nationals.

"It's important for people to feel comfortable about showing their vulnerability."

idea about what attributes and traits are considered as signs of strength as opposed to weakness.

"I had never set out to talk about my struggles. It was difficult because you are showing vulnerability and police, as well as strongmen, aren't supposed to be vulnerable. In the end, the decision was easy because I wanted to help those like me who were suffering and hopefully, help those who were contemplating taking their own life. I hadn't set out to write a book but was told by many that my story might just help some people who are suffering. I wanted the book to be about offering lessons that I have learnt that might help others."

Grant shares his advice to anyone that is dealing with battles of their own. His words are particularly helpful for any individuals starting in the police force or a job where you have to be perceived as strong rather than vulnerable.

"It is important to understand that mental health will affect or impact most members of society throughout one's life. Police especially should be made aware that they will more than likely suffer some form of mental trauma throughout their career. It's expected, but it's not a career killer. We have to change the way we are dealing with mental health and

in doing so it will allow people who are suffering to come forward and seek help."

"Seeing vulnerability as a sign of strength is hugely important. I initially stated it was a weakness. I know now it's a strength. It's important for people to feel comfortable about showing their vulnerability, as in doing so, you are owning your situation and doing that allows you to commence your journey to better mental health."

Grant will soon commence work with an organisation, who will be working with police and law enforcement to better shape and strengthen organisational culture. This will allow for better understanding, appreciation and help for those who have mental health issues.

'The Strong Man' is available at all good book stores.



Grant with his wife, Lordy, in their beloved Green Bay Packers NFL football team jerseys.

The Importance of 'Job-Ready' Graduates

Isabella Ross

The findings of an independent report were announced recently regarding the importance of performance-based funding for tertiary education. The government announced it would be implementing such funding based on the report, to ensure students can achieve the best possible graduate outcomes. The report, which was written by an expert panel and chaired by the Vice-Chancellor of the University of Wollongong, recommends four key measures.

1. Graduate employment outcomes.
2. Student success.
3. Student experience.
4. Participation of Indigenous, low socio-economic status and regional students.

Minister for Education Dan Tehan thanked the panel for its hard work. "This report shows that while we have a world-class higher education system, it needs to be stronger, more sustainable and fit for purpose. The Government will work closely with the sector to deliver performance-based funding using the panel's framework."



There is no question that having job-ready skills and industry experience are fundamental qualities employers are looking for in graduates. To combat this requirement, Macquarie University implemented its Professional and Community Engagement Program (PACE), and it is now offered for all Macquarie Bachelor degrees.

"PACE engages students in rich learning activities. They emerge, not only more career-ready, but as well-rounded citizens who can critically advance the public purpose and social impact of their profession," commented Lindie Clark, Academic and Program Director of PACE.

Is Tutoring Worth It?

Isabella Ross

Tutoring – it is an extracurricular that many parents are unsure about. But for many students enduring the quintessential stresses of senior years of study, some additional assistance is highly beneficial. Hiring extra help if your child is struggling in mathematics is a common practice that can have great results. Choosing the right tutor is important – no one wants their child to be spoon-fed pre-prepared essays or knowledge, rather taught

supplementary skills that can further a student's independent education.

"Apart from assisting with skilling students, tutoring also assists students to manage exam anxiety through instilling confidence and a range of practical strategies," noted the CEO of the Australian Tutoring Association.

There are plenty of options for tutoring in our local North Shore area. Aim to establish a trial period before



purchasing a whole terms' worth. This is to ensure your child feels encouraged to learn and be academically motivated.

- Lindfield Learning Hub.
- Australian Tutoring Association.
- Smart Moves Tutoring Roseville.
- Premier Tutors North Shore.

Caring for Our Common Home

150 primary school students and teachers from Catholic schools across the Diocese of Broken Bay took part in an exciting series of sustainability workshops at Taronga Zoo recently.

Young environmental leaders from 7 Catholic schools across the north shore attended workshops at the zoo on the topic of 'Caring for Our Common Home.'

Each workshop was run by an expert and focused on a different sustainability initiative including reducing single-use plastics, recycling, improving habitats for wildlife, Aboriginal concepts of connecting to country, supporting native bees and vegetable gardening.

The keynote speaker was Sophia Skarparis, a sixteen-year-old activist and the 2018 Australian Geographic Young Conservationist of the year, who campaigns against single-use plastics, and the day concluded with a goal-setting session where children chose an initiative to bring back and implement in each of their schools.



Year 5 'Green Team' members from Holy Family Catholic School at Lindfield: Annelise Burden, Neave Connors and Nina Antcliff.

Catherine Judd, Education Officer - Sustainability at the Catholic Schools Office of the Diocese, said that the day was about empowering, connecting and inspiring primary student leaders to build the capacity of their school communities to operate in environmentally friendly ways.

"These students are the future custodians of area in which we live and they've got so much to offer," she said. "It's very significant that schools have supported the

day and are moving forward to improve their school environments and consequently the wider community."

Chelsea Bannister, Year 6 Student and Student Representative Council Captain from Corpus Christi Catholic School at St Ives, said "I really liked the Charopy Recycling Program that St Rose are doing, where the students can earn money on a bracelet and buy things at the canteen when they recycle cans and bottles."

