

Sydney Observer

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Back to
School
Essentials

Summer
Styling

NEW YEAR'S
Financial Goals

Design
YOUR OWN
She Shed



Georgie
Parker

Our Golden Girl

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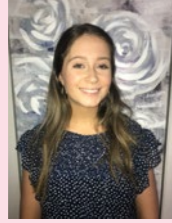
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From the Editor

I start my first issue as Editor on a bittersweet note, due to the unprecedented bushfires ravishing the country. However, we are a resilient bunch and can overcome any challenge if we work together and support each other. Summer is in full swing and our February issue is jam-packed with interesting and informative articles. In this issue we are happy to bring you some positive and uplifting stories.



This month we feature the down-to-earth Georgie Parker (12), discussing her career highlights and journey through adversity. We also have our Seniors Festival Special (27), filled with thoughtful articles and information. With the school season now back and bustling, we have lots of relevant stories in our Education Section, like student essentials for the New Year (14). Our Home and Garden section is also a must-read, including tips on designing a she shed (22) and the top 4 dry plant varieties (25).

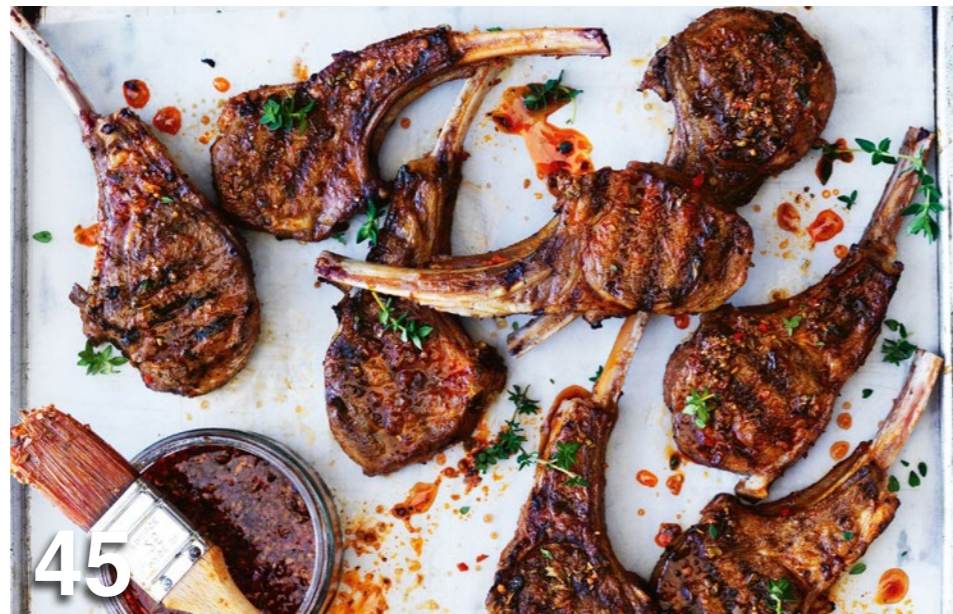
Sydney Observer would also like to extend our gratitude and well wishes to former Editor Hannah for her consistent diligence. I am sincerely looking forward to continue sharing quality content with the local North Shore community. Your feedback is always welcome.

Enjoy our February issue!

Isabella

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EDITOR: Isabella Ross
 (editor@kamdha.com)
CONTRIBUTORS: Kerrie Erwin, Dr. Ian Sweeney, Dr. Sue Ferguson, Sarah Wainwright, Rejimon Punchayil, Paul Fletcher, Russell Bailey.
DESIGNER: Frederico S. M. de Carvalho
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SNIPPETS



Glen Street Theatre 2020 Shows

Glen Street Theatre has announced their 2020 shows for families and schools, with three Australian plays, a circus performance set to Mozart's music and an opera based on a famous poem. Over 30 schools are booked to bring their students to productions at the theatre. "A visit to see live theatre is an invaluable experience for children. Theatre is a unique, immersive learning experience," said Artistic Director Belinda Gibson.

Ku-ring-gai Bushfire Effort

Council and the community are getting behind efforts to support the bushfire effort. RFS brigades from Ku-ring-gai and Killara have been deployed to fire-affected regions, along with a number of council staff also fighting fires as RFS volunteers. On February 9, the Killara community are holding a 'Bark Run' at Claude Cameron Grove for dogs and their families to raise funds for the Killara RFS brigade, with dog races, a sausage sizzle and a raffle between 3.30pm – 6pm.

Free Kids Activities at St Ives

St Ives Shopping Village is going to be an oasis for parents this month thanks to their free weekly kids' activities held on Monday mornings from 9:30am – 11am. Suitable for children aged 2 – 6, parents can enjoy a coffee while the kids are entertained. Best of all no booking is required, just join in the fun at any time. Entertainment includes a jungle maze, reptile, magic and puppet shows.

Wahroonga Station Upgrade

Wahroonga Train Station is set to receive an upgrade as part of the government's Transport Access Program. The changes to the station will provide a better experience for public transport customers by delivering accessible, modern, secure and integrated transport infrastructure. Expected to be completed in 2022, the key benefits will include a new lift, accessible ramp, bathroom and walkway, a zone for kiss and ride and improvements to CCTV and lighting.

Shakespeare at Wildflower Garden

Shakespeare's iconic drama *Macbeth* will grace the stage in a special one-off outdoor production at the Ku-ring-gai Wildflower Garden. The professional cast will weave the tales of ambition and greed in this twilight performance. Bring a rug or low chair and your own picnic and let yourself be taken on this theatrical journey as the sun sets, the dark night descends, and the witches come out to play.

Bradfield Volunteer Grants

Local community groups in the Bradfield area are now eligible to apply for the 2019 – 2020 electorate's Volunteer Grants. The grants can be used to buy small equipment for volunteers or for the reimbursement of volunteer transport or training costs. "The grants form part of the government's commitment to supporting organisations whose volunteers assist our communities and encourage the inclusion of vulnerable people in our society," said Member for Bradfield Paul Fletcher.

Local CAREGiver of the Year

Local woman Loren Davidson has been announced as the Sydney North Shore and Northern Beaches' Local CAREGiver of the Year. "It's definitely a very rewarding role giving back to the community and helping seniors live a fulfilled life," says Loren. Matt Oliver, Director of Home Instead Senior Care Sydney North Shore and Northern Beaches, commented, "she is nurturing and supportive in tough times while maintaining high quality service."

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Fri	21st Feb	7 pm
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Sun	23rd Feb	11 am Last Show

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Everything for Seniors Day Expo

Ku-ring-gai Council's 'Everything for Seniors Day' Indoor Expo is coming this February 17, with plenty of events, activities and information on offer. The day-long event will be held at Turramurra Uniting Church Hall and Turramurra Seniors Centre in Gilroy Lane, Turramurra from 10am to 2pm. Along with all the fun-filled happenings, local seniors will also be able to find out how they can access help to stay in their own home for longer. Lots of clubs and community organisations are taking part in the Expo, including the Australian Plants Society, Sydney Wildlife Rescue, Computer Pals for Seniors, Table Tennis Club for Seniors, Probus and Lions Clubs along with more.

Attendees are also welcome to come and try a range of sporting activities designed especially for older people, including indoor bowling, chair yoga, salsa and ballet

for better balance. As mentioned prior, the Expo also encourages seniors to speak to spokespeople from some of the services that will be present, regarding carer support, gardening and community transport. Meals on Wheels, Ku-ring-gai Neighbourhood Centre, Lifeline and the Migrant Access Program will also be there on the day. The Expo is also a great way to learn more about some of the wonderful places you can visit in the local area, including the Wildflower Garden, Ku-ring-gai Art Centre and the libraries.

Our younger readers can also get involved by volunteering their time and expertise at



the Expo, choosing a role that suits their interests, availability and skills. With a free morning tea and lunch and access to all these wonderful programs and organisations, it is definite that our North Shore seniors are in a very fortunate spot!

World's Biggest Jumping Castle in St Ives

The World's biggest jumping castle, The Big Bounce, is coming to St Ives Showground from February 1 – February 9. A 300 metres long inflatable obstacle course and a three-part space-themed wonderland suitable for children and adults, this jumping castle is a showstopper! The jumping castle is over 1500 square metres with some sections reaching over 10 metres tall. Officially registered by the Guinness Book of Records as the world's biggest jumping castle, it is touring six locations in Australia during 2020. St Ives Showground is the only NSW location, meaning North Shore locals are going to experience all the fun.

Inside you will find various zones, each with its own unique theme and activity-based entertainment. Features range from giant slides, obstacle runs, ball pits through to climbing towers, basketball hoops and over-sized inflatable characters of various colours and shapes. According to The Big Bounce Australia team, they have created an action-packed day out,



offering different sessions throughout the day designed to cater for all ages including special adults-only sessions. There are designated areas for smaller children, ensuring everyone in the family has a safe and enjoyable day out.


Tickets to the Big Bounce are on sale now and are strictly limited due to crowd size controls. So, what are you waiting for? Now is the time to conquer The Big Bounce!

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The Great Work of CWA Hornsby

Isabella Ross

The Country Women's Association (CWA) has been a staple within Australian society for nearly a century, being the largest women's organisation in the country. Known for their consistent charitable work, the CWA continues to advocate and initiate quality services and facilities for women and the wider community. The CWA are here for the long haul, helping the ongoing recovery of communities experiencing loss and grief as a result of the bushfires.

"Hornsby CWA has been working tirelessly for drought relief over the past few years and have been supporting our local Rural Fire Service for decades. We raise funds by catering for exhibitions, council and private functions and by hosting 'Stalls in the Mall' in Hornsby throughout the year," says Lyn Braico, the CWA of NSW's State International Officer.

An incredible effort, the CWA of NSW has donated more than \$16 million as a result of the bushfires in the past 12 months. The money has gone to rural and remote families, helping assist with household expenses, sponsored education grants and emergency support.

"With this current state-wide emergency, the best way to assist these communities is through financial donation rather than material items," Ms Braico urges. "These families simply have nowhere to store goods, and money can then be used in their

communities to support local businesses who have also lost everything."

Some of the great work done by the CWA Hornsby branch was in December, with members selling their Christmas baking and hand-crafted gifts for the drought appeal. The Branch has also done a fantastic job of catering lots of

citizenship ceremonies at Hornsby and Ku-ring-gai Councils. For those in our North Shore community interested in joining the CWA Hornsby Branch, the group has Friendship Evenings once a month and meetings on the 2nd and 4th Friday of each month in Waitara.

