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# Sydney Observer

COVID-19's  
Effect on  
Creatives  
Industry

What's  
Hot in  
Kitchen  
Design

Autumn  
Fashion

10 Ways  
to Keep Busy  
at Home

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LOCAL NEWS • HOME & GARDEN • SENIORS • BEAUTY & WELLBEING • TRAVEL



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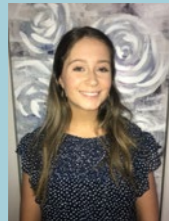
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## Hello Lovely Readers!

There is no denying that this past month has been a tumultuous time for all. COVID-19 has tested our limits. Yet camaraderie is at the heart of our Australian spirit.



To lift the mood and spread some positivity, we are sharing lots of peaceful and pleasant stories for our readers. Australia's Crown Prince of Comedy, Joel Creasey, graces our cover and shares some truly hilarious and uplifting personal stories (16-17). The iconic television show *Travel Guides* is coming to our screens in 2020, so we were also fortunate enough to chat with two of the guides, Kevin and Janetta (32).

We also have a range of practical resources that are important to share in this current climate. There is a special message from our local politician, member for Davidson Jonathan O'Dea (13), as well as important COVID-19 information to know from Ku-ring-gai Council (12). In our School Holiday Special, *Sydney Observer* has collated 10 great ways to keep the kids entertained at home (18). Our Home and Garden section also has a piece on the ultimate backyard refuge (22), providing inspiration on how to make the most of your outdoor space.

So, take this time to relax, revitalise and restore with our April issue – we are thinking of you all.

*Isabella*

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### Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
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# SNIPPETS



## Studio Artes Annual Exhibition

Where do members of our community see themselves in the future? How are outcomes changing for adults with disabilities? How much power do we have as individuals? These are just some themes explored in the 'One Day We Will' Art Exhibition by Studio Artes, on display from 16-26 April at Wallarobba Arts and Cultural Centre in Hornsby. The art program is celebrating 20 years in 2020 and will allow free entry for the public.

<https://www.studioartes.org.au/event/one-day-we-will/>

## Property News for Lindfield:

Lindfield has taken out the number one place in Sydney where house price growth outpaced household income. The local suburb topped Domain's analytical list, earning \$198,471 more than many households did last year. Domain's data most definitely highlights the desire for Sydneysiders to purchase property in our leafy North Shore. "The more attractive a suburb becomes, the wealthier it becomes ... it drives the prices up and becomes a destination suburb," said local selling agent Sarah Davis.

## Biennale Performances at the QVB

With the 22<sup>nd</sup> Biennale of Sydney now in full swing, renowned improvisational artist Brian Fuata is set to perform in the Inner Dome of Sydney's Queen Victoria Building. Fuata's intimate performances are all made to be site-specific; this time in the backdrop of the historic QVB. "It's a privilege to have been included in the boundary-pushing festival," stated Clare-Marie Martinez, QVB Marketing Manager. Limited tickets are available from <http://events.biennaleofsydney.art/fuataqvb>

## Ku-ring-gai Road Safety

Under the Black Spot Program, two key problem areas in Ku-ring-gai will be receiving funding to improve safety for both motorists and pedestrians. Under the National Road Safety Strategy 2011-2020, both Federal and State Governments committed to a 30% reduction in deaths and serious injuries. \$185,000 will be allocated to upgrading pavement on the Comenarra Parkway in Turramurra, near Howson Avenue. \$18,700 will also go towards improving the intersection between Eastern Road and Kintore Street in Wahroonga.

## '25,000 trees for 2020' says Hornsby Council

25,000 new trees are set to be planted by September 2020 according to Hornsby Shire Council. In a bid to further strengthen the Bushland Shire area, these trees are also a green investment into the local environment for future generations. "More trees will not just add to the aesthetic of Hornsby Shire, our native wildlife will also benefit," noted council. To request a tree visit, <http://trees.hornsby.nsw.gov.au/>

## Lane Cove Council's 125<sup>th</sup> Anniversary

Longueville Road in Lane Cove will be abundant with fresh and exciting street flags this April in celebration of Lane Cove Council's 125th anniversary. In 1985, Lane Cove was officially declared a municipality, with the first council meeting held in April. Lane Cove Library has a special display showcasing the first 25 years of the municipality, which locals are welcomed and invited to check out. Celebrations and activities will continue throughout the year.

## Ku-ring-gai: Your Voice

There is currently a review into how Ku-ring-gai Council receives feedback from residents. Stemming from the council's recent Community Participation Plan, there is a newfound emphasis on collecting information online, with Mayor Jennifer Anderson stating, "council must work hard to reach out in ways that make it easier for everyone to have his or her say." The review will occur over three phases, ending in June 2020. To learn more, visit <https://oursay.org/kmconsultreview> or call 9424 0757.