Domenica Elliot, Year 1 Teacher and Environment Facilitator also from Corpus Christi, said "we would love to get our garden up and running again and we learnt many things today that we will take back to Corpus and implement. We would love to grow a Native Garden and we learnt some great information from Aboriginal Education Officer, Dave Ella."

The day was hosted by the Catholic Schools Office of the Diocese of Broken Bay at the Institute of Science and Learning, Taronga Zoo.

Every Child Has Extraordinary Value

Russell Bailey, Headmaster, Redeemer Baptist School

During August, perhaps you've enjoyed an Education Week student presentation at your child's school.

I love watching our kindergarten students singing and dancing their annual story with a life lesson for their parents. Every year, songs are written just for this occasion and our senior students serve kindergarten by providing live instrument backing for the performance. Every year we're amazed by the quality of the students' presentation.

As I was thinking about our joy in sharing these precious occasions for our children, I came across a recent article written by the Principal of Moore College, Dr Mark Thompson, who said, "All human life has extraordinary value given to it by the one who created each of us. Every human being has been created in the image of God."

Think of that! Every child in every classroom is special because they are made to reflect the beauty, love, and moral purity of God in heaven. As parents and teachers, we share an awesome responsibility to take the relative innocence of these children and give them the opportunity to grow into this potential for abounding goodness. Look at the picture of Jesus



Years 1-4 Open Day.

in the gospels. Wouldn't it be good if our children grew to love others like he did?

We have academic goals for all of our students. In my school last week we celebrated a Gold Award in the NESA WriteOn for one of our Year 2 students. That's wonderful! But, in addition, let's nurture every child with hope and delight inspired by a big vision for a truly good outcome for every child. Let's give them the opportunity to reflect goodness and beauty that is truly divine!

History of Our Home

Lewis Godwin

The name Gordon comes from the Gordonale Estate, owned by Robert McIntosh. The estate was believed to commemorate Sir Willoughby Gordon, a general officer in the British Army, who served during the Peninsula War and was Quartermaster-General to the Forces.

The area first saw settlement in 1820, with land being formally granted to William Foster, Joseph Smith and Daniel Mathew in 1821. The settlement was initially known as Lane Cove. A school was established by Governor Macquarie in 1816. The school was the only one in the district and by 1840, was attended by 17 boys and 23 girls.

Postal services for Lane Cove were established in 1860, with the opening of the first post office in February. On June

1879, the village's name, along with the post office's, was officially changed to Gordon. The first Ku-ring-gai churches were founded in the Gordon area.

PYMBLE

According to settler accounts, the suburb that would become Pymble was periodically inhabited by the Cammeraygal Clan or the Ku-ring-gai (Guringai) Aboriginal tribe.

Pymble is named after an influential, early settler of the suburb, Robert Pymble. Robert Pymble arrived in Sydney in 1821 and eventually received a land grant of 600 acres from Governor Macquarie in 1923, which was around half of the region's land. The other half was granted to another settler, Daniel der Matthew, who opened the area's first sawmill.

The region served as an important supplier of timber such as blackbutt, stringybark, ironbark and blue gum, and later agricultural produce. Robert Pymble introduced oranges to the area around 1828, which were then grown extensively throughout the region.

Agriculture and farming would lead to resident development from 1879. Pymble's first bank, the Australian Joint Stock Bank was introduced in 1888 by the son of local hotelier Richard Porter. Porter also opened the Gardener's Arms Hotel on Pymble Hill in 1866.

Pymble Hill became a commercial hub with the railway station being situated at the foot of it. Pymble Post Office opened there on August 6, 1980.

The Local Celebrities

Lewis Godwin



Joan Hammond

An operatic soprano and champion golfer, Hammond was born in New Zealand in 1912, before moving to Sydney with her parents when she was only six months old.

She attended Pymble Ladies' College, where she found success in sports and music. She would study violin and singing at the New South Wales State Conservatorium of Music, before performing violin with the Sydney Philharmonic Orchestra for three years. In 1936, she would travel to Vienna to further study singing. As a golfer, Hammond won the junior golf championship for New South Wales in 1929, and the women's amateur state championship in 1932, 34 and 35.

She passed away in 1996 in Bowral, New South Wales, at the age of 84.



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Thank you!

Burns & Burns Real Estate in Pymble continue to build from strength to strength and after 42 yrs we would like to take this opportunity to thank you all for your ongoing support & referrals for our sales and rentals.



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Burns & Burns

Burns and Burns Real Estate had the privilege of being a sponsor of the Ku-ring-gai Monopoly, where there were 4 very deserving charities which included:

- Lifeline Harbour to Hawkesbury
- KYDS Youth development services
- Hornsby Ku-ring-gai Women's Shelter
- St Lucy's School



An incredible \$84,227 was raised, exceeding our initial expectations.

The classic game of Monopoly was uniquely designed to feature local landmarks including known streets, parks and local businesses within the Ku-ring-gai community, that we all know and love. All our clients who buy and sell with us receive their very own copy as a housewarming gift.

We were very honoured to be part of a fantastic group of local businesses in supporting our local community.

To see more of what we do within our local community head to burnsandburns.com.au/in-the-community

Liane Moriarty

Liane Moriarty is a critically acclaimed author whose works have sold over 14 million copies worldwide and been featured on the New York Times Best Seller list.