<https://www.cwaofnsw.org.au/>



This Bushfire Season

Paul Fletcher, Member for Bradfield, Minister for Communications, Arts and Cyber Safety

This year has seen a very long bushfire season – it started early, it is still going, and many parts of Australia have been badly affected. Locally, November 12 was particularly bad. Along with most of the state of NSW, the fire risk in Bradfield was rated as 'catastrophic'. On that day we saw homes in South Turrumurra threatened by a bushfire. Thanks to a prompt response from emergency services, including water bombing aircraft, the danger was averted.

Our local councils and fire and emergency services have worked diligently to prepare for bushfire risks. But every individual needs to do their part. You should familiarise yourself with the risks of fire in your area – and if necessary, create a bushfire survival plan. On days of high fire ratings, I encourage you to monitor developments by visiting your local council's website and preparing to act if need be. Nationally, we have seen severe bushfires in most states and territories, with the New Year's Day and January 4 bushfires in Southern NSW and Eastern Victoria particularly damaging. Several million hectares of land has been burnt all across the country.

Tragically, some 33 Australians have lost their lives.

The NSW Rural Fire Service, Victorian Country Fire Authority and agencies across Australia have done great work. The Morrison Government has been working to provide strong support and leadership nationally as we respond to this crisis. Looking to the future, the government has begun work on establishing the National Bushfire Recovery Agency, which will coordinate a national response to rebuilding those communities affected by these severe bushfires. With this initiative, the government will support communities affected by this crisis as they gradually rebuild their lives.

Davidson Woman of the Year 2020

Member for Davidson, Jonathan O'Dea, has announced Fiona Johnston, a resident in the suburb of Davidson, as the 2020 Davidson Electorate Local Woman of the Year. Fiona Johnston has served her community for many years, joining the Davidson Rural Fire Brigade in 2003. Davidson RFS currently comprises of 147 members, 100 of whom are front line fire fighters, making it one of the largest brigades in NSW. Since joining the Brigade,

Fiona has served in many operational and administrative positions, including as the Brigade's Treasurer and Training Officer. Fiona was also a Deputy Captain for 7 years. She currently serves as the Personnel (Callout) Officer and is responsible for organising and coordinating Brigade members' shifts and deployments.

"The 2019 – 2020 fire season has been arduous and relentless with over 5.2

million hectares burnt and 2,305 homes destroyed. During this time Fiona contributed up to 60 hours per week, ensuring members of Davidson Brigade were deployed safely and effectively. Fiona's unwavering commitment to the RFS is highly commendable and worthy of individual recognition," Mr O'Dea said. "Fiona's dedication also reflects the enormous effort made by many members of the Davidson Brigade and other RFS volunteers, especially during the recent bushfire crisis," Mr O'Dea concluded.

The North Shore's Golden Girl

Isabella Ross

Growing up on Sydney's North Shore, Georgie Parker has blossomed from an Abbotsleigh student into a Logie award-winning actress who has used her passion for the arts to achieve a stellar 30-year career. Most well-known for her roles on *All Saints*, *A Country Practice* and *Home and Away*, Georgie hasn't let adversity weaken her stride. With a glass-half-full attitude, the down-to-earth star spoke to *Sydney Observer* about her career, health and gratitude.

A childhood full of exploration, Georgie spent her younger years in the St Ives surrounds. "Where I grew up it was very free. There was a creek down the bottom of the street, we had a horse adjoining our property's backyard and vineyards nearby. It was like Dural is now. We would go out at the beginning of the day to explore and wouldn't be home until sunset." Attending Abbotsleigh School, Georgie notes that academia wasn't her strong suit. However, she credits Headmistress Kathleen McCredie for creating a strong female ethic around the school. "I just wasn't privy to that way of education – to sit down and passively learn. Our Headmistress always used to say to us, 'you must find your path and follow it.' Ms McCredie led as a solid example of a woman who was committed to her passions and she encouraged the same commitment for all the girls."

Once graduated from high school, Georgie ventured off to pursue her dream career, but it was no simple feat. The odds of 'making it' in television, film and theatre have always been challenging, yet she credits her dogmatic work ethic. "It was really, tough. You have to be prepared to work hard. Lucky I am a bit like a dog with a bone! You get rejected a lot, but you have to not take it personally and keep going."

Diagnosed with the spinal condition scoliosis at the age of 13, Georgie shows incredible grace and maturity when she tells me she values what the condition has taught her. "I don't think you know you're resilient until you are tested in a certain way. Having scoliosis made me realise that other people saw me differently. I had to reassure people at a young age that I was still the same person regardless of the brace I had to wear for three years. I appreciate it, as it taught me adversity and how to handle it."

Looking fit and healthy for someone who some time ago underwent a hip operation, Georgie laughingly says, "I feel like I've now got a 15-year-old leg. So, my left leg is 15 and my right leg is 55, so it's pretty funny. I have to have regular physio and hardcore massage – not your nice, relaxing massage with the candles but rather gripping onto the bed – but it does the job!"

Winning her first Logie in 1990, Georgie still giggles while recounting her experience. "They read out my name and I could not stop smiling. I was so excited and thought it was the funniest thing because I was just stoked to have a job and attend the Logies and then all of a sudden you're going up on stage to accept an award – crazy!" For many women, the decision to go back to work after having a child is a challenging one. If there is one thing that Georgie is adamant about,



Georgie and *Home and Away* star Emily Symons.



it is the fact that she never criticised herself for going back to work after the birth of her daughter Holly, nor would she ever condemn another woman. "If anyone ever judged me for that I'd tell them to get stuffed! It's what people do – they work. I don't believe in roles for genders. You do what you do well and you do it with as much grace and positivity as you can, regardless of gender. I just want a functioning, loving house that everyone comes back to at the end of the day."

2020 is set to be a big year for Georgie, marking her 10th year anniversary on *Home and Away* playing Roo Stewart. "It's literally my 10th year – unbelievable! We have been very fortunate because the show does produce actors willing to work long hours and get the job done. It helps if you have confidence but not a lot of ego." The

New Year will also come with some exciting storylines circulating at Summer Bay, with Georgie coyly noting, "there are super cool things happening to Alf, Roo and the whole Stewart family!"

Georgie's Favourite Things –

Favourite Sydney

Food Spot? China Doll Woolloomooloo or any Fratelli franchise.

Favourite Hobby?

Swimming and going to the movies. My husband's (Steve Worland) movie *Go!* has been a recent personal favourite, as well as *1917*.

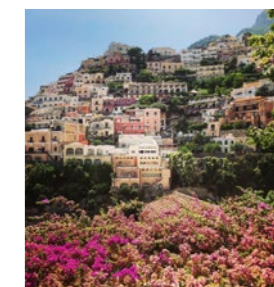
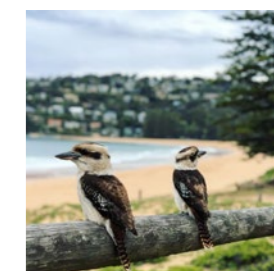
Favourite Beach? Palm Beach – where else!

Advice to your younger self? Don't take yourself too seriously.

Favourite place to travel? I love travelling across Australia and Europe. I especially want to go to Kakadu.

What are you most proud of? My family and my friendships.

To keep up with Georgie follow her @georgieparker on Instagram.



Student Essentials for the New Year

Isabella Ross

It is that time of year again – school! The time to gain knowledge and build trusting relationships with teachers and fellow peers, it is always important to start the year on the right track. Below we have collated a range of must-haves to help your child have the smoothest transition.

Organisers

Every parent's nightmare is the chaotic whirlwind of their kid's homework schedule, assignments and assessments. Following by example is crucial, as this will encourage the kids to maintain a specific school routine. Whether it is a timetable, diary, planners or notebook, there are lots of ways for the whole family to be prepared and on top of their to-do list. Kikki.K has some very stylish yet practical organisers.



Stationery

Every child loves a pencil case brimming with stationery, particularly bright highlighters, animal-shaped erasers and a selection of pens and pencils. For high school kids, Officeworks is a great one-stop-shop for pencil cases and writing equipment. For our younger students who love fun colours and creativity, Smiggle remains an incredibly popular brand.



Healthy Snacks

Every parent knows that packing a nutritious yet delicious lunch for their child is necessary for their learning capacity. Vegetable sticks with dips are a great option. A favourite amongst all kids is something to satisfy their sweet tooth. Homemade banana blueberry muffins are a go-to, thanks to their natural fruity flavour and sustenance. Be sure to check out blogs Super Healthy Kids and Cookie & Kate for fantastic recipes. Funky lunchboxes are also a great way to get the kids excited for the new term, with Big W having a wide array of designs.



Entrusted with Truth and Life in a New School Year

Russell Bailey

For many across NSW, this new school year will be marked by difficulties like never before. There are schools that still carry the scars of a frighteningly destructive bushfire season. Some will be coming to school having lost the business that supported their family income or even worse, lost their family home or a parent, relative or friend in the unrelenting blaze. We have all had a summer holiday with skies full of ash and dust forming a dirty filter between us and the sun. Many days have been unpleasant. But our thoughts and prayers as a community with students returning to school must be with those who are still suffering the most. And as I write, there are still hundreds of volunteer firefighters trying to extinguish



blazes that continue to wreak havoc in our national parks and threaten the lives and properties of our rural and coastal villages.

But as educators we start this school year with a sacred trust imparted by parents and students to see through the haze of present

circumstance to glimpse some truth about how we can all responsibly enjoy the blessing of life that we have been given in this good land which is our present home. There is an old song that reminded previous generations as they attended Sunday school to 'count your blessings, name them one by one, see what God has done.'

Perhaps that is a good way to begin learning this 2020 – let's count our blessings! The blessing of school communities who are united in their support for each other. The blessing of learning ways to solve problems at school that may help us all in the future. The blessing of learning to communicate delight through the arts at school. Let us look up with hope in our school communities as we keep counting in this new school year!



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Pariselle Hughes (Year 12) with Principal Jonathan Cannon being awarded a 2019 John Lincoln Youth Community Service Award from the Governor of NSW

North Shore Students' HSC Triumph

Isabella Ross

Once again, our North Shore schools have excelled in their Higher School Certificate (HSC) results, ranking in the statewide Top 50 high achieving schools. Another fantastic accomplishment is that two Knox students attained a perfect score in their HSC. A notable mentioned is also deserving for our non-selective government schools that made it into the Top 100, including St Ives High School (86) and Killara High School (90). The results are a testament to the quality education available to our kids, whether it is a public, private, independent or religious school.