## Cleaning Hornsby's Waterways

Local oyster farmers and environmental organisations connected with Hornsby Shire Council on the Hawkesbury River recently. Together they have been working to collect pollution from the river, with Shellfish Quality Assurance Program coordinator Bruce Alford noting, "river pollution is something that we can be proactive about and do our bit for the environment and our community." The issue is particularly important for Hornsby Shire, as it is the only council in NSW with a specific agreement to work in partnership with our oyster industry.

## Upgrades for St Leonards Park

To the delight of locals, North Sydney Council has completed upgrades to St Leonards Park. These upgrades came as the second part of the council's St Leonards Park Landscape Masterplan, with details regarding the next phase of work expected to be released in the coming months. The heritage-listed park received a range of new features including new synthetic turf, replaced cricket nets, landscaping, and a new concrete area

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# Youth Homelessness on the North Shore

Isabella Ross

In our leafy surroundings, we often neglect to realise that our North Shore bubble is not immune to hardship. However, we are incredibly fortunate to have charitable organisations such as Taldumande Youth Services on our side. Youth homelessness is an issue affecting communities across NSW, both regional and cosmopolitan. According to The Australian Institute of Health and Welfare, 19,837 young people aged 15-24 years-old presented to Specialist Homelessness Services in NSW in 2018 – 2019. This is a steep increase of an additional 728 youth from the previous year, with this age group representing 25.6% of clients accessing Specialist Homelessness Services.

In comes Taldumande. The not-for-profit service aims to provide a pathway from homelessness and family breakdown

for young people, through supported accommodation and community programs. Stability is such an important factor in any individual's life, let alone a young person who is still coming to grips with their place within the world. In the data collection period, Taldumande supported 600 and accommodated 200 children and young people and provided 2,795 case worker sessions. "Funding is required to meet the growing homelessness of children and young people as is volunteer assistance. In addition, fundraising from the community and corporate donations is becoming increasingly necessary for Taldumande Youth Services to meet the needs of homeless children and young people," said Taldumande CEO, Lisa Graham.

The service relies heavily upon the generosity of the community and local businesses to assist in the support and rehabilitation of vulnerable youth. In a

bid to raise funds, Taldumande Youth Services will be holding its annual Gala in the Crystal Ballroom of Luna Park on September 25. Some familiar faces are expected to show their support, including breakfast radio duo Amanda Keller and Brendan 'Jonesy' Jones who will be the Masters of Ceremonies and comedian Harley Breen.

"I'm really privileged and honoured to share so many journeys with young people. These people in our care have been doing it tough," said Clare, one of Taldumande's social workers. "It's a platform to let them know that there is hope, and that there are many services at Taldumande that provide young people with a safe place. We can support them to reach their aspirations and goals."

Tickets and tables can be purchased online at <https://www.taldygala.com/lite-ui/?controller=home>

# Education Podcast Paving the Way

Isabella Ross

'Every Student Podcast' is a great new educational resource for students and parents. Secretary of the NSW Department of Education, Mark Scott, has been introducing listeners to the education leaders who are doing things differently to drive positive change in our classrooms. A series of poignant conversations, the

aim of the podcast is to further discussion surrounding how we should deliver quality teaching and learning to improve opportunities for all students. One of the podcasts that locals will find particularly relevant is Mr Scott's interview with Stephanie McConnell, the Principal of Lindfield Learning Village, a new state school that opened in January 2019. The pair discuss the innovative education

model of Lindfield Learning Village and the school's aim to create independent, resilient learners. So, to broaden your understandings of the education system and discover which style of learning would best facilitate your child's education be sure to check out this podcast.

<https://education.nsw.gov.au/news/secretary-update/every-student-podcast>

# 10 REASONS

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# Rebates for Bushfire Prone Homes

Nicholas Grant

Ku-ring-gai Council recently announced their intentions to help homeowners in areas which are at risk of receiving damage from bushfires, as a part of the Climate Wise Communities program. The risk from bushfires continues to grow throughout Ku-ring-gai, as the effects of climate change are extending each year's bushfire season. This marks a specific need in the community for better protection against these conditions. According to Ku-ring-gai Council's website, Ku-ring-gai ranks third in council areas most affected by bushfires.

"We want to ensure that our community is prepared for more intense and unpredictable bushfires and to help locals take that first step to better protect their homes," said Mayor Jennifer Anderson.

Some of these home improvements to better defend against bushfires might include toughened glass windows, water tanks, fire-resistant screen doors, and metal gutter guards. Council notes that damage from ember attacks poses a greater significant threat than direct flames – 85-90% of homes which burn down do so as a result of ember attack. In the right conditions, embers can also travel over 15km away from a fire front and ignite new fires.

The Climate Wise Communities program also acknowledges that some residents may be on extremely limited budgets, but that some of the best fire safety precautions have minimal fees



attached. According to the program's information guide, "the cheapest measures are a multi-hazard plan, (that everyone in the household knows), access to weather warnings and effective communication within your local neighbourhood."

Any resident interested in receiving a rebate is required to complete a readiness check on Clime Wise Communities' website, which will provide a judgment according to the specific circumstances surrounding your home. This includes the specific location, any pre-existing defensive installations, and the age of residents. You will then be instructed to create a bushfire plan, which must be completed as part of the pre-approval process.