Initially working in marketing and advertising at a legal publishing company, Moriarty went on to run her own company before taking work as a freelance advertising copywriter. In 2004, she would attain a master's degree at Macquarie University, while completing her first novel 'Three Wishes.' Her novel 'Big Little Lies' was adapted into an award-winning HBO series, with a cast boasting the likes of Reese Witherspoon, Nicole Kidman and Alexander Skarsgard. Her novel 'Nine Perfect Strangers' is currently being adapted into a series for Hulu, also to star and be produced by Kidman.

Moriarty lives in Pymble with her husband, Adam, and two children.



John Newcombe

An International Tennis Hall of Famer renowned for his powerful serve, forehand and volley, Newcombe is one of the few men to have attained no. 1 rankings in both singles and doubles competitions.

Winning 7 major singles titles over his career (the Australian Open twice, the U.S. Open twice and Wimbledon three times), he was ranked the 10th best male player from 1965 to 2005 by Tennis Magazine.

Having grown up on the North Shore, Newcombe attended Shore Grammar School, Sydney Grammar School, St Ives Preparatory School and has resided in Pymble for over 30 years.

Legging it for Leukaemia

Matthew Burton from Pymble Pharmacy will be getting his blood running and hiking more than 100km from Kanangra (Blue Mountains) to Hill Top (Southern Highlands).

Leaving on September 20th, his team will be raising money in aid of the Leukaemia Foundation of Australia.

100% of funds raised will help patients and families living with leukaemias, lymphomas, myeloma or related blood disorders as well as fund vital research into better treatments and cures.

We hope that you may give generously for this great cause!

To donate generously, visit @ PymblePharmacy on Facebook where the donation link is available.



Matthew Burton from Pymble Pharmacy is going to hike hiking more than 100km from Kanangra (Blue Mountains) to Hill Top (Southern Highlands)

Ken Wolf real estate



The one stop property shop

Ken Wolf Real Estate will become your one-stop property shop. With results that exceed client expectations and a team that is passionate and consistent in their approach, the team shares their advice when purchasing a property.

The first step is choosing a real estate agent. Selecting an agent by their experience and local knowledge is important, as this will ensure they have the client's best interests at heart.

When buying a home one of the most important factors is the location. How does this affect your lifestyle? Ken says the perfect time to sell a house is when you are emotionally detached, while spring is always a good time too.



Ken Wolf J.P., MRE (UNSW) FAPI
Licensed Real Estate Agent
Principal & Qualified Valuer No#67590

When preparing a home for sale, presentation is everything. If the client still lives in the house, tidy and de-clutter the space to make the place look bigger. Adding flowers is always a nice touch. If the house is empty, a stylist can make all the difference.

What makes Ken Wolf Real Estate stand out is their number of years in the market and personal ability to talk directly to landlords about sales, property management and valuation.

Ken Wolf as License in charge, offers not only his management skills but also his knowledge of over 55 years in the district.

Family Pharmacy

Pymble Pharmacy - or R.H. Cains Chemist as it was originally named, opened for business in Grandview Street Pymble in 1915 by Robert Harold Cains. Pymble at this time was mainly filled with fruit orchards within large holdings of private land.

For more than 70 years the pharmacy was owned and managed by the Cains family - originally Robert and then his two sons Peter and Robert Jnr who, up until around 1954, lived in the accommodation above the pharmacy.

Growing up in the shadow of their father, Peter and Robert Jnr learnt the pharmacy trade and eventually took over the family business before selling the now named Cains Pharmacy to Russell Prichard in 1984.

In 2006, Pymble Pharmacy was sold to Matthew Burton and eventually relocated to 99-101 Grandview Street in 2012, allowing the pharmacy to accommodate a larger retail space and incorporate the 'Pymble Family Doctors' medical practice.

As has been the tradition for more than a century, Pymble Pharmacy remains a family-owned and run business with Matthew, his sister-in-law Renee and the team continuing to provide personal and professional care to the wider community.



OPENING HOURS
Monday to Friday – 7.30am-5.30pm
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Gardening with The Little Ones

Isabella Ross

Vivacious Veggie Patches

Garden patches filled with edible varieties like fruits and veggies are a great way to get kids enthusiastic about gardening. Seeing the progress of growth in plants and then being able to reap the benefits is a great way for the little ones to learn. Varieties that are great to be seeded in the September climate are cabbages, lettuce, parsley, carrots, snow peas and strawberries. To keep the soil nice and moist, be sure to water your little edible patch often – just make sure to follow the guidelines of water restrictions currently in NSW.



Bring Art into the Garden

Kids are often very visual – so try to instil some creativity and imagination in them by creating an artistic oasis outdoors. There are lots of ways to do this, solar-powered fairy lights, lanterns, ornaments, a brightly-coloured fence, handcrafted labels for plants and more! A great activity to do with the kids is to paint your own gnomes – often available at Spotlight, Riot Art or any other craft store.



Attract Wildlife

When I say wildlife, I am not referring to those pesky possums – rather a sweet assortment of butterflies, bees and birds. Pots of lantana and marigolds are known to attract beautiful butterflies and native bees. If you have a large, magnificent tree in your garden that has some low-hanging branches then why not hang a bird feeder. You can even get the kids to paint the bird feeder a cute colour to get them even more enthused.



Lights4fun

Beautiful Baby Rooms

Hannah Prasad

For the mums and bubs, a beautiful sanctuary to hide from the chaos of the world and a place to bask in bliss with your baby is essential. So, *Sydney Observer* has curated a selection of design tips and tricks that will help you relax in style.