As reported in one of our previous issues of *Sydney Observer*, Ku-ring-gai is an incredibly fortunate location within the Sydney basin, particularly shown through Bond University's 'Happiness Index'. The project's data noted that Ku-ring-gai had some of the best ratings in terms of crime, affordable housing, wealth, occupations, health and education. Ku-ring-gai Council Mayor Jennifer Anderson spoke to *Sydney Observer* about the excellent local accessibility of premium education.



"Ku-ring-gai is well-known for the quality and choice of education for students, good access to public transport and of course our outstanding sports fields and natural environment. All these factors combine to make our local area one of the best for families to live in and educate their children."

The Results

- **Number 5** – Hornsby Girls High School
- **Number 12** – Abbotsleigh
- **Number 22** – Knox Grammar School
- **Number 29** – Pymble Ladies College
- **Number 44** – Roseville College
- **Number 50** – Brigidine College St Ives

TAFE NSW Fee-Free Opportunities

TAFE NSW Regional General Manager Alison Wood is urging school leavers to take advantage of fee-free training to equip them with the skills they need to secure jobs with local employers. Interestingly, the NSW Business Chamber 2019 Workforce Skills Survey found that 61.8% of businesses with skills shortages are unable to recruit suitable staff.

"TAFE NSW works closely with industry to ensure that we're delivering a pipeline of skilled employees who are equipped with the practical skills and work experience that employers are looking for. Considering the range of fee-free training opportunities available, such as the NSW Government Smart and Skilled and Fee-free apprenticeships initiatives, there has never been a better time for school leavers to pursue a career in industries with employment

and career progression opportunities," Ms Wood noted.

Mr Lachlan Gabb said when he finished school, he received an ATAR mark which would have allowed him to attend any university of his choosing. Lachlan chose to study at TAFE NSW as he found he would receive superior, hands-on training in network security. "After going to all the open days and carefully evaluating my options I found that TAFE NSW offered the best equipment and a practical focus which I knew could be immediately applied to the real world," Mr Gabb said. "During my study I was offered a position at Shearwater Solutions and I've no doubt it's due to the exceptional training I received at TAFE NSW."

Mr Shannon Lane, Chief Strategy Officer at Shearwater Solutions has

welcomed the push by TAFE NSW to encourage school leavers and their influencers to the range of career opportunities in the Sydney region. "With the nation facing a significant shortfall in the number of skilled ICT and cyber security personnel, TAFE NSW has a critical role to play in closing the gap for work ready employees. TAFE NSW excels at equipping students with practical skills that are in demand by industry today. This ensures graduates have tremendous opportunities to build rewarding, long-term careers."

So, to all 2019 and future 2020 school leavers, be reassured that regardless of your ATAR, there are a range of degrees and pathways to higher education available at TAFE NSW.

www.tafensw.edu.au

Eco-Conscious Catholic Schools

Schools across the North Shore and wider Sydney basin have started simple initiatives to look after their local area and lessen their environmental impact. Our education institutions set an environmental goal, and as each of these are met, the young leaders receive Environmental Achievement certificates to celebrate.

St Agatha's Catholic School Pennant Hills created a 'Go Green Keep It Clean' video in preparation for their school fete, an initiative which saved two skips of landfill compared to previous years. The children sold reusable cutlery sets at their Sustainability Stall. Holy Family Catholic School at Lindfield purchased two Vegepods (self-watering raised garden bed kits), compost and worm farms, and now have a flourishing school veggie garden and composting system. A number of schools have also begun initiatives such as 'Return and Earn', single use plastic recycling and Waste Free lunch days, while others have focused on developing habitat for local wildlife.

St Martin's Catholic School in Davidson is one example, with the school receiving a Landcare grant from Woolworths, resulting in the installation of a hive full of 5,000 native stingless bees. "We have such extensive grounds here and to be able to use our outdoor areas for lessons is such a blessing," Principal Adrian Pulley said. "The children look after the garden, harvest the vegetables we grow and now they can learn about pollination and honey production by looking after the bees."



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

Grace CossingtonSmithGallery

ABBOTTSLEIGH

An exhibition of HSC 2019 Visual Arts from schools in the Ku-ring-gai and Hornsby district.

29 February to 19 March 2020

EXHIBITION OPENING: SATURDAY 29 FEBRUARY, 2-4 PM

Mr Alister Henskens SC MP, member for Ku-ring-gai

Abbotsleigh, Asquith Boys High School, Asquith Girls High School, Barker College, Cheltenham Girls' High School, Cherrybrook Technology High School, Hornsby Girls High School, Killara High School, Knox Grammar School, Loreto Normanhurst, Masada College, Mt St Benedict College, Normanhurst Boys High School, Northholm Grammar School, Pymble Ladies' College, Ravenswood, St Ives High School, St Leo's Catholic College, Turrumurra High School.



Back to School... with a bounce!

Sarah Wainwright

Back-to-School readiness starts with a predictable and consistent routine! Returning to early rising, regular mealtimes and an early bedtime is necessary after a more relaxed summer-holiday routine, thus preparing children mentally and physically for the school term ahead!

The morning routine for many families, with multiple competing priorities and time-pressure, can be especially stressful. Getting prepared the night before, including making or ordering lunches, laying out uniforms, packing PE clothes and even choosing breakfast is useful. Helping children to prepare mentally and setting expectations the night before can reduce school morning stress considerably. Additionally, providing children with well-defined steps to follow allows for greater independence.

The evening schedule also requires structure, including limiting screen-time and plenty of reminders about the back-to-school-routine! Discussing with children the school week screen-time allowance is also important so that expectations are set and are then more easily maintained!

Beyond Blue Support Services explains that fear of the unknown causes anxiety, and a new school year holds many unknowns and uncertainties for children and parents. For parents, it is important to remain calm and positive, as this will help children transition back to school more easily. Connecting with children about what they may expect in the new school year and what they are looking forward to, as well as any concerns they may have is important (Lapointe, 2016).

Mrs Kylie Williams is a Warrawee Public School classroom teacher with 20 years of teaching experience and a mother of 3 grown-up children. Mrs Williams believes that "one of the major factors for success at school is teaching your child independence. Your child should be responsible for packing their own school bags, including items such as lunchboxes, notes and extra-curricular equipment." Mrs Williams also explains that "children can become anxious if they are not well aware of their routines, particularly in the afternoons." One way to help with this is to have a copy of the child's after school

timetable in their schoolbag which the child and teachers can refer to. Mrs Williams adds "another tip is to ensure that children know their parents' mobile numbers, so that they can be contacted quickly in times of need. Independence means control, and control means less anxiety."

TOOLKIT TO TACKLE BACK-TO-SCHOOL NERVES:

1. Reminding children of previous school successes and highlights.
2. Acknowledging past efforts.
3. Acknowledging worries and thinking through, discussing and practising coping strategies.
4. Getting sufficient sleep. The Australian Government Department of Social Services, Raising Children Network, recommends that children ages 4-12 have 10-12 hours of sleep per night and teenagers have 8-10 hours of sleep per night.

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), writer, counselling, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips

Historic Moment for Arden

On January 30, Arden Anglican School held a ribbon cutting ceremony to commemorate the first day of teaching and learning in 'Essex', a five-storey redevelopment of their Secondary Campus in Epping. Architects, Stanton Dahl, along with builders Lipman Group, have created a resourceful and seamless connection between Arden's existing building and the new structure. The entire campus has been reimagined and the result is a logical layout and flow between the two facilities. Featuring biophilic design and environmentally friendly technology, this new 21st Century building is both impressive and functional.



"The new building creates a learning hub within the Secondary School campus," said Mr Matthew Mallison, Head of Middle School. "It has centralised facilities geographically, both horizontally and vertically." Other features include new administration and student services centre, science laboratories, food technology kitchen, resource centre, technology workshops, multimedia and design laboratories, two

multi-purpose courts and a rooftop passive recreation area. Located in the heart of this new building is the Arden Creative Arts Centre. This space, around which there is much community anticipation, will seat 600 guests and is designed to be utilised by all students from Pre-school to Year 12.

"It is the space where we will gather as a community, where we will worship,

celebrate, perform and entertain," said Principal, Mr Graham Anderson. "It is the spiritual and cultural heart of Arden and we give thanks to God for the provision of our new vertical Secondary School." Just as in 1922, when Arden was founded at Beecroft, and which continues to be the school's Primary School campus, the school has continued a special connection to Shakespeare's 'The Forest of Arden.' On arrival at the school's reception you are instantly struck by a stunning two storey installation to welcome guests. Featuring fabric panels, vinyl decals and floating foliage, it depicts a contemporary low-poly interpretation of The Forest of Arden. This feature creatively connects the school's Christian values, the Garden of Eden, the leafy environment of the Beecroft campus and the notion of students flourishing at the school.

Arden will hold their annual Open Day for prospective families on Friday 13 March from 9am. Registration is essential www.arden.nsw.edu.au

ARDEN

OPEN DAY

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3 WAYS TO Control Your Finances in 2020

Isabella Ross

With the Christmas and New Year period comes added expenditures, bills and stress. Keeping a hold of your wallet in the holiday aftermath is important for every consumer, but sometimes it can be difficult to know where to begin. Here to help are 3 simple steps you can adopt to start the New Year on the right financial track.

1. SHOP AROUND

Often it is the case that households are paying too much for the essentials – energy, gas and telecommunications service providers. Start by calling the company you are with to see if there are any new contracts or discounts available. Mentioning the fact that you are looking in the market for a new provider also tends to spur them into offering you a better deal.

“Too many businesses take advantage of your loyalty by charging you outrageously



CHOICE consumer advocate Jonathan Brown.

high prices over time. Even calling just one or two of these providers can save you hundreds of dollars,” says CHOICE consumer advocate Jonathan Brown.

2. AUDIT YOUR PANTRY

I don’t know about you, but I always seem to unconsciously buy a bag of flour even though there remains a perfectly good bag still in the pantry. For many families, a

pantry audit has not been done for years, but it is a really simple way to consolidate your shopping list. Keeping an organised space that has clear labels and used-by dates is how to ensure you don’t end up unnecessarily buying double of products and produce you already have available.