For this rebate, council will cover 10% of the total cost of any retrofitting to a maximum of \$1000 per household every 5 years. To discover if you and your family are eligible, visit <https://climatewisecommunities.com.au/> or to learn more, email [sustainability@kmc.nsw.gov.au](mailto:sustainability@kmc.nsw.gov.au) or call 9424 0828.

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# Local Sponsors Guide Dog's Training

North Shore resident Margaret was thrilled to hear that her sponsored dog, Jodie, has recently graduated as a Therapy Dog. As a Guide Dog Partner, Margaret has exclusively sponsored Jodie's journey from birth – all the way through puppy raising and her comprehensive training to graduation in her service dog career.

A long-standing supporter of Guide Dogs NSW/ACT, Margaret has just turned 90, so the news of Jodie's success was a wonderful birthday present. Guide Dogs NSW/ACT would like to thank Margaret for her wonderful support of Jodie and the life-changing gift she's provided for Jodie's new handler. Margaret is one of the many Australians who have sponsored a puppy training to become a service dog. It takes over 2 years to raise, train and transform these playful puppies

into Guide and Therapy Dogs. Each day, 28 Aussies are diagnosed with sight loss, and the unfortunate statistic is that 3 out of 4 of these people in NSW and ACT who require a Guide Dog don't have one.

Dog Trainer Gina describes Jodie fondly, saying she is a "sweet, quiet achiever, who loves to be around people," and a perfect Therapy Dog. Jodie has now completed 10 weeks of dedicated Therapy Dog training at the Guide Dog Centre and was recently matched with a client living on the North Coast of NSW. Jodie's new handler is managing significant mental illness and benefits hugely from the special companionship and attentive care Jodie provides every day.



Each year our highly trained Orientation and Mobility specialists work with around 4,000 people of all ages to help them achieve their mobility goals. Guide Dogs NSW/ACT relies heavily on generous donations from the people of NSW and the ACT to fund our services.

To learn more about sponsoring visit: <https://www.guidedogs.com.au/puppy-sponsor>

the Y | NSW  
**School Holidays Epping**  
15 Ward Street, Epping 2121

WEEK 1			
BASKETBALL ALL STARS CLINIC	Tuesday 14th April	12:30pm-3pm	\$25
EASTER CELEBRATIONS	Wednesday 15th April	12pm-3pm	\$30
DANCE AND GYMNASTICS	Thursday 16th April	9am-3pm	\$55
SOCCER ALL STARS	Thursday 16th April	12:30pm-3pm	\$25
NINJA WARRIOR	Friday 17th April	12pm-3pm	\$30
WEEK 2			
BALL SPORTS AND NINJA WARRIOR	Monday 20th April	9am-3pm	\$55
SOCCER ALL STARS	Tuesday 21st April	12:30pm-3pm	\$25
FLIPS 'N' TRICKS	Wednesday 22nd April	12pm-3pm	\$30
BASKETBALL ALL STARS CLINIC	Thursday 23rd April	12:30pm-3pm	\$25
GYMNASTICS	Thursday 23rd April	12:30pm-3:30pm	\$30
DANCE FIT INTENSIVE	Friday 24th April	12pm-3pm	\$30

**DESCRIPTIONS**

**BASKETBALL ALL STARS CLINIC** - Learn a variety of skills and drills through lots of fun and games! Finish the day off with a full sized game!

**EASTER CELEBRATIONS** - Hop into the school holidays, cracking clues for our Easter Egg Hunt and playing games with your friends!

**DANCE AND GYMNASTICS** - Leap into our dance and gymnastics clinics with your friends! Learn new skills and show off your moves!

**SOCCER ALL STARS** - Learn a variety of skills and drills through lots of fun and games! Finish the day off with a full sized game!

**NINJA WARRIOR** - Do you dream of becoming a Ninja Warrior? Join us for an exciting day of Ninja obstacles and time trials!

**BALL SPORTS AND NINJA WARRIOR** - Calling all athletes! Come and show off your ball sports skills before springing into our Ninja Warrior course!

**FLIPS 'N' TRICKS** - It's a high energy day learning new skills and tricks! Round offs, handsprings, back flips and more!

**GYMNASTICS** - Swing your way into our center and join us for a fun-filled day of gymnastics activities!

**DANCE FIT INTENSIVE** - Put on your dancing shoes and prepare for a day filled with learning funky new dance moves!

**BOOK TODAY TO SECURE YOUR PLACE!**

\*Activities and prices are subject to change. Visit us online for most up-to-date information including times, dates, descriptions, terms and conditions.

the Y | NSW  
**School Holidays St Ives**  
4 Porters Lane, St Ives 2075

WEEK 1			
EASTER CELEBRATIONS	Wednesday 15th April	12:30pm-3:30pm	\$30
FLIPS 'N' TRICKS	Thursday 16th April	12:30pm-3:30pm	\$30
WEEK 2			
NINJA WARRIOR	Tuesday 21st April	9am-3:30pm or 12:30pm-3:30pm	\$30 Half day \$55 Full day
GYMNASTICS	Thursday 23rd April	12:30pm-3:30pm	\$30

**DESCRIPTIONS**

**EASTER CELEBRATIONS** - Hop into the school holidays, cracking clues for our Easter Egg Hunt and playing games with your friends!