A Little Goes a Long Way

Going for a neutral tone on the wall develops a clean and simple looking space, while keeping the area minimal creates a calm and clutter-free environment. Try decorating the room with wooden accessories and woven baskets, which not only look stylish but can be used for storage as well. Warmth will come from texture in this space, think cosy blankets and pillows. If your heart desires a burst of colour, pops of pastel can be added to suit your baby's gender.



Cosy Canopy

To add an enchanting effect, a cosy canopy will bring whimsical delight and comfort. The beauty is they can be used in a corner or as a mosquito net. With a variety of dreamy tones and textures available, your baby will feel like they are in a fairytale. The best part is this investment can be enjoyed as they grow, as an escape, on their beds or as a book nook.



Keep it Natural

Lush leaves and natural lighting create a relaxing and inviting space. While the indoor plant trend has been thriving in the past couple of years, this is a design feature that can be transported to your baby's room. So breathe some life into this space with the flowing ferns of an African violet or stick to the simplicity of a Jade plant. For peace of mind, make sure the plants are safe for your baby and are out of reach.

Happy Father's Day

Hannah Prasad

To celebrate Father's Day, *Sydney Observer* took to the streets and asked the locals and our team to share why their dad is so special.

Isabella says, "My dad John is such a positive force in my life. His calming nature and capacity to bounce back even in the bleakest of moments makes me incredibly grateful to call him my dad. Even though he currently works interstate, we continue to share and treasure our close bond. So, this Father's Day, I will be giving dad a Dan Murphy's gift voucher for him to enjoy in the blistering heat in Darwin."

My pa is the most calm and patient person I know. He has taught me resilience and that some things are better left unsaid. I admire how hardworking he is and how much he does for me. He is always there, even for the tiniest tasks and I will forever be grateful for him.

Isabella Ross, our journalist, and her father.

Our editor, Hannah Prasad, with her father.



Locals Share Their Love

"Thank you for being a good role model for me. You are generous, funny, loving and supportive. I'm also grateful for the sacrifice you made in 2001 to move to Australia so that Kev and I could have a bright future. Lots of love always!"

ASHLEE

"It's hard to put into words, but I feel like 70% of the good things about my personality are derived from his influence."

HUGO

"What makes my dad special is that he is selfless and the best support system. He is also always looking on the bright side of things. Love you pa!"

ELISHA



Treat Dad this Father's Day

Hannah Prasad

Dads hold a special place in our hearts. They help us grow, teach us new skills and are always there to get rid of any creepy crawlies that make an appearance. Back in my school days, my dad, or pa as I call him, would get up early every day and make my lunch for me. Dads deserve to be celebrated, so *Sydney Observer* has created a list of activities and gifts that your dad will love. If you can not afford a gift, a card saying how much you love him and a hug are priceless and in my opinion, the perfect gift.



For the Outdoor Dads

With the weather heating up, why not go camping. This is perfect for the dads that love the outdoors and thrive off adventure. The Basin campground in Ku-ring-gai Chase National Park is a popular spot. Not too far from home, but far enough to feel like the perfect escape, this beautiful spot will become a family favourite. The only thing you need to remember is to pack the marshmallows!

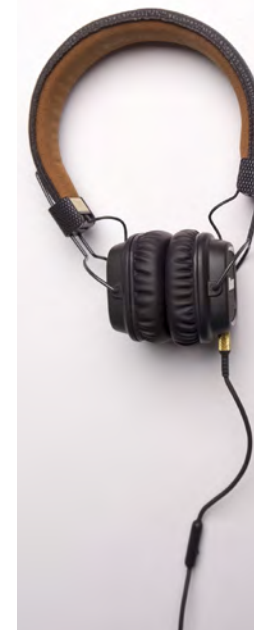


For the Dads that Love To Cook

If your dad loves creating new and exciting dishes for the family, why not treat him to a cooking class! This is a great way to learn new techniques, skills and dishes that can be added to his repertoire. The Sydney Seafood School has an array of classes, from creating seafood that is delicate and flaky, to classes that cater to the barbeque. Another option is an apron or a personalised mug with an image of you and your dad.

For the Music Loving Dads

If your dad is an avid music lover, why not treat him to new headphones. Prices will vary according to brand and quality, but decent headphones should not break the bank. This is perfect for the dads that love to get their groove on. If your dad's headphones do not need updating, he may be hoping for tickets to a particular concert. So take him to see his favourite artist play, and make some memories that will last a lifetime!



Rethinking Stressful Situations in Older Adulthood

Dr Sue Ferguson

Life can present us with a range of stressful circumstances as we age. We are more likely to experience chronic illnesses, be caregivers, and lose those we love. We may experience stress, sadness, sometimes anger, and often grief in response to these events. However, even in these situations, positive emotions may also be experienced. For example, thinking about how lucky we were to have had the person we lost in our life. This can help build our resilience to future stressors.

So what if we stopped and thought about what an ongoing stressful event means to us? We are not denying its stressfulness or sadness, just being sure to also think about what meaning and value we can draw from it. Dr Jamie Nowlan found that this process, known as positive reappraisal, can boost positive emotions, and is one of the most effective strategies used by older adults to cope with age-related stressors. For example, living

with cancer is very stressful, but some people also find it makes them more aware of their priorities, and of how much people around them care.