3. INVEST IN YOUR FUTURE

Retirement is an inevitable part of our futures, so it is always important to keep an eye on your super. If plausible, salary sacrificing is a great way to add some additional funds into your super account. Another great aspect of this is that for most consumers, your sacrificed contributions will be taxed at a lower rate.

“There’s a small change you can make today to end up with thousands more for your retirement. You could be paying exorbitant amounts in fees and insurance you’ll never benefit from. Pick one superannuation fund that meets your needs and stop paying double or even triple the fees,” Mr Brown suggests.



Peter Vickers Business Group: Home Insurance Explained

Isabella Ross

Sydney Observer sat down with Mr Peter Vickers from Peter Vickers Business Group in Lindfield to discuss all things Home and Contents Insurance. In the wake of the bushfires affecting numerous areas in Australia, it is important for our readers to have an in-depth understanding of insurance policies available.

Why is it important for individuals to insure their homes?

As the saying goes, ‘home is where the heart is’ and for most of us our homes and possessions are precious. Home and Contents Insurance covers the cost of rebuilding or repairing your home, as well as the contents inside, in the case of insured events such as fire, storms, flooding and theft or attempted theft. Events such as these can be devastating, and many people are not financially protected, heightening the tragedy. It is important to remember that once an event has begun – such as a bushfire

racing towards your property – it is too late to purchase an insurance policy. Wait periods are a crucial part of an insurance policy. For some it might be up to 3 days after purchasing a policy before you are covered.

How should individuals go about choosing Home and Contents Insurance cover?

Individuals should begin by assessing the value of their home and contents – there are many online calculators to do this and Peter Vickers Business Group has a couple on our website. However, insurance can be complicated. Policy owners don’t intentionally underinsure themselves, however it can be difficult to understand exactly what they need to be insured for. The amount you originally paid for the property is not an accurate guide for determining the rebuild costs, nor is the minimum budget you have set for the premiums you wish to pay.

Some policies might be extremely comprehensive whilst others just protect against bushfire cover. If an individual

is unsure how much insurance is needed and the best policy for your home and contents, it may be worth considering utilising an insurance broker to help you in how to do this.

How does Peter Vickers Business Group help a client assess the value of the contents of their home?

Our brokers work with clients to be able to understand the level of cover needed and the best policy for each individual situation. Particularly if a client has a prestige home and valuable contents, then our professional consultants will visit their home to determine the property replacement cost and the amount of coverage that is truly needed rather than just estimating. In addition, our specialist brokers work with homeowners to decipher difficult wording and language in insurance policies. The rules also differ between strata properties and individual homes, which specialist brokers can assist with.

<https://www.vickersgroup.com.au/>

Stylish She Sheds

Isabella Ross

Man Caves need to move over because the fabulous She Shed has arrived! Us North Shore locals are incredibly fortunate to have decent-sized backyards where we can be creative and design our own little oasis, otherwise known as a She Shed. These fantastic mini sanctuaries are redefining backyard bliss, giving the hardworking women in our lives the space to unwind and enjoy their favourite hobby. As with any design project – the options are endless, so be inspired by this feature and start planning your own She Shed!

GETTING STARTED:

First and foremost, it is important to check with your local council if development approval is needed. Commonly for buildings under 20 square metres the council's consent is not required, however it is important to get the all clear. The NSW Government's Planning Portal also has a guide to help homeowners with the consent process. Once the approval has been confirmed, it is time to source your She Shed! Sydney has a wide range of businesses stocking this structure, as well as online retailers. Most of the sheds will be delivered as a flat pack, and it is up to you whether you pay a professional to install or do-it-yourself. If you would like to add plumbing and electrics to the She Shed, just contact your local registered electrician and plumber.

CHOOSING A THEME:

The theme of your She Shed depends on what you wish to get out of it, whether it is entertainment, relaxation or a specific purpose. An example of entertainment could be using the shed as a hobby room, whether it is craft, art or sewing. A shed with soft furnishings, comfy armchairs, a good selection of books and a drinks trolley is a great idea for a relaxing She Shed. An orderly study with a filing cabinet, desk and organisational planners or a gardening shed brimming with packets of seeds, rakes and spades, cottage flowers and a wash basin are examples of a She Shed with purpose.

DESIGN, DESIGN, DESIGN:

Now comes the fun aspect of the project – designing your She Shed. Most sheds

from retailers will come already painted, however, if you would like to change the colour or add some extra detail then that is perfectly fine. One funky idea is to paint the top panel of the She Shed a different colour to the rest, for example a cream base with a blue stripe for a beachside vibe. When you are satisfied with the exterior, it is time to focus the attention onto the interior. Depending on your theme, the contents will vary. Some general ideas include a potted plant, rug, chairs, picture frames or ornaments – whatever tickles your fancy!

The theme of your She Shed depends on what you wish to get out of it, whether it is entertainment, relaxation or a specific purpose.

THE SURROUNDS:

Planning the space surrounding the She Shed is also a good tip. Whether it is stepping stones leading up to the door, pebbles, pavers or decking, there are plenty of options to suit every budget and taste. Since your She Shed will be nestled within the backyard, why not incorporate some additional greenery, plant boxes and hanging baskets. This will create the ultimate garden oasis.



Better Homes and Gardens

The Chef's Herb Garden

Isabella Ross

Everyone loves a fragrant and flavour-filled meal, brimming with lots of delicious herbs! Even better, lots of herbs are actually incredibly good for your health. So, regardless of size, everyone can have their very own herb garden – you just need to be creative with space. To get started you need to map out the available space for the herb patch – whether it is a raised garden bed, an array of pots or varieties planted into the ground. Dependent on the specific variety, there are a range of preference conditions that also need to be considered such as shade, part sun, full sun, a particular soil type and more.

DILL

The easiest way to grow dill is to plant using seeds rather than transplanting from a cutting. Commonly harvested eight weeks after sowing, the plant will produce big clumps of wispy green leaves attached on a single stem. Pluck the tiny leaves off the stem and add some light and fresh flavour to your seafood dish.

The perfect pairing – potatoes and fish.

ROSEMARY

One of the most aromatic herbs, rosemary is a staple in most households and their gardens. Rosemary often thrives in sunny locations that have well-drained soil. Perfect for current Sydney temperatures, this plant likes a warm environment as it does not take well to extremely cold conditions.

The perfect pairing – roast lamb.



Garden Trading

SAGE

A very attractive herb to plant in your garden, the leaves of the sage plant are a beautiful addition to lots of Italian-style meals. You can also make a delicious tea from the sage leaves, which are a soft, silvery-green. In terms of cultivating, it is a very hardy plant that can bounce back after the chilly months. Just beware that sage is a punchy herb, so use sparingly for best results in cooking.

The perfect pairing – pasta with butter and parmesan.



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Summer Stylings

Isabella Ross

Homely Hamptons

Coastal casual – that is what the Hamptons is all about. A refined elegance with a refreshed colour palette of blues, whites, beige and greys. Perfect for those who live along the harbour of the North Shore, this design theme revolves around the seaside – think potted ferns, pale couches, splashes of blue, cane fixtures and plantation shutters. A nod to the nautical, the implementation of stripes is also seen often within Hamptons-esque homes.



Furniture Choice Ltd

Covet House



Hollywood Glamour

Old-era Hollywood oozed sophistication, opulence and glamour. Suited to a very specific market, this theme is ideally suited to the dining room. With a fine line between opulence and over-exaggeration, it is important to choose materials and furnishings that do not run the risk of looking cheap. Chandeliers in the centre of the table, plush floor coverings, and a modern style dining table made of contemporary materials are a flawless nod to the beauty of Hollywood style.

Eclectic Charm

A very different yet trendy interior style currently is eclecticism – a contemporary style that derives from creative ideas and unique patterns and colours. The beauty of eclectic design though, is that all the varying touches still need to complement one another in some way, shape or form. To pull off the look, opt for jewel-toned colours, funky art and nods to the past, in the form of antiques and vintage furniture.



Cult Furniture

Design a Dry Garden

Isabella Ross

Given Sydney's current drought crisis, residents have been told to comply with necessary water restrictions. However, many are finding it challenging to maintain and hydrate their gardens, particularly homes on the North Shore where backyards are in plentiful size and acreage. According to Sydney Water, you can water lawns, gardens and sports fields before 10 am

and after 4 pm using 1) a watering can or bucket, 2) drip irrigation systems controlled by a timer for a maximum of 15 minutes a day per watering zone, and 3) a compliant 'smart watering system' that includes automated weather adjustment, a rain sensor or a soil moisture sensor for a maximum of 15 minutes a day per watering zone. So, to help save water and keep your garden looking lovely, *Sydney Observer* has collated four of the top plant varieties that do not require much watering.



Clivia White Lipped:

Whether they are grown in pot plants or garden beds, clivias are a very hardy plant.

Most clivias have orange or salmon coloured flowers, but the white lipped variety are extra special in appearance. If grown in pots, be aware that they may need to be re-potted from time-to-time due to their tenacious growth bursts.

Banksia Birthday Candles:

A dense and compact shrub perfect for smaller spaces in the garden, this plant is stunning! Known for its lovely golden yellow colour and cylindrical shape, it gets its name due to its resemblance of upright candles glowing. Best grown in pots, ground cover or amongst other natives.



Aloe:

There are lots of varieties of aloe that work great in drought tolerant environments including the Jewel Aloe and Coral Aloe. During the summertime, aloes often require irrigation every second week, making it a very convenient plant to have during current water restrictions. If the tips of the leaves begin to brown, that is a sign that more water is needed.



Kangaroo Paw:

Kangaroo Paws are a favourite Aussie native known for their distinctive flowers and range of colours including pink, yellow, red and pink. The bright flowers come out to bloom on long stems during the warmer months. Plant in full sun, in a dry spot with good drainage for optimal growth.

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The Perfect Parisian Day Trip

Isabella Ross

If ever planning a trip to the iconic French city of Paris, keep a day spare to roam the quaint countryside and cobblestone streets of Giverny. A village in the region of Normandy in Northern France, Giverny is located 1 hour and 30 minutes away from the capital city making it the perfect Parisian day trip for the whole family.