**FLIPS 'N' TRICKS** - It's a high energy day learning new skills and tricks! Round offs, handsprings, back flips and more!

**NINJA WARRIOR** - Join us for an exciting day of Ninja obstacles and time trials! Extend your day with craft activities for all ages and learn how to make your own Ninja stars!

**GYMNASTICS** - Swing your way into our center and join us for a fun-filled day of gymnastics activities!

**BOOK TODAY TO SECURE YOUR PLACE!**

\*Activities and prices are subject to change. Visit us online for most up-to-date information including times, dates, descriptions, terms and conditions.



# Ku-ring-gai Council's COVID-19 Message

The Council's first priority is to keep our community and staff safe. Ku-ring-gai Council is maintaining its current service levels for essentials such as waste collection and road maintenance. Please check this page regularly for updates. For the latest health information please visit the NSW Health and the Australian Government Department of Health websites and as a reminder, we urge everyone in our community to show consideration for others – particularly those who are elderly and isolated. Please look in on them and see if they need any assistance.

## NORTH SHORE UPDATES

**Library activities:** Children's activities, programs and JP services at our libraries in Gordon, St Ives, Lindfield and Turramurra are currently suspended. Our libraries and online services remain open.

**Duty planning service:** Council is temporarily suspending face to face

meetings with the Duty Planning officer and replacing them with phone appointments.

**Youth services:** Council's youth centres at St Ives, Gordon and Turramurra will be closed until further notice. We are currently working on different ways to support young people.

**Ku-ring-gai Art Centre:** The Art Centre's school holiday classes in April are cancelled. The office remains open and our current term of classes will continue until further notice.

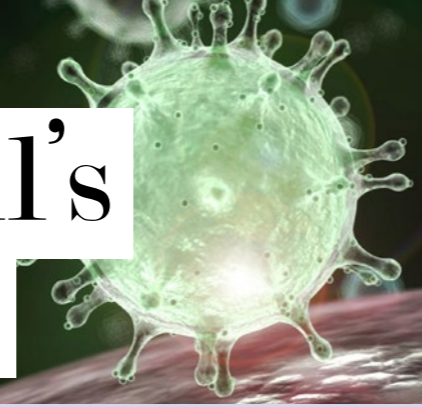
**Ku-ring-gai Wildflower Garden:** The Wildflower Garden remains open daily 8am - 5pm. The Wildflower Garden Visitor Centre and Nursery is also remaining open 10am - 4pm daily.

**Ku-ring-gai Fitness & Aquatic Centre:** The centre is closed due to Government mandate from midday on March 23, until further notice.

## Helpful Tips and Tricks

- Avoid handshaking and kissing as a greeting
- Practise good hand and sneeze/cough hygiene
- Stay at home if you are sick
- Minimise contact with others (stay more than 1.5 metres from people)
- Sanitise your hands wherever possible, including entering and leaving buildings
- Regularly disinfect high touch surfaces, such as tables, kitchen benches and doorknobs
- Increase ventilation by opening windows or adjusting air conditioning
- Try to travel at quiet times and try to avoid crowds

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



# COVID-19's Impact on the Creatives Industry

Isabella Ross

There is no question that COVID-19 has had a significant impact on both the current and future state of the creatives industry. With news that all non-essential gatherings of more than 100 people be cancelled, the everyday Aussies who rely on such income from these gatherings will be affected.

'I Lost my Gig' has been recording the financial impact of event cancellations and postponements across Australia and New Zealand. Incredibly, creative industries have seen a loss in over \$47 million of revenue. A loss of jobs is over 190,000 and the total number of events cancelled is rising from 20,000.

A spokesperson from 'I Lost My Gig' said, "the response has been quite overwhelming. While the figures are astounding, and continue to rise, it's the stories that really paint the picture of what is happening. Many of the workers from the creative industries live contract to contract, and usually don't have income protection insurance or significant savings. Often people supplement their work with work in the hospitality industry, and that too is suffering from the impacts of the bans. We are seeing many people losing several streams of income, all at once, with no safety net. The ripple effect will only continue as more events, conferences, festivals and shows are cancelled in coming weeks."

Minister for Communications, Cyber Safety and the Arts, the Hon Paul Fletcher

MP, spoke in regards to the positive impact these creative industries have on our economy. "Live performance events were attended by more than 26 million Australians in 2018, generating more than \$2 billion in ticket revenues, part of the \$112 billion arts contribution to the economy each year. More than 80 per cent of Australians attend arts events each year; 40 per cent of international tourists attend arts events; and more than 600,000 Australians are employed in the sector. Given the significance of the cultural and creative sector – both economically and culturally – it is important we work together on a constructive approach to preparing for potential impacts and fully understanding the support available," Mr Fletcher concluded.