So, when you are going through a tough time, think to yourself:

- Yes this is a really stressful situation and I have every right to feel bad.
- But, can I spin any aspects of this situation positively to see it as a challenge?
- What have I learnt?
- Has it changed my priorities or goals?
- In what ways have I changed or grown as a result of going through this?

What doesn't kill you will not necessarily make you stronger, but it can sometimes make you realise you can live through and cope with a whole lot more stress than you thought you could!



Dr Sue Ferguson is an Honorary Associate Lecturer in the Department of Psychology at Macquarie University.



Our trusted Podiatrists at Turramurra Podiatry Centre have years of experience in correctly diagnosing and treating conditions of the foot and lower limb. Conditions may result from bone and joint disorders such as arthritis, injuries to the feet and lower limb, immobility, muscular, neurological or circulatory diseases.

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At Turramurra Podiatry Centre we encourage an active and pain-free lifestyle in our community. We look forward to meeting you.

Turramurra Podiatry Centre
2/14 Eastern Road Turramurra NSW 2074
Ph: 02 9144 6227

Health Corner

Lewis Godwin



TELEMEDICINE

Telemedicine is the linking of doctors, nurses and specialists to patients through video conferencing. It allows access to GPs at a lower cost and improved convenience, limiting the number of physical trips needed to make to clinics and hospitals. In particular, it is beneficial for patients living in remote areas, where specialists can't be on call.

Though having been around in the US for some time, it is still a relatively new concept in Australia. Though, TeleMedicine Australia (TMA) is the first supplier of telehealth technology.

You Raised Me Up

Rejimon Punchayil

We have previously written about fall prevention strategies. But what if you do have a fall? If you have a fall, there are several techniques that can be applied to help you get up on your own, provided there is no injury or medical attention required. Your occupational therapist can provide a technique that is personally suited to you. It is important to consult your GP or your occupational therapist to understand and attend to the cause of a fall. In many situations at home, in a retirement village, or in an aged care facility, it can be challenging and most times unsafe, for a single person to assist. Raizer Lifter Chair can come in handy if no medical attention is required.

Raizer is a battery-operated mobile lifting chair that helps a fallen person up to almost standing position within a few minutes. Raizer is assembled with ease and operated by only one assistant. It does not require any physical effort, besides a supportive hand. It's easy to transport in two light bags, assembles quickly and the safe working load is 150kgs.

This protects caregivers from serious injury. This sleek, innovative chair enables one assistant to safely raise a large adult to a sitting or standing position in just a few minutes. Fast and simple to set up, Raizer is easy to assemble. Components are placed around the fallen person, with little disruption, then locked into position. One assistant can easily perform the lift with virtually no physical effort besides a supportive hand. For a video demonstration of a Raizer, please head to comfortdiscovered.com



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Imperfectly Perfect Campaign Reaching New Heights

Isabella Ross

Sydney photographer, Glenn Marsden, is changing the way society perceives mental health thanks to his awareness campaign, the 'Imperfectly Perfect Campaign.' Consisting of a confronting social media campaign, Marsden has captured the imperfect side of prominent public figures in a bid to normalise imperfections in all. Inspired by the tragic loss of a friend who took his own life, Marsden says the series of powerful images raise awareness for mental health and suicide prevention.

"I wanted to use my photographic skills to give people the opportunity to genuinely express their emotions and connect in a world that has become so isolating."

In just nine months, the Imperfectly Perfect Campaign has seen its reach extend across the country and overseas. The rapidly growing movement comes at a necessary time, with more than

eight people dying of suicide each day in Australia according to Beyond Blue. Some of the stars who have shown their support for the campaign by being photographed are Rebecca Gibney, Grant Denyer, Roxy Jacenko, Manu Feildel, Hugh Sheridan and more.

"The images I've taken represent people's raw emotion when thinking of their own story. They can't hide or disguise it. It's beautiful and authentic. That's what the campaign is about, accepting ourselves for who we are - mind and body, with all our imperfections. If we can keep encouraging people to share their stories, then I think we are well and truly on a path to helping people feel more comfortable to seek help and to remind them they are not alone," says Glenn.

To show your support you can donate to the Imperfectly Perfect Campaign on [gofundme.com](https://www.gofundme.com) and visit their Instagram page [@imperfectlyperfectcampaign](https://www.instagram.com/imperfectlyperfectcampaign)



"I wanted to use my photographic skills to give people the opportunity to genuinely express their emotions..."

Glenn Marsden



REBECCA GIBNEY
IMPERFECTLY PERFECT CAMPAIGN
BY GLENN MARSDEN



MANU FEILDEL
IMPERFECTLY PERFECT CAMPAIGN
BY GLENN MARSDEN

Luke Zocchi – Trainer Behind the Stars

Isabella Ross

Luke Zocchi is the long-time personal trainer of Chris Hemsworth who works on film sets preparing the actor's body for the ultimate Thor physique. He also boasts a large following on Instagram, is the author of 'The A-List Diet & Fitness Plan' and resident trainer for Hemsworth's fitness app Centr.com. *Sydney Observer* got the chance to sit down and ask Luke some of our burning questions in relation to fitness, diet and a sustainable lifestyle.

Is there a magic number of exercise sessions people should stick to per week?

It depends on what your goals are and what you are trying to achieve – but I would aim for a minimum of three sessions a week just for better health and weight loss.

Do you think diets like Paleo, Intermittent Fasting or Ketogenic are sustainable?