GETTING ORGANISED

If in Paris, there are lots of ways that you can make your way towards Giverny. One is through a pre-booked tour, which includes a meeting point in Paris, transportation to the village, audio guided tours and a traditional lunch. A cheaper option is to find your own way to the village. The French Metro is a great train system and will get you to Vernon Station where you can then hop on a 15-minute shuttle bus. It is also important to book your tickets in advance to the Claude

Monet viewing highlights, which are detailed below.

MAISON & JARDINS DE CLAUDE MONET

The most popular attraction to visit in Giverny without a doubt is the iconic house and gardens of famous French artist Claude Monet. Most well-known for his 'Water Lilies' canvas, tourists can see the artwork's inspiration with their own eyes, marvelling at the garden's impressive waterlily pond and bridges. The house as well is ornate, reconstructed to look exactly how Monet left it during his time. The yellow kitchen is a personal favourite, with antique pots and pans, a red and white checkered floor and beautifully handcrafted curtains.

MUSEUM OF IMPRESSIONISM

Another fantastic sight to visit after some coffee and cake at one of the local cafes, is the Museum of Impressionism. Located a short 5-minute walk away from the Maison & Jardins de Claude Monet, the museum has a great collection of art, predominantly landscapes of France and Europe. There is also a lovely gift shop where you can purchase some quaint and tasteful souvenirs for friends and family back at home.



- 28-29. Seniors Festival
- 30. St Ives Seniors Week
- 32. Luxury Independent Living
- 34. Memory Innovations Centre
- 35. Plan Your Family's Future
- 36. Need for Nutrition
- 38. Coping with Bushfires
- 39. Live Life Better Seminar



NSW Seniors Festival

seniorsfestival.nsw.gov.au

Our local seniors are getting excited because the NSW Seniors Festival will be in full swing this February. The theme for the 2020 festival is 'Love to Celebrate', and there will be plenty to celebrate according to the line-up. There are hundreds of free and discounted events and activities across the Sydney basin, including Chatswood, St Ives, Ku-ring-gai, Hornsby and more.



"We love our wonderful seniors and I have no doubt that the talent on show at the gala concerts, the expo entertainment, and the fresh exhibits on offer this year will bring so much joy to them," said Premier Gladys Berejiklian. "We are proud to support our seniors and thank them for invaluable years of service and involvement in our communities - they are the backbone of our great state's success."

The biggest Seniors Festival in the Southern Hemisphere, there are lots of major events happening in Sydney's

city centre like the 2020 Premier's Gala Concerts. Australian music legend John Paul Young will lead a stellar line up of talent for the concerts on February 13 -

14, at the First State Super Theatre ICC Sydney in Darling Harbour. Other stars include Vanessa Amorosi and Paulini, belting out their favourite hits.



North Shore Seniors Picnic

12 FEBRUARY
Where: Ku-ring-gai Fitness and Aquatic Centre
Cost: Free
<http://www.kmc.nsw.gov.au/>



Entertainment and Morning Tea

20 FEBRUARY
Where: Hornsby RSL
Cost: Free
<https://www.hornsby.nsw.gov.au/>

Movie Morning

6 FEBRUARY
Where: The Concourse Chatswood
Cost: Free
<http://www.willoughby.nsw.gov.au/>



Sydney Harbour Lunch Cruise

12 - 23 FEBRUARY
Where: Captain Cook Cruises, King Street Wharf
Cost: \$59 - onwards.
<https://www.captaincook.com.au/>

Garden Therapy Workshop

21 FEBRUARY
Where: Dougherty Community Centre Chatswood
Cost: Free
<http://www.willoughby.nsw.gov.au/>

Chair Yoga for Seniors

10 - 20 FEBRUARY
Where: St Ives Community Hall
Cost: Free
<https://www.seniorsfestival.nsw.gov.au/>



seniorsfestival.nsw.gov.au

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St Ives Village Senior's Week

St Ives Village is proudly supporting Senior's Week for the third consecutive year, offering a series of free workshops, events and health checks. Customers can enjoy a daily schedule of activity and choose from Tai Chi, Cake Decorating, Art Classes as well as complimentary blood tests by O'Loughlin Medical Pharmacy. There is even expert advice on how to downsize your home if you are considering a move to a smaller dwelling or apartment. St Ives Village also has a long-standing partnership with Ku-ring-gai Neighbourhood Centre who will be hosting a series of exercise classes to complement their regular events and activities.

"Senior's Week is another chance for us to show our support for our local St Ives patrons. As a community-based Shopping Village, we are in a fantastic position where we can give back to our local customers, many who have been coming to The Village for decades! We try and provide something for everyone, so encourage people to check the schedule and book a place via our Concierge Desk," says Marketing Manager Melanie Scarf.

For a full list of workshops and events, visit <http://www.stivesvillage.com.au/> and call Concierge on 8422 4009 for details.



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Stage two coming soon.

Uniting Bowden Brae Retirement and Independent Living Village

Discover a vibrant new community at Uniting Bowden Brae retirement village in Normanhurst. The soon to be released stage two will include a community hub with pool, senior's gym, café and hair salon. Beautifully designed two and three-bedroom apartments sit amongst extensive gardens and leafy outlooks.

Join the waitlist by visiting uniting.org/bowden-brae

Enquire today
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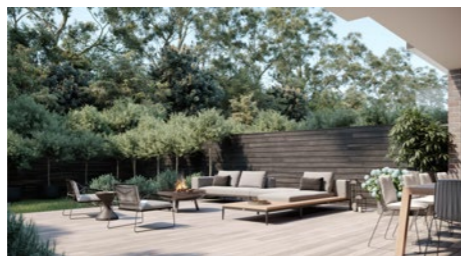


Luxury Independent Living

– The Rose by Moran

One of Australia's leading names in premium aged care, Dr Shane Moran of Provectus Care, has launched a new luxury independent living venture, 'By Moran' to cater to the growing demand of discerning downsizers for quality accommodation options in their local area. The new brand launches with 'The Rose by Moran', located in the highly sought-after village of Wahroonga and comprising 34 two and three-bedroom premium residences set amongst the gardens of one of the area's best-known heritage mansions. This stunning heritage mansion has been transformed into the heart of 'The Rose by Moran' community, with its beautiful formal rooms creating part of the 2500 square metres of communal spaces, including a library, music room, dining room, therapy rooms, beauty salon, cinema, club room and bar, a wine cellar and indoor pool and gym, with an additional 1500 square metres of landscaped gardens.

The property has been styled by leading interior design firm Coco Republic, showcasing the first collaboration between these two premium brands, which will also extend to tailored furniture and design packages to be made available to purchasers. A large range of services and



activities are available which prioritise residents' health and wellbeing and also ensure access to any additional assisted living services as their needs change. 24-hour emergency service is provided.

The brand-new apartments are priced from \$1.1M through to \$3.5M. All residences have secure parking, large outdoor living areas (some with private gardens), and the highest quality appointments. The apartments, due

for completion in November 2020, are offered under standard retirement village terms with monthly fees and a departure fee payable when you leave. Dr Moran says the pivot is a natural move, given the significant increase in demand for high-quality living options for the ageing baby boomer demographic. "Today's retirees are ready for a new chapter in their life that enables them to pursue their interests and passions, to be active and healthy, and to engage with their local community and friends and family in a meaningful way," Dr Moran comments.

'The Rose by Moran' will be Dr Moran's flagship facility for the Upper North Shore and he is in further discussions for another four premium 'By Moran' facilities with other developers and funders who are keen to be involved with his premium brand. "We will only take on a project in an area that we are sure has the demand for this type of quality product. The Upper North Shore is one of the premium areas of Sydney and fits the criteria for a 'By Moran' community perfectly," he says.

To enquire please contact
Provectus Care – 02 9777 0009 – email
enquire@rosebymoran.com.au or
see website <http://rosebymoran.com.au/>



The property has been styled by leading interior design firm Coco Republic.

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Memory Innovations Centre Opens

Isabella Ross

Sydney Observer is thrilled to announce that CatholicCare's Memory Innovations Centre has officially opened in Waitara. Run by the same organisation that created Boonah Creative Arts Centre in West Pymble, the Memory Innovations Centre is focused on improving the quality of life of local seniors, specifically helping support those with concerns about their memory or a recent diagnosis of dementia.

"The centre will positively impact seniors in the community through providing access to practical and therapeutic based interventions aiming to improve wellbeing and help manage cognitive decline. There will also be a Speech Pathologist and Occupational Therapist available for consultations," notes Area

Coordinator at Aged Care Services for CatholicCare, Shane Watson.

Numerous studies have shown the positive impact that regular stimulation and a nurturing environment can have on our seniors. Some of the wonderful programs on offer include Let's Get Moving (Physical Exercise), Food for Thought (Cooking Program), Build your Brain (Mind Exercise Program), Art Smarts (Art Program) and Dance with Me (Dance Program). One option to access this centre is through the Commonwealth Home Support Programme (CHSP). The fees are \$40 per term (1 hour program), \$80 per term (2 hour program) or there is the option to pay for individual

sessions as you go at \$10 (1 hour program) and \$20 (2 hour program), with terms running over 10 weeks. Other options are available if you are not eligible for CHSP.

"Each program is run by highly educated and trained professionals to ensure clients get the best outcome for their health and wellness," says Mr Watson. "The simplicity and accessibility of our programs is crucial – we aim to empower people to use these programs in their own homes."



Plan Ahead for Your Family's Future

If you have been meaning to get your affairs in order but have never found the time, NSW Trustee and Guardian is making it easier for locals by offering Plan Ahead Days near you. These events are in local suburbs including Chatswood, Lane Cove, Forestville, North Ryde and Castle Hill. A Plan Ahead Day allows you to make or update your Will, Power of Attorney and Enduring Guardianship documents with highly experienced professionals from NSW Trustee and Guardian.

Life does not always stay the same and planning ahead involves thinking about how you and your loved ones are protected and making sure your wishes are heard if something happens to you. This includes deciding what should happen to your family if you are no longer around to take care of them.

Have you appointed a guardian for your children, made arrangements for the welfare of others closest to you, or thought about what should happen to your pets if you are no longer able to take care of them? By preparing a Will and appointing a Power of Attorney and an Enduring Guardian, you are prepared for whatever the future holds.

NSW Trustee and Guardian provides independent and trusted advice. They are the state's largest Will maker and continue to prepare over 13,000 planning ahead documents each year.

Call 9240 0732 to book your Plan Ahead Day appointment or visit tag.nsw.gov.au. Spaces are limited. Fees may apply, see website for details.