# What Does Australia Value?

Jonathan O'Dea, Member for Davidson

As we approach ANZAC Day, we can reflect on the importance of the sacrifice and service it commemorates. ANZAC Day is not a glorification of war. It is an acknowledgement that many men and women believed in our values and way of life so much that they went to war to defend it. Our defence forces, past and present, take on their duty knowing they can lose their life or acquire life-long physical and mental damage. That selfless commitment is what we respect and remember each ANZAC Day. We defend Australia to protect rights and freedoms we value. Australia proudly and rightly proclaims it is the land of the 'fair go', where multiculturalism thrives and we care about each other.

We saw that spirit flourish as volunteers pitched in to fight the recent devastating bushfires. Our national character was admirably displayed by an outpouring of concern and generosity in support of affected people and animals. As is often the case, the best of humanity was displayed during substantial adversity.

Now the COVID-19 virus is causing concern; not just the illness itself, but the anxiety it provokes. While I understand many people are worried about Coronavirus, panic buying is unnecessary. Stripping supermarkets of essential items seriously disadvantages others in the community. Vulnerable people who are elderly, infirm, or have a disability, often have tight budgets and limited opportunity to go shopping or get their purchases back home. Think of others and buy what you need, there is no need for stockpiles.

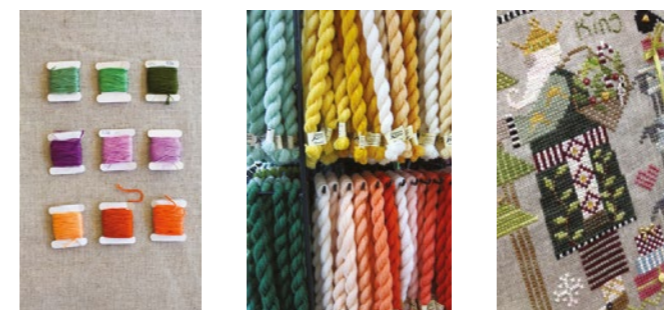
What would those who fought wars to protect us think about police having to Taser a customer fighting over rolls of Sorbent? Toilet paper will not shield you from this virus. Our best response is to heed expert health advice to wash hands thoroughly and often, to cover our coughs and to self-isolate if necessary. Visit <https://www.health.nsw.gov.au/> for more information.

Perhaps this ANZAC Day, we should pause to remind ourselves what we want Australia to stand for. 'Lest we forget'.



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Jonathan O'Dea  
Member for Davidson



## Lest We Forget

### LOCAL ANZAC EVENTS

**Roseville Memorial Park**  
62 Pacific Highway - Roseville Memorial Club  
**ANZAC Day Dawn Service**  
5:00am Saturday 25 April 2020

**Forestville RSL**  
22 Melwood Ave Forestville  
**ANZAC March and Memorial Service**  
2:40pm Sunday 19 April 2020  
**ANZAC Day Dawn Service**  
5:30am Saturday 25 April 2020

**St Ives Lions Club**  
St Ives War Memorial Park  
203 Mona Vale Rd St Ives  
(cnr Rosedale Rd)  
**ANZAC Memorial Service**  
10:30am Saturday 25 April 2020

Suite 8A, 12-18 Tryon Road, Lindfield NSW 2070  
Phone: 9880 7400 Fax: 9880 7488  
Email: [davidson@parliament.nsw.gov.au](mailto:davidson@parliament.nsw.gov.au)  
[www.jonathanodea.com.au](http://www.jonathanodea.com.au)

Authorised by Jonathan O'Dea MP using parliamentary entitlements





# The Roseville Club Development

and the Roseville Cinema, these apartments are expected to be snapped up quickly. Partnering with Hycorp Property Group for the project, Roseville Club is expecting conditional approval for the project in their upcoming May meeting with the Sydney North Planning Panel.

“Given the application was lodged just shy of two years ago, and the arduous process from that date, I am pleased to report that there is now daylight apparent at the end of the tunnel,” said President John Whitworth. “I would like to extend my sincerest thanks to those members that lent their support and made formal presentations in favour of the application at the forum last month and also to those supporters who attended the meeting. Those in attendance in support of the Roseville Club, adorned with red roses in our lapels and blouses, well outnumbered those in opposition.”

Once a final decision has been put in place regarding the development of Roseville Club, we will be sure to inform our *Sydney Observer* readers.

<https://therosevilleclub.com.au/roseville-development-news/>

Isabella Ross

As a local institution, the Roseville Club has been a North Shore favourite for years, thanks to its convenient location and range of services and activities available to members. The club also has a 120-seat bistro with a fantastic menu perfect for all.