Diet is very personal and comes down to the individual – what works for some people might not work for others. Intermittent fasting can have benefits if you use it occasionally, especially if you have hit a plateau. But if you are training to build muscle or hit another fitness goal, you need to be getting the right food at the right time to get results. Keto in my experience is hard to stick to long-term – training five-six times a week on a low carbohydrate diet leaves me feeling weak.

Are your workouts on the Centr app achievable for everyday people?

Yes, my workouts are very achievable for people who don't have the Thor physique! I design workouts to only take 20 minutes – and within that 20 minutes I have different levels of difficulty, so people can be challenged no matter how experienced or inexperienced they are.

What does an everyday breakfast look like for you?

My go-to breakfast is normally a three whole-egg omelette with mushrooms, capsicum, goats' cheese and avocado and some Sriracha hot sauce. I would eat that

at least four times a week – it never gets old. I love it because it's quick, easy to make, tastes great and is healthy.

Do you have any tips and tricks to keep our readers motivated on their fitness journeys?

The best tip for staying motivated is to find your 'why' – why do you want to make this change? It could be for your children, overall health. Whatever it is, you just need a reason. Then you need to set a goal – something to work towards and achieve. If you put those two things in place, the rest will follow. When that happens, you will start to see results – and this will give you even more motivation. It's a beautiful circle.



Luke designed 20 minutes workouts that challenge people, no matter how experienced or inexperienced they are.



Personal trainer of the actor Chris Hemsworth, Luke is the author of 'The A-List Diet & Fitness Plan'.

Happy Gas and Dentistry

Dr. Ian Sweeney

For many people, even the thought of a trip to the dentist is enough to increase their anxiety levels. Fortunately, today there are many techniques available to help make dental visits and procedures more pleasant. One of the simplest of these is the use of happy gas.

Nitrous oxide or happy gas was first introduced into dentistry over 150 years ago to help relieve anxiety and produce a feeling of dissociation.

Nitrous oxide is an odourless clear gas that is safe for use on both children and adults. The gas is delivered to the patient via a small mask that fits snugly over the nose. Nitrous oxide is delivered in combination with oxygen through machines that are calibrated to maintain safe levels of oxygen at all times.

The euphoric effects of nitrous oxide wear off within minutes of the nitrous oxide gas being stopped, making it easily reversible and very safe.

Nitrous oxide is an anxiolytic, which means it reduces anxiety, so it is helpful for nervous or fearful patients who are anxious. Patients generally feel relaxed and slightly dissociated from their surrounds, making it also useful for patients who experience an overdeveloped gag reflex.

The use of nitrous oxide for children's dentistry is a wonderful help when treating very young or fearful children. Its use often makes a difficult procedure easy for all concerned. Children become slightly removed from the procedure for a very short period of time, often long enough for the dental procedure to finish before the child has realised anything has been done.

As the effects wear off very quickly, nitrous oxide does not affect an adult's ability to drive following a dental visit. Occasionally, a child may feel a bit light-headed following a procedure with nitrous oxide, so it is always recommended children are observed closely and refrain from riding bikes or scooters for an hour or so after.

For patients who may require greater control of their anxiety, or who may be having longer, more involved procedures, intravenous sedation or general anaesthetic may be recommended.

If you have a dental fear or phobia, it is important to remember you are not alone. Have a discussion with your dentist about what options are available to help you overcome your fear or make your visit more pleasant.

Nitrous oxide is an odourless clear gas that is safe for use on both children and adults. The gas is delivered to the patient via a small mask that fits snugly over the nose.



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



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Lori's Wholesome Pantry

Hannah Prasad

Lori's Wholesome Pantry creates bakery favourites with a twist. Combining real and wholesome ingredients with warm and comforting flavours, the result is moreish and nostalgic treats that are actually good for you! *Sydney Observer* spoke to Lori about her business and her new Watermelon Seed Butter, a rich and creamy choc cacao spread that is made from organic watermelon seeds.

Can you tell me about Lori's Wholesome Pantry and how this business started?

My granny owned a bakery, so the bakery and kitchen was, and still is, a familiar environment for me. It is a place where I love to be. Over time, I made small changes to transform my home pantry into what I believe is a wholesome pantry full of real food ingredients. I have always baked for others and loved sharing my food with friends and family. So over time I started sharing "healthier homestyle versions" of my baking with others in the community and things just grew from there.

Why are you so passionate about fresh and wholesome ingredients?

It's so important to fuel your body with fresh and wholesome, nutrient-dense, real food. This sets everyone up for the best start each day and if you have a healthy mind and body, you simply can do and achieve anything. It is really quite simple. A healthy mind and body are key to everything you do in life. I have always been passionate about helping my own kids to be the best they can be inside and outside, and that includes eating wholesome food.

How did the Watermelon Seed Butter idea and product come to life?

I wanted to create a chocolate spread that was actually good for you, healthy and that the whole family could enjoy. There are so many healthy nut butter spreads available in the market but not



much was available without nuts. I always go back to basics when trying to create something that the whole family can enjoy instead of having different items for each family member.

So with that in mind, I wanted to create a lunchbox friendly spread that is as close to natural as possible and has a flavour profile that everyone can identify with. I didn't want to over complicate things, so a basic chocolate healthy seed butter was the perfect creation. It caters to everyone's needs.