Make a Will for your loved ones

Your Will protects the ones you love and is one of the most important documents you'll ever sign. But finding the time can be hard. That's why we travel to hundreds of locations across NSW so people just like you can get started.

NSW Trustee & Guardian can help.

NSW Trustee & Guardian

Plan Ahead Days near you

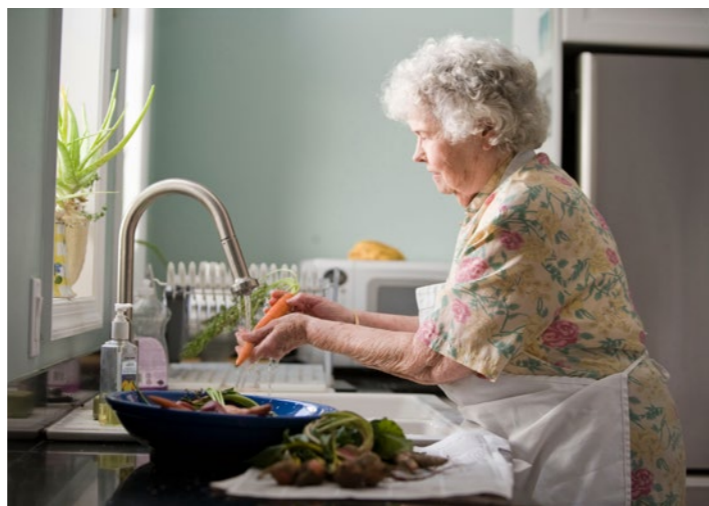
Chatswood Library 409 Victoria Avenue	
Tuesday 3 March	Tuesday 14 April
Castle Hill RSL Club-Gallery , 77 Castle Street	
Thursday 5 March	Thursday 2 April
North Ryde Golf Club 137-207 Twin Road	
Tuesday 24 March	Tuesday 19 May
Lane Cove Library 139A Longeville Road	
Tuesday 24 March	Tuesday 9 June
Forestville RSL 22 Melwood Avenue	
Tuesday 30 June	

Book now. Appointments essential.
 02 9240 0732 www.tag.nsw.gov.au
 Fees may apply. See website for details.

The Need for Nutrition

One in four submissions to the ‘Royal Commission into Aged Care Quality and Safety’ outline accounts of appalling food and rates of malnutrition in aged care. The shocking evidence detailed in the Commission’s Interim report, shows the critical need to elevate nutrition within all aspects of aged care to adequately nourish older Australians. As the devastating impact of malnutrition continues to rise, the need for nutrition awareness, screening and access to appropriate food and dietetic services in the community has never been greater.

Working in community aged care, Accredited Practising Dietitian (APD) Sharon Lawrence, spoke to the Commission about the dire consequences malnutrition has on an older person’s health. “Unintended weight loss in older people increases the risk of infection, impairs wound healing, decreases muscle mass and affects the ability to complete activities of daily living, with greater impact as malnutrition continues,” noted Ms Lawrence. “There are approximately 1.14 million older Australians at risk of malnutrition in the community and their health will only continue to decline, unless appropriate food and nutrition support is provided. Access to food and nutrition is a basic human right, which is essential for the physical, mental, social and emotional wellbeing for older Australians. Prioritising nutrition is imperative to reverse the neglect of older people in Australia,” Ms Lawrence said.



Developing and implementing a National Nutrition Policy that encompasses the health of all older Australians living both in the community and in residential aged care is vital. This would ensure prioritisation of nutrition, through screening, assessment, care planning, adequate food delivery, support during mealtimes, staff education and training. “We commend the Commission on the vital work they are continuing to do, in uncovering the multifaceted and systemic issues in aged care,” Ms Lawrence urged.



“The Cotswolds” at North Turramurra has been providing a wonderful lifestyle for “over 55’s” for more than 35 years and has always enjoyed an excellent reputation. There is something for everyone with accommodation options for those who wish to be independent and serviced apartments for people either requiring additional services or looking for “easy living”.

A registered nurse is on-site 24/7 and the village is regularly attended by general practitioners and other health professionals.

The village is situated opposite the Golf Course and is within a short drive of Turramurra Bowling Club and the waterways of Bobbin Head.

The units are set in clusters throughout the beautiful gardens and the serviced apartments are conveniently located in the main building which is the hub of the village and encompasses the administration area, community lounge and dining rooms, generous indoor heated pool and attractive barbecue area.

At “The Cotswolds” there are **NO DEFERRED MANAGEMENT OR EXIT FEES**. To arrange a no-obligation inspection any time, please call **Julie at Turramurra North Real Estate on 9449 3075 or 0418 606 006 for an appointment.**



Seniors Festival 2020



12 February – 2 April
kmc.nsw.gov.au/seniors

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- One Bedroom Self-care Unit \$580,000
- Two Bedrooms, One Bathroom, Lock-up Garage \$648,000
- Two Bedrooms, Two Bathrooms \$785,000



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www.tnre.com.au

Your Local
Community Agent

Coping with Bushfires

Dr Sue Ferguson

Even those of us not directly affected by the unprecedented bushfires can still be feeling distressed and helpless. This is a normal reaction to witnessing the level of destruction going on recently here in Australia (even if we only see it on the TV). So how should everyone, especially seniors who are in a frail state of mind or body, stay safe, help others, and manage their own distress?

If you live in a potential bushfire-affected area, make sure you have a plan and have discussed it with your family or carer. All retirement homes also have evacuation policies in place. If you don't drive, talk to family and neighbours about whether they can help you evacuate. Keep up to date with warnings via the NSW Rural Fire Service (RFS) Fires Near Me app, or by listening to local ABC radio (702 am). See the RFS website for more advice on preparation for fires.

If you are talking to a loved one who lives in a fire affected area, there are several things you can do:

- Listen, support and reassure them.

- Read about how to help e.g. bushfire pages on the Australian Red Cross, or the Australian Psychological Society website.
- Put them in touch with services available to help practically (if needed) such as the Disaster Welfare Assistance Line 1800 018 444.
- If you're worried that they may be having a more severe stress reaction, encourage them to talk to their GP, or to ring helplines such as: Beyondblue 1300 22 46 36 or Lifeline 13 11 14.
- Ask your friend how you can help.
- Be patient with them.
- Look after yourself too!

If you're not directly affected: keep to normal routines, don't dwell on the negatives and enjoy pleasurable activities when possible. If you can, help by donating money to charities such as the Australian Red Cross, RSPCA or WIRES.



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



Live Life Better: Seminars for Seniors

Growing old gracefully is the answer to the inevitability of becoming old. Assistive Technology Specialist and mobility equipment provider Comfort Discovered is launching a series of seminars to spread awareness about the various solutions that are available today to face the obstacles as we grow older. This initiative will coincide with the NSW Seniors Festival in February. 'Live Life Better' seminars for seniors will be held on Tuesdays from 10:30am for 90 minutes from February 18, in our new and spacious premises at 73 Jersey Street North, Hornsby NSW 2077. These

seminars are free, but booking is essential to secure a place.

Business owner Rejimon PUNCHAYIL said the seminars will connect the elderly with specialist knowledge they can use with simple and easy-to-apply ways in their own lives. The team has extensive experience and knowledge on solutions for Arthritis, Fall Preventions, Managing Parkinson's, Aids for Daily Living, Home Care, Mobility Equipment, My Aged Care and more. They will also have guest speakers who will cover other topics that are very relevant to the seniors.

"Hornsby, Ku-ring-gai and the Hills Shire local council areas have a high rate of ageing populations. In many cases people do not have the required understanding of solutions, support and various governmental initiatives that are available as we get older," Mr. PUNCHAYIL said. "This is an initiative for the benefit of the local community."

For booking visit – <https://lifelifebetterseminars.eventbrite.com.au/> or call 1300 662 880, or email: events@comfortdiscovered.com.au

comfortdiscovered.com/live-life-better/

Christophorus House Retirement Village

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We have vacant rooms for permanent placement; all rooms are single with ensuite.

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www.christophorushouse.com.au

Retirement Living Information Seminar Before You Act – Get The Facts

10.00AM, TUESDAY 3RD MARCH

Join us at Baldwin Living Lane Cove Gardens, 5 Hart Street, Lane Cove to get your most common questions answered by the financial and legal professionals. You will also have the opportunity to tour the retirement village to inspect our facilities and available apartments for sale. RSVP for light refreshments.

FINANCIAL Donald Swanborough, Alteris Financial Group	LEGAL Renée Stevens, SRM Lawyers	LIFESTYLE AND ONGOING CARE Lesley Nankivell, Baldwin Living
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E: sales@baldwinliving.com.au
W: baldwinliving.com.au

Assistive Technology Specialists

Live Life Better: Seminars for Seniors

- Friendly, 90 minutes sessions on wellbeing, health & independent living
- Booking essential, book free at <https://lifelifebetterseminars.eventbrite.com.au/>

Or call **1300 662 880**, email: events@comfortdiscovered.com.au, for further details visit : www.comfortdiscovered.com/live-life-better/

First session at 10.30am Tuesday, 18th Feb 2020, Comfort Discovered, 73 Jersey St North, Hornsby, NSW 2077, Tel 9987 4500

DIY Pampering

Isabella Ross

Everyone loves a bit of ‘Do It Yourself’ beauty – whether it is scrubs, soaks, moisturisers or masks. Plus, it is a fun activity to do with the kids or with friends! A great way to ease the tensions of the day away, these natural pampering recipes will have you feeling relaxed and refreshed.

Whipped Citrus Body Butter

Ingredients:

- 1/2 cup cocoa butter
- 1/2 cup coconut oil
- 1/4 tsp. vitamin e
- 4 drops citrus essential oil

Method: Melt cocoa butter and coconut oil over very low heat for a few minutes. Remove from heat and allow the oil mixture to cool in the refrigerator until it’s almost solid. Whip the oil mixture with a stand mixer or hand mixer until it’s light and fluffy. Once whipped, add the citrus essential oil and vitamin e until combined. Can be stored at room temperature in an airtight container for up to 6 months.



Coconut and Honey Hair Mask

Ingredients:

- 1 tbsp. coconut oil
- 1 tbsp. raw honey

Method: Mix the ingredients together. For long or extra damaged hair, just add a bit more of these ingredients. Apply the mask generously to damp hair, focusing on the damaged ends. Tie your hair in a bun, put a shower cap on and let soak for 30 minutes. Then rinse and wash as normal.