In April 2018, the club lodged a Development Application with Ku-ring-gai Council in a bid to re-develop and transform the club's site. The plan includes a new club premise, along with 33 residential units to be situated above the club, as well as underground parking. Within short distance to the Chatswood CBD and its shopping centres, along with Roseville Train Station

## Pause 4 Parkinson's

Isabella Ross

According to Parkinson's Australia, one in every 308 people in Australia lives with Parkinson's (2018 estimate) and on average, 38 new cases are diagnosed every day. Yet Parkinson's does not seem to get enough community and media attention, nor is it a condition simple to test or treat. So, let's aim to flip the switch, by raising much-needed awareness and funds this month.

Parkinson's is the second most common neurological disease in Australia after dementia. It is a degenerative neurological condition that affects a person's control of their body movements, with the severity of symptoms varying from person-to-person. For North Shore locals, Lady Davidson Hospital offers PD Warrior classes, an exercise program that incorporates both physical and cognitive activity.

World Parkinson's Day is approaching on 11 April and Shake It Up has launched its annual Pause 4 Parkinson's campaign.

Pause 4 Parkinson's seeks the support of the community on behalf of the 100,000 Australians living with Parkinson's to get on board and help raise finances for Parkinson's research in Australia.

“Did I want to be Clyde that had Parkinson's or Clyde that did something about having Parkinson's? I decided to be the latter,” says Clyde Campbell, Founder and CEO of the Shake It Up Australia Foundation. “The Shake It Up Australia Foundation was established in 2011 and together in partnership with The Michael J. Fox Foundation promotes and funds Parkinson's disease research in Australia aimed at better treatments to slow, stop and ultimately cure Parkinson's.”

Local resident Annette was diagnosed with the condition when she was almost 60, after she had difficulties with her hand and sought medical advice to find an answer. “Something just wasn't right. My doctor sent me to a neurologist, and she did a scan and she said it's Parkinson's. I was shocked. I thought I would pass from a heart attack

like my parents, but as my daughter jokingly told me, ‘don't worry mum there's still time for that!’ I kept my diagnosis to myself and family for many years. I had an answer for everything. For example my shaking hands I blamed on the cold air-conditioning. Sometimes I ask myself why I contracted Parkinson's, no one has been able to tell me. But it's just a matter of accepting it,” Annette commented.

The Pause for Parkinson's campaign runs throughout April, giving Aussies plenty of time to donate to the worthy cause. Find out how you can get involved at <https://shakeitup.org.au/pause4parkinsons/>



# Personal Shopper at St Ives Village

St Ives Shopping Village is introducing a Personal Shopping Service through the Concierge Desk. This includes ready-to-eat meals, fashion, gifting and other services. Given the current uncertainty, and in an effort to care for the community whilst supporting local, independent retailers, customers will be able to purchase over the phone and collect items in person.

An order can be placed over the phone (8422 4009) or via email [concierge1@stivesvillage.com.au](mailto:concierge1@stivesvillage.com.au)

Items can then be collected on Thursday between 12 and 3pm. Conditions apply, see [www.stivesvillage.com.au](http://www.stivesvillage.com.au) for further details or speak to the Concierge.

St Ives Shopping Village is here to support the community during this time and is operating business as usual. We assure you the wellbeing and safety of our customers, retailers, community and staff is our highest priority.

Let's work together.



## WIN a Weekend away

Spend over \$20 at St Ives Village this Easter and go in the draw to win a weekend at Bannisters in Mollymook

**Promotion Dates: Monday 6/4 – Monday 27/4**

Prize includes: Ocean view room for 2 people, breakfast daily and a \$200 dinner voucher. Limit of 2 entries per person per day, prize draw will take place Thursday 30 April. Conditions Apply, see website for details [stivesvillage.com.au](http://stivesvillage.com.au)

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# Australia's Crown PRINCE OF COMEDY



Isabella Ross

There is no denying that Joel Creasey is fabulously funny. His stellar appearances on television include *Eurovision*, *Show Me the Movie*, *Hughesy We Have a Problem*, *Take Me Out*, *The Project*, *Mardi Gras SBS*, *I'm a Celebrity Get me Out of Here*, along with many more. Yet Joel's comedic talent live on stage is where he truly shines. We sat down with Joel to discuss all things comedy, career, coming out, and his unusual hobby that is sure to surprise all.

*"My stand-up is just a bunch of dinner party stories told by your sassy mate!"*

Starting stand-up at the tender age of 15 in his hometown of Perth, Joel had an affinity with entertainment and comedy from a young age. His parents share the same love for the entertainment industry, with the two professional actors meeting on the set of *Star Wars*.

"Both my parents have always been such a great support system. We have a really close relationship – even to the point that when I do my comedy shows in Perth, often they'll stand at the door of the theatre and thank people for coming! The audience don't realise that they're my parents, they just think it's the theatre owners," Joel laughs.

Coming out to his parents at 16, Joel credits them both for their easy-going reaction. "I had pictured it being pretty dramatic, but it was the complete opposite. I planned to talk about my sexuality in an upcoming stand-up show they were planning on coming to, so I thought I'd better tell them before they showed up! So, I sat them down, they said, 'ok cool,

yeah we totally know.' And I was shocked but then they did remind me that you would have to be a bit of an idiot not to know. Note to self, don't tell your Grade 8 Accounting Teacher that you think her shoes are fabulous because it will blow your cover!"