What makes your spread different to other chocolate and nut-free spreads on the market?

There isn't really anything to compare to my spread. I like to think it sits in its own unique category, at least for now. It's a spread that ticks all the boxes; it's vegan, gluten-free, preservative-free, free-from refined sugars, no nuts, lunch box friendly and organic.

We recently won the Food and Beverage Industry Award for Ingredient Innovation because there isn't actually anything similar to it on the market,

and it's the first spread to use organic sprouted watermelon seeds. It also has tiger nut flour, which is actually a plant-based tuber and not a nut. Tiger nuts contain resistant starch and fibre, so they are really good for your gut. It is also the first organic chocolate seed-based spread in Australia that ticks all the above boxes. So not only does it taste good, fill a market need but actually is good for you too!

WATERMELON SEED BUTTER BALLS - CHOC CACAO

Ingredients

- 1 cup rolled oats
- 1/4 cup shredded coconut
- 1/2 cup Watermelon Seed Butter-choc cacao
- 2 tbsp maple syrup
- 1 1/2 tsp coconut oil

Method

1. Use a blender or food processor, add all the ingredients and blend until combined.
2. If the mixture is too wet, add more oats. If the mixture is too dry, add a drop more Watermelon Seed Butter.
3. Roll mixture into balls.
4. Place balls into an airtight container and refrigerate for up to a week.

What's On | September

TREES AS HOMES TALK

Dates: 7 September

Environmental educator Abbie Mitchell will be appearing at Hornsby Library to talk about the trees of Hornsby Shire and animals that depend on them for survival. Abbie will also explain the value of trees with hollows.

hornsby.nsw.gov.au/lifestyle/events/library-events/trees-as-homes-talk

WILLOUGHBY SYMPHONY ORCHESTRA – A TRIBUTE TO GEORGE MICHAEL

Dates: 7 September

The Concourse in Chatswood gives you the chance to relive the magic of the late George Michael. The Willoughby Symphony Orchestra's one-off concert is a Tribute to George Michael. Celebrated conductor, George Ellis, will guide the orchestra through favourites such as 'Faith', 'Freedom' and 'Fastlove'.

theconcourse.com.au/tribute-to-george-michael/

TIME OUT FOOD AWARDS

Dates: 9 September

Forks at the ready and culinary hats adorned – the Time Out Food Awards are coming in September. Sydney CBD restaurant Bopp and Tone will be the location of the event, where Time Out readers will join stars of the local foodie industry to celebrate great produce, hubs and chefs. Tickets are on sale for \$55, so mark your diary, save the date and get ready to feast!

timeout.com/sydney/restaurants/time-out-food-awards

HORNSBY HOPE BALL

Dates: 14 September

Head down to the Showroom at Hornsby RSL for a night of entertainment, while raising money for Hornsby's Relay for Life. In addition to dinner, drinks and dancing, the night will see live and silent auctions, raffle prizes, and live music from one of Hornsby's favourite bands.

iwannaticket.com.au/event/

BLACKMORES SYDNEY RUNNING FESTIVAL

Dates: 15 September

With around 33,000 annual participants, Blackmores Sydney Running Festival is considered one of the most scenic courses in Australia. The festival consists of four exciting events all crossing the Harbour Bridge; including



WATSONS BAY SPRING MARKET

Dates: 15 September

The perfect way to bring in the spring weather is to spend a Sunday at the markets in a premium harbourside area. Hosted by Cambridge Markets, local and artisanal stores will be in large supply, offering everything from high-end womenswear to jewellery, art, beauty and homewares. Handcrafted by local makers, this market prides itself on unique pop-up stalls. There will also be food stands to fuel hungry shoppers.

cambridgemarkets.com.au/watsons-bay

the Marathon, Half Marathon, Bridge Run and the Family Fun Run.

sydneyrunningfestival.com.au

FOOD FOR LIFE

Dates: 15 September

This is a comprehensive workshop that teaches participants the necessary skills and knowledge to eat more plant-based foods. Participants will get to demo and taste plant-based foods, as well as a chance to prepare and eat a meal of their own.

northsydney.nsw.gov.au/

SYDNEY CARAVAN CAMPING LIFESTYLE EXPO

Dates: 20 September – 22 September

Retirees and families are urged to get amongst the expo at Sydney Showground in Sydney Olympic Park. Showcasing the style, ease and lifestyle of caravanning, the expo will take place over three jam-packed days with a range of displays in motorhomes, campervans, tent trailers, boats and holiday destinations.

caravanexpo.com

ST IVES MEDIEVAL FAIRE

Dates: 21 September – 22 September

A nod to the medieval era and Game of Thrones hurrah, the sixth annual St Ives Medieval Faire takes merry revellers back to the Dark Ages. With a jousting arena, knights in shining armour, village markets, a classic tavern and more – the experience aims to be as authentic as possible. So wear your favourite 12th Century attire and get ready for a marvellous feast and tournament – pigeon pie anyone?

stivesmedievalfaire.com.au

Montaigne is Ready for Change

Hannah Prasad

Montaigne is making her mark in the music industry and using her platform to start impactful conversations that are the foundation of transformative social change. Her powerful voice captures a crowd but her words and wisdom beyond her years spark the flames for change.

Sydney Observer spoke to the self-proclaimed dork-nerd about the inspiration behind her new album *Complex*, various forms of art as a release and letting go of society's expectations.