Rosemary, Lemon, Peppermint Foot Scrub

Ingredients:

- 1/4 cup Kosher salt
- 1 tsp. coconut oil
- 2 tbsp. olive oil
- 3 drops peppermint essential oil
- 2 drops lemon essential oil
- 1/2 tsp. dried rosemary

Method: Toss everything in a cup, and stir together. If it’s too dry, add a bit more oil. If it’s too wet, add more salt. Can be stored in an airtight jar in the fridge for up to 2 months.



Sticking to New Year’s Resolutions

Isabella Ross

With the New Year comes a cascading list of unachievable expectations and pressures that we put upon ourselves. Whether it is to do with weight, happiness, money, relationships or success, it is crucial that we prioritise self-love and acceptance overall.

The key to sticking to your aspirations for 2020 is to be realistic yet hopeful. Make smaller goals that can then help you achieve the ultimate goal. For example, start with a budget and the process of maintaining it. Then, focus on saving, applying for Home Loans and finally after lots of effort, purchasing your first investment. By looking at goals as a small step-by-step process, there is less existential stress and more accurate patterns of action you can follow.

On a personal level, my number 1 New Year’s resolution for 2020 is to always find 3 positive things to be grateful for each day. We all live such chaotic lives, and sometimes we tend to see the negative side of situations rather than the positive. So, to maintain this resolution, the best course of action is to make it a daily routine – whether it is done in a journal, said out loud or in your head. The point is to change your pattern of thinking and try

Sydney Observer’s Top 10 New Year Resolution Ideas:

1. Always find 3 positive things to be grateful for each day
2. Make your mental health a priority
3. Exercise to feel good, not to be thinner
4. Gain knowledge and interest from reading
5. Stay in contact with people who matter
6. Be ambitious but not self-critical
7. Beware procrastination
8. Give someone a compliment each day
9. Drink in moderation
10. Learn to let go of the past

to see the brighter side of life. I would recommend the journal option, as studies have consistently shown that penning thought to paper is a great way to free the mind and note your feelings with clarity and conviction.

Back to School with Healthy Teeth

Dr. Ian Sweeney

Despite increasing technology and many modern-day advances in dentistry, an alarming number of children still suffer from dental decay. Australian statistics show decay rates in children have been increasing since the mid '90s. Australian figures show nearly half of children aged 12 have experienced decay in at least one permanent tooth.

It is specifically the sugary foods and drinks in our everyday diet which are capable of causing dental decay. While we all strive to pack a healthy lunch, having a second look at what goes into a school lunchbox may save your child from experiencing pain due to tooth decay.

It is important to be aware of many 'hidden' snacks in your child's diet. Birthday cake, cupcakes and other snacks may creep into your child's diet without you ever being aware. Many perceived healthy foods and snacks have very high sugar content. Foods including dried fruit, muesli bars, snack bars, peanut butter, biscuits, crackers and potato chips have the potential to lead to dental decay. Especially harmful are the sticky fruits and snack bars that stick to teeth for long periods of time. Likewise, sipping juice or frozen juice bottles, although refreshing, will also prolong the food source for decay causing bacteria. Water remains the best option for a refreshing drink. Many of these foods are hard to avoid, however it is worth reminding children of the

importance of having a good drink of water after eating snack foods.

Cheese is one of the healthiest snacks for your child's teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, Swiss and Mozzarella all stimulate saliva glands to clear the mouth of debris. Saliva helps to protect teeth by neutralising acid produced after eating sugary snacks. Other good snacks are nuts and fruit (as long as you wash it down with some water straight after you have eaten).

Many children suffer dental trauma from falls while an object is in their mouth. Bottles, pacifiers, sippy cups, lollipops and even toothbrushes will produce lacerations to the lips or gums and palate. It is therefore crucial to encourage children to sit down whilst eating or drinking. Protecting your children's teeth with a mouthguard is a relatively easy way to prevent dental trauma during sporting activities. There are many types of mouthguards, however, the best protection is provided by a custom-made mouthguard from your dentist. The mouthguard is made from a simple impression or mould that can be taken of the mouth. It usually takes less than a week for one to be manufactured and they are available in all team colours!!

Remember: Flossing teeth is the only way to prevent holes forming in between teeth and children need to brush and floss twice daily with adult supervision until age 12.



At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and

a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.



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

Health Corner

Isabella Ross

Cortisol Levels

One reason some people struggle to lose weight is an individual's cortisol levels. Since cortisol has been linked to the promotion of weight gain within the body, it has become known as the stress hormone. "If you are stressed out, you are producing too much cortisol, which in turn can prevent weight loss and actually encourage weight gain," said Robin Du Toit, fitness trainer and founder of Artisticfit.



Celery Juice



With a 60% water content, celery juice is a refreshing drink and a great way to keep your skin hydrated. Other benefits include improved digestion, less bloating, lower inflammation, protects liver health and helps acne. "Celery juice is one of the most profound ways to restore digestive health. It is that powerful," says best-selling Medical Medium author Anthony William.

Humidifier

According to Healthline, humidifier therapy adds moisture to the air to prevent dryness that can cause irritation in many parts of the body. They can be effective for treating dryness of the skin, nose, throat, and lips. For those enduring the common cold, add a small drop of peppermint or eucalyptus essential oil to the humidifier, as this helps with congestion.




Are we there yet?



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Summer Pudding with White Chocolate Ice Cream and Basil Oil

Executive chef Dan Rudolph joined the Butchers Block Group in Wahroonga in 2017 and is responsible for all menus and kitchen operations. This Valentine's Day, among other specials we are serving 'Summer Pudding' which is a delicious and refreshing dessert based on lots of fresh seasonal berries.

INGREDIENTS

Pudding

- 300 grams raspberries
- 300 grams blackberries, halved
- 300 grams strawberries diced
- 300 grams blueberries
- 150 grams caster sugar
- 100 ml water
- 8 slices white bread, crusts removed

Basil Oil:

- 2 bunches fresh basil picked
- 300 ml grapeseed or canola oil

White Chocolate Ice Cream

- 1200 ml milk
- 800 ml cream
- 320 grams egg yolks
- 200 grams caster sugar
- 720 grams white chocolate

METHOD

1. Place the strawberries, blueberries, water and sugar into a saucepan, heat and cook until the berries are slightly soft and sugar has dissolved, add the rest of the berries and continue to cook until the mix has softened, the berries should still retain their natural shape, not be mushy, set aside and cool.
2. Line a mould or small pudding basin with clingfilm, and using a circle cutter, cut a disc from the white bread to form a base in the mould, cut more strips of bread to neatly line the outside of the mould leaving some length overlapping, fill the moulds with the berry mix and juice then fold over the overlapping bread and clingfilm, place the prepared moulds in the fridge under a light weight for 4 hours to set.
3. For the basil oil, blanch the basil for 20 seconds then refresh in iced water. Blend with the oil in a high-powered mixer quickly and avoid overheating, allow the oil to drip through a fine oil filter or muslin cloth, set aside.
4. For the ice cream, make an anglaise with the milk, cream, yolks and sugar. Pour over the chocolate and stir well until completely smooth and amalgamated. Allow to cool then churn until set. Do not over churn, freeze until required.
5. To finish, demould the puddings onto serving plates, drizzle with some reserved berry juice, top with a few more berries, spoon over some basil oil and finish with a scoop of the white chocolate ice cream.



@butchersblockgroup

North Shore Foodie Guide

Isabella Ross

Some of *Sydney Observer's* favourite spots for delicious produce, restaurants and cafés this month.



Monstera Sydney

The perfect brunch destination for the weekend, Monstera at Mosman Bay Wharf has been a favourite on the North Shore since it opened in April 2019. Run by the same people who operate the iconic Celsius and Co, this Mosman café is most well-known for its beautiful waterside views and delicious waffles with berries, honeycomb and mascarpone.



The Sawmill

A staple in Pymble is The Sawmill Restaurant and Pizzeria. Pymble and the surrounding area was once a major supplier of timber to the early Sydney Colony. The décor inside is very consistent with the history of the area, with the use of natural and recycled timber. The Sawmill has an inviting atmosphere, with the food lovingly prepared and served by its thoughtful staff. For dinner, pasta is always a go-to, including the house-made gnocchi with butter and sage or a succulent antipasto platter. The cannolis are also a personal favourite!

Butcher's Delight

Located in East Lindfield, Butcher's Delight is a multi-award-winning boutique butcher known for its fantastic local produce. The butcher is also a very community-minded business, giving customers the reassurance that they have access to a great range of meats, poultry, pre-prepared meals and seafood during the holiday season. The lamb cutlets are always a great buy, as well as the glazed hams during Christmas.



Evolve Wahroonga

A great local spot for families and fitness enthusiasts is Evolve Wahroonga. The Summer Fritters are perfection – a mix of pumpkin, corn and lentil fritter, with beetroot tahini, sautéed kale, avocado and a poached egg. For those interested in satisfying a sweet spot, the café also has a fabulous range of mouth-watering dessert-style breakfast options. Some of our favourites include the Waffles with Nutella that comes with caramelised banana, popcorn, ice cream, toffee sauce and Persian fairy floss.





What's On

Broadway World

Moonlight Cinema

1 FEBRUARY – 29 FEBRUARY

Where: Centennial Park
Cost: \$20 – onwards

The perfect way to enjoy the warm, balmy nights of late summer, Moonlight Cinema is suitable for families, couples and friends of any age. Enjoy the classics under the stars, with a new film on each night. For a more premium experience, the Connoisseur Lounge is a great option. The experience includes comfy bean bags in a reserved space and a yummy Connoisseur ice-cream bar – ideal for a Valentine's Day date!

<https://www.moonlight.com.au/>



Cork and Canvas

1 FEBRUARY – 10 FEBRUARY

Where: 35 Willoughby Road, Crows Nest
Cost: \$50

Cork and Canvas is an institution within the Sydney art scene, thanks to its perfect fusion of painting and drinking wine with friends. During this session, you will be guided by a professional artist on how to create the night's feature painting. You get to choose your own colours for the painting, with the professionals giving you the necessary materials to let your creative flair run wild. Bring your own snacks and nibbles and get excited for a night of fun!