Not everyone gets to experience this positive of an outcome, leaving Joel perplexed why some family members struggle with the news. "It blows my mind that a family can't look beyond something so minor," he says. "Being gay is really so minor in the great scheme of things." Interestingly, fans have often reached out to Joel via social media to talk about their own experiences of being gay. It is something he is incredibly flattered by, saying, "people often say to me that I've inspired them to come out. I am the last person that should be dishing out advice on anything full stop, but it's really sweet."

Sharing some of his stories, Joel's upcoming comedy show is set to

impress. "I always have that freak out of what goes in and what doesn't. I usually end up frantically putting together material," he shares jokingly. Expected for a later date in 2020, audiences can expect an hour of laughs about his life in and out of the spotlight. "I'm not one of those stand-ups that wants to tell a message or try and educate the audience on anything. I like to say, 'if anything you'll leave dumber, but you will have a good time!' My stand-up is pretty much just a bunch of dinner party stories told one after the other by your sassy mate!"

Concluding our conversation, I ask Joel what the rest of his plans are for 2020. He simply replies, "some point hopefully doing my washing," proving to me just how hilariously unfiltered Australia's Crown Prince of Comedy is.

To learn more about Joel and his future comedy shows visit, <http://joelcreasey.com.au/shows/> or keep up to date via his Instagram @joelcreasey

## Joel's Favourite Things

### Favourite pastime/hobby?

This is going to sound so weird and I've never told anyone before: I'm obsessed with aircrafts and planes – I collect model aircrafts. I read about planes, I follow blogs on them, I watch documentaries, I watch all the aircraft investigation shows.

### What would you say are the do's and don'ts of Mardi Gras?

Do invest in some biodegradable glitter a few weeks before the event, because it will all sell out quickly! Don't wear uncomfortable shoes because it's a long day too! Plus, don't even bother going with a big group because you will lose them all – there's no chance you'll all stay together throughout the night.

### A subject or cause that you are passionate about?

I'm really passionate about body image issues, especially within the gay community. I also do a lot of work with the Juvenile Diabetes Research



Foundation because my little sister Alice is a Type 1 Diabetic.

### Favourite career moment?

Working with Joan Rivers was a highlight. She was just my hero so to work with her, I will remember that for the rest of my life. She taught me so much.

### What are you most proud of?

Probably my plane collection!





# 10 WAYS to Keep the Kids Entertained at Home

Isabella Ross

Kids are a bundle of energy, especially when it comes to days when they are stuck at home twiddling their thumbs. With NSW School Holidays around the corner, here are 10 simple and stimulating ideas to keep the busy bees occupied in the household.

**01 Get Creative in the Garden:** Whether it's a veggie patch or a flower bed, there are so many exciting ways to get the kids involved in the garden.

**02 DIY 'til you Drop:** There are lots of fun family-friendly science kits available online and at various retailers, including DIY bath bombs, soap, glow-in-the-dark slime and crystals.

**03 Easter Egg Craft:** This is the perfect activity to do over the Easter long weekend. All it takes is some

hard boiled eggs, an imagination and a range of colourful sharpie pens.

**04 Dance Party:** Rain, hail or shine, dance parties are the perfect way to shake the blues away. Just pop on some tunes or a dance DVD.

**05 Keep their Minds Occupied:** Just because school is on break doesn't mean the kids shouldn't still be learning. There are lots of ways to keep their brains ticking, such as puzzle booklets, educational apps, times tables flash cards and more.

**06 Captivating Colouring Books:** A great way to spur a child's imagination is to provide them with a colouring-in book and a bunch of textas. You will be amazed with what they come up with.

**07 A Cardboard Box can go a Long Way:** When I was younger and

my parents had purchased a new piece of furniture, I was always excited to play with the box it came in. Simply take some paint, scissors and coloured paper, and your little ones can create a castle, spaceship or car.

**08 Read, Read, Read:** Books are such an important resource for kids – they strengthen grammar, vocabulary and imagination.

**09 Build a Blanket Fort:** All you need is a bundle of blankets, a torch and some comfy linen to create a private nook for the kids.

**10 Movie Marathon:** On those dreary rainy days, there is nothing better than cosying up as a family and watching a bunch of cinema classics. Some favourite childhood films include *Harry Potter*, *The Little Mermaid*, *Moana* and *Shrek*.

# Adored Recipes for Easter

Nicholas Grant

As the weather outside is starting to cool down, the Easter holiday period also beckons the return of hearty, warming meals. Not only are these recipes scrumptious, but they are also perfect for sitting at the dinner table with the whole family and connecting over a love of food.