When asked what inspired the new album, Montaigne says her brain and laughs. She then goes on to discuss how personal this album is compared to her previous release – *Glorious Heights*.

My favourite song on this album is 'Ready.' The powerful anthem is about trying to challenge anger into action/change and being ready. Montaigne's passion translates into her songs through thought-provoking lyrics. Her words are accompanied by a powerful yet effortless voice, which glides through each element in the track. As the lyrics and message in 'Ready' build, Montaigne's passion and power follow in sync.

"I think songs are very introspective. A lot of it is the expression of personal analysis about my life and my brain and my relationships. Why those things are the way they are. Well not even why, but the fact those things are the way they are."

"I've always appreciated very personal albums. I like knowing the people I admire go through the same things that I do. I thought that album – *Glorious Heights* was personal, but now hearing this one I'm like 'oh, no,' by comparison it was not. I didn't reveal much. This one I feel like I've revealed a lot."

The process of being vulnerable came easily to Montaigne. Her comfort was heightened by the people who

surrounded her and by immersing herself in the moment.

"I found it quite comfortable and I don't know what that says about me. I'm wondering if I'm maybe a sociopath. When it comes to making music and being in the studio, I find it easy. The people I'm with are open and receptive to that vulnerable state and the things I have to say. I don't think about what listeners will think about when I release it."

A creative soul, music is just one form of release for Montaigne.

"I feel constantly compelled to express myself. I write poetry, I journal every single day, I spend a lot of time meditating, so music is one piece of that puzzle."

Montaigne hopes by opening up and being honest her audience will connect in the same way.

"I hope that people witnessing me as an artist and a public person will feel like they can be more themselves. It's not social media itself, but the culture generally that changes what social media now is, where people need to perform and be the perfect version of themselves, which isn't actually possible to achieve and doesn't actually exist. People fall into these positions where they have to align themselves with what's considered cool, as opposed to what they actually care about. There is all this fear, shame and comparison and judgement that can be really unhealthy."

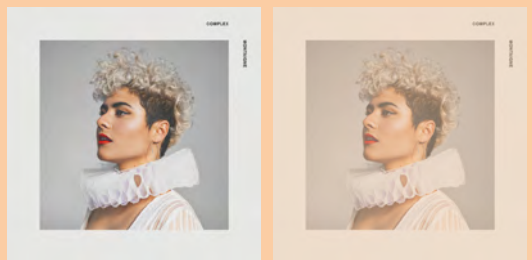
"I'm a big dork-nerd

and I don't care about what's glamorous and I don't care about looking perfect and I don't care about being constantly attractive all the time. I hope that people will see me being successful and doing that and see it's possible to be yourself and still be widely liked."

Catch Montaigne on her *Complex* tour at *The Metro*, Sydney on Friday the 29th of November. She has also partnered with *PLUS1* so that \$1 from every ticket goes to support *Bush Heritage Australia* a national non-profit organization conserving biodiversity in Australia.



Montaigne's passion translates into her songs through thought-provoking lyrics.




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pureview.com.au

Connecting to Past Lives

Kerrie Erwin

My first experience with reincarnation was when I was a child. I used to dream continually of a strange land of ice, snow, incredible mountains and large waterways or fjords. After travelling around Europe as a young woman, I ended up in Norway in Scandinavia. As soon as I arrived, I found I had an understanding of the ways and idiosyncrasies of most Norwegian people, which made me feel at home. In the large group of international nurses who worked with me in the hospital, I was the only one who understood the language without any problems.

I have always had a photographic memory, but I knew deep down I was certainly no genius and that this knowledge of Norway and the Norwegian culture did not come from any reading or clever understanding of languages, but from a deep and profound knowledge.

When I returned to Australia a few years later, I went to a lecture on past life regression therapy and learnt about how we carry memories deep within from past lives. The lecturer told us that her husband had a session with her and he discovered that he had been on the Titanic. Strangely, he had been afraid of the sea and had feared drowning all of his life.

PAST LIFE REGRESSION

The process of connecting to our past lives is referred to as past life regression. Outcomes are usually achieved through hypnosis with a qualified past life regression therapist.

Although no one is really sure why some people have such strong and demonstrable connections to places, people or cultures of the past, the theory is that, after our

physical death, our soul lives on and moves into a new lifetime. It is an extraordinary experience to recall a past life as it teaches us things about ourselves and can clear phobias and blocks, which we have developed through our previous lives or deaths.

Past life regression can also help clear physical issues such as bronchial problems, infertility, and rashes, particularly when used in conjunction with conventional medicine.

In past life regression, the subject answers a series of questions while hypnotized to help reveal their past life identities and associated events. Often, unresolved issues from other past lives, such as phobias, illnesses or unresolved issues in relationships, may be the cause of the subject's present-day problems.

When I had my first past life regression, I was taken back to a past life in Norway, where I found I was a huge male Viking called Tron. I was horrified to feel thick hair all over my body, something that I dislike to this day. In our session, I began speaking fluent Norwegian and the therapist asked me to speak in English, as she had no idea what I was talking about.

In other sessions, I have discovered past lives as a Native American as well as past lives in England and Europe. I use regression regularly in my busy practice and have had the honour of witnessing many other past lives unfurl in front of us. I have learnt about mankind, the spiritual contracts we choose and the soul using this modality.

'Sacred Soul' – Available from Booktopia

Love and Blessings.

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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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