<https://corkandcanvas.com.au/product-category/crowsnest-paint-and-sip-studio/>



The Lunar Spectacular Show

8 FEBRUARY

Where: Belmore Park Haymarket
Cost: Free

Part of the annual Sydney Lunar New Year Fair, this show is a display of colour, rich culture, dance, music and storytelling. Celebrating The Year of The Rat, over 300 performers are set to take part in the spectacular. A day of wonderful fun for the family, the show will celebrate a myriad of Asian cultures that celebrate the Lunar New Year including Chinese, Korean, Thai, Japanese and Vietnamese groups.

<https://whatson.cityofsydney.nsw.gov.au/major-events/sydney-lunar-festival>

Home Modification Service Workshop

12 FEBRUARY

Where: Ryde Library
Cost: Free

With older age comes less mobility. It is a reality that our senior locals are starting to prepare for. As part of this month's Seniors Festival, Ryde Council is running a workshop and talk on home modification, where you can learn how to achieve better access, safety and independence in your everyday living. So for anyone over 65 interested in preparing for an accessible lifestyle in the future be sure to sign up for this great workshop.

<https://www.ryde.nsw.gov.au/>

Italian Cheese and Wine Night

13 FEBRUARY

Where: Formaggi Ocello Restaurant
Cost: \$90

Mozzarella anyone? Indulge in a delicious night of fine Italian cheese and pairing wines at Formaggi Ocello's tasting night. The experts and owners of the restaurant, Sogna and Carmelo, have selected a range of artisan products oozing quality. The night includes appetisers, sparkling wine upon arrival, and then a feast of six cheeses and matching wines. While tasting, the sommelier will discuss with guests the art of learning how to pair a wine with cheese.

<https://ocello.com.au/>



Queen and Adam Lambert Concert

15 FEBRUARY

Where: ANZ Stadium
Cost: \$104 – onwards.

Are you ready to rock? Queen is touring Australia this February, set to belt out some of their iconic tunes including 'Bohemian Rhapsody', 'We Will Rock You', and 'Don't Stop Me Now'. Queen's original band members Brian May and Roger Taylor will be teaming up once more with Adam Lambert on lead vocals. Adam Lambert has been masterfully filling the extraordinary shoes of the late Freddie Mercury since 2011, and Queen fans can't get enough!

<https://www.anzstadium.com.au/whatson/2020/02/queen-adam-lambert/>

The Summer Artisans Market

23 FEBRUARY

Where: Coal Loader Centre for Sustainability, Waverton
Cost: Free

Everyone loves an artisan market experience in the balmy months of late summer. Waverton has got you covered, with this market focusing on a sustainability ethos, meaning you will find some great eco and ethical product vendors. Each stallholder has been selected based on the quality of their handmade goods, so you can be sure to purchase something that is original, creative and environmentally fitting.

<https://www.northsydney.nsw.gov.au/>



Crop Swap Turramurra

15 FEBRUARY

Where: Turramurra Lookout Community Garden
Cost: Free

The North Shore is known for its lush gardens and leafy exterior. Celebrate your love of gardening by joining like-minded enthusiasts of home-grown produce and plants. The crop swap gives locals the opportunity to get gardening advice, share cuttings and explore the Turramurra community garden. Bring along whatever you have – fruit, vegetables, herbs, tea, baked goods and more!

<http://www.kmc.nsw.gov.au/>

The Makers Market Lane Cove

16 FEBRUARY

Where: Lane Cove Plaza
Cost: Free

Lane Cove is a great local destination for families, thanks to its outdoors plaza and child-friendly businesses and facilities surrounding. Their upcoming Makers Market is set to have a variety of products including artwork, jewellery, clothing, ceramics, plants, jam jars, photographs and more. Grab a bargain and a coffee and browse the stalls for some fantastic goodies.

<http://www.lanecove.nsw.gov.au/>

Mindful Yoga

16 FEBRUARY

Where: Ku-ring-gai Wildflower Garden
Cost: \$5

Enjoy some mindful yoga under the

canopy of flora in Ku-ring-gai. Yoga is a great way to keep fit and balanced for a range of age groups, and with the additional teachings of mindfulness in this session, participants will find true serenity. Beginners are welcome – all you need is a yoga mat, water bottle and a booking.

<http://www.kmc.nsw.gov.au/>

Recipe Club for Healthy Meals

18 FEBRUARY

Where: Chesham Hall, Waitara
Cost: Free

Are you needing to get your waistband in order for the New Year? Look no further, because Hornsby Council has got you covered with their Recipe Club meetings. Come along and learn how to make a delicious yet nutritious plant-based meal, along with exchanging recipes with like-minded individuals and sampling some tasty food in a friendly setting.

<https://www.hornsby.nsw.gov.au/>

Six the Musical

19 FEBRUARY

Where: Sydney Opera House
Cost: \$59 – onwards

This musical is unlike anything you have seen before! Meet the six wives of Henry VIII as they share their tales through this modernised musical performance of rebellion and heroism. The Australian premiere, Six the Musical has taken the West End by storm and is bound to please Sydney audiences as well.

<https://www.sydneyoperahouse.com/events/>

Whovians Live Studio Audience

25 FEBRUARY

Where: Australian Broadcasting Corporation, Ultimo

Cost: Free

One of the ABC's hit shows, Whovians, is looking for live studio audience members. Rove McManus and his team of super fans are back and better than ever, with their show that asks the what, where and why of Doctor Who. For a barrel of laughs and some great entertainment be sure to book your tickets now!

<https://www.eventbrite.com.au/e/whovians-live-audience-tickets-85588929793>

Art North Exhibition

26 FEBRUARY – 19 MARCH

Where: Grace Cossington Smith Gallery Wahroonga

Cost: Free

There is a tremendous amount of artistic talent within our North Shore's youth demographic. Grace Cossington Smith Gallery will be showcasing the beautiful work of 2019 HSC visual arts students from schools in the Hornsby and Ku-ring-gai area in their exhibition 'Art North.' Come on down to the gallery and marvel at the talent of our younger generation.

<https://www.gcsgallery.com.au/>



Mardi Gras Parade

29 FEBRUARY

Where: Oxford Street, Darlinghurst
Cost: Free

Get excited to celebrate equal love with lots of glitter, dancing and music at this year's Sydney Gay and Lesbian Parade on the iconic Oxford Street. From sensational floats and performances, to poignant discussions, and celebrating identity and acceptance, the parade is definitely something you shouldn't miss! So get your feather boa, some friends and feast your eyes on Sydney's biggest party of the year.

<https://www.mardigras.org.au/>

Flickerfest 2020

Captivates Sydneysiders



Time Out

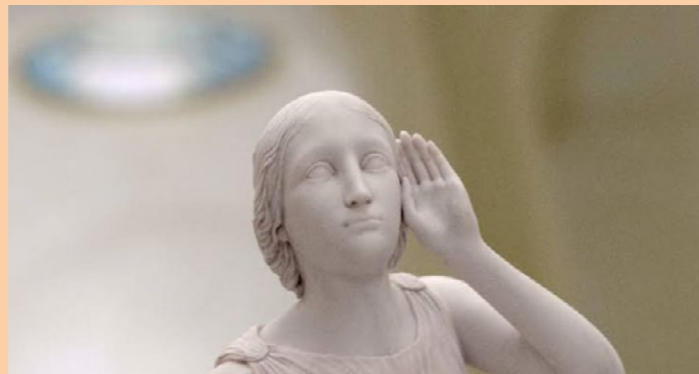
Isabella Ross

It was a night of filmic talent, fantastic storylines and a captivating atmosphere. I was fortunate to be invited to the opening night of Flickerfest, and it most definitely did not disappoint! Films shown on the night were produced in a myriad of countries, with even more diversity displayed in the line-ups that continued throughout the festival's season.

A personal favourite was the Portuguese film, 'The Marvellous Misadventures of the Stone Lady'. Tired of being a banal architectural ornament, a sculpture runs away from the Louvre to confront real life on the streets of Paris. Speaking to the Flickerfest Festival Director, Bronwyn Kidd, I soon realised the sheer creative talent that comes with the art of short filmmaking.

"Over the past 29 years Flickerfest has been thrilled to celebrate and champion exceptional talent from the world of short film, and our 2020 programme is no exception! Our Flickerfest short films are unique and driven by the passion of their makers and this year's talented Flickerfest finalists are destined for highly successful, big screen careers for many years to come."

Detailing the lengthy process that comes with organising such an event, Ms Kidd noted that out of 3500 entries, only 200 short films were handpicked for this year's programme.



The Marvellous Misadventures of the Stone Lady

"It certainly requires a lot of passion and energy, from the minute we wrap up our previous festival to launching our entries for the coming season. Our team are all united by the common aim of bringing together the most intriguing and creative stories for our big screen in one huge smorgasbord of shorts at Bondi."

I for one thoroughly enjoyed the festival, captivated by the articulate films screened under the stars with the quintessentially Australian backdrop of Bondi Beach. With very reasonable ticket prices, easy transportation from the North Shore and a great collection of short films, Flickerfest definitely has the *Sydney Observer* tick of approval!



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Our Loved Ones are Always Near

Kerrie Erwin

Nobody lives forever. From the moment we are born and have taken our first breath, we are destined to transform back into spirit. From this spiritual realm, your loved ones can see and often interact with you by sending messages with their energy through to this world. This is called proof of survival and can be one of the greatest tools for healing and helping to ease grief for those of us still in the mortal world. Mediums can often tap into these energies to get more specific messages, but the common feeling of having a loved one who has passed still around you is comforting for most people.

HOW TO RECOGNISE LIVING SPIRIT ENERGY

Living spirits use their continuing life force to reach out to us, and we often perceive this energy as visualisations of their living beings,

their sounds or voices, and sometimes as shadows, cold spots or feelings of pure love. Often, they will manifest as signs or symbols that are meaningful to us, such as feathers appearing on the radio that was connected to them in some way. Frequently this spirit will give us subtle messages to let us know that they are still around, such as appearing in our dreams or creating a certain smell, for example cigarettes or perfume. We may feel our loved ones in spirit around us more strongly at certain times, particularly when we are missing them or something reminds us of them. This energetic recall attracts the spirit who wants to let us know that they are safe and happy in their new existence. Because energy is such a fluid, sensitive thing, often we mistake the feeling of them connecting with us as simple nostalgia — but it is so much more than that.

Love and Blessings



Kerrie Erwin is a Psychic and Medium
pureview.com.au



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