## Carrot Cake Blondies with Cream Cheese Swirl

Recipe courtesy of delish.com

### INGREDIENTS:

- 1 cup brown sugar
- 1 cup all-purpose flour
- 1 cup shredded carrots
- ½ cup unsalted butter, melted
- 1 egg
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon baking powder
- ¼ teaspoon salt

### Cream Cheese Swirl

- 110g cream cheese, room temperature
- ¼ cup white sugar
- 1 egg yolk
- ¾ teaspoon vanilla extract



### METHOD

1. Preheat oven to 175C. Line a 20cm x 20cm baking pan with baking paper and spray lightly with cooking spray.
2. In a mixing bowl, combine melted butter and brown sugar and stir until incorporated. Add egg and vanilla and whisk to combine. Add flour, cinnamon, baking powder and salt and stir until just combined. Fold in shredded carrots.
3. In a separate bowl, beat cream cheese, white sugar, egg yolk and vanilla until smooth.
4. In the pan, add half the carrot cake mixture and smooth lightly. Then add half the cream cheese mixture on top, then the remaining carrot cake mixture, and finally the remaining cream cheese mixture. Use a sharp knife to swirl the cream cheese mixture into the cake.
5. Bake for 20 minutes or until set and golden brown. Let cool completely before slicing.



## Lemon Thyme Roasted Chicken

Recipe courtesy of Donna Hay

### INGREDIENTS

- 1 x 1.6kg whole chicken
- 600g baby potatoes
- 1 ½ cups dry white wine
- 50g unsalted butter
- 2 tablespoons finely chopped lemon thyme leaves
- 6 sprigs lemon thyme leaves
- 2 sprigs bay leaves
- Salt and pepper

### METHOD

1. Preheat oven to 180C.
2. Mix to combine butter, chopped thyme, salt and pepper. Set aside.
3. Carefully loosen the chicken skin with your fingers and push the butter mixture under the skin. Place half the bay leaves and half the lemon thyme sprigs inside the cavity, then secure the chicken legs with kitchen string.
4. Rub the chicken with any remaining butter, sprinkle with salt and place in a lightly greased roasting pan. Add potatoes and remaining bay leaves and lemon thyme sprigs to the pan.
5. Pour wine into the pan and roast for 1 hour and 15 minutes, or until chicken and potatoes are golden and cooked through. Serves 4.



# Ravishing Rugs

Isabella Ross



## Perfect Positions for Rugs

Rugs are the key to anchoring a space – all it takes is the perfect positioning. The specific shape of the rug will determine the position. In smaller rooms such as nurseries and bedrooms, circular rugs look lovely. However, this size can be swallowed up in a bigger area, so best to opt for rectangular rugs in the entertainment and dining spaces. The foyer is another perfect spot for a rectangular piece, as it makes an ideal grand entrance for any guest.

## Trendy Textures

This type of rug is arguably the easiest to find in stores across Sydney. Textures with natural fibres add depth to any space. Especially homes that feel cold or sterile, a textured rug can bring a lot of warmth and a feeling of cosiness. Sticking to a neutral colour palette of beige, white, tan or camel is the way to go. Another great aspect of textured rugs is that there is such a large variety of options suitable to any budget. So, if you are more of a Kmart lover or Adairs enthusiast you are sure to find a ravishing rug. Another great retailer is AU Rugs online, which have free express delivery and a fantastic range of styles.

## Homage to Travels

Travelling conjures inspiration and creativity, so why not implement experiences from your travels into your home's design? When on holiday, there are so many varying colours, textures and materials specific to the particular destination. Morocco is known for its carefully crafted rugs, often either in the form of a Berber or Boujad rug, which are characterised by their unique geometric patterns. Turkish rugs are another iconic option. Often double knotted, hand-woven Turkish rugs are commonly made of silk, wool, or a cotton blend.



## Animal Print

Leopard, zebra, cheetah, cow hide – the options are endless. Cow hide has been all-the-rage as of late, due to its versatility. Whether it is a modern contemporary design, French country or industrial, various cow hide rugs can be suited perfectly to each interior theme. For example – a French country style incorporates woodwork, a subdued colour palette and provincial-style furnishings. So, a medium brown cow hide rug would be the wise choice. For modern interiors with sharp and sleek styling, clean lines and moody hues, a black and white variety is perfect.



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## APSNS Meetings

Meetings for the Australian Plants Society North Shore Group are held at 8.00 pm on the second Friday of the month at Willow Park Community Centre, 25 Edgeworth David Avenue, Hornsby, NSW. For more information and for interests to join, visit: <https://austplants.com.au/North-Shore>

# The Grevilleas are Laughing

Brian Roach

Hopefully the title has grabbed your attention already. About 20 years ago, I was passing through Kangaroo Valley and visited a nursery tucked around the back of the shops. It was January and as hot as blazes and we had not had rain for ages – sound familiar? I commented on how the weather was to the young bloke behind the counter and he replied saying, “yeah, but the grevilleas are laughing.” It just hit the nail on the head. I’ve now used that title many times since when guest speaker at various garden clubs.

My favourite groundcover is a form of Grevillea Lanigera which is usually sold under the name of Mount Tamboritha. It only has a spread of around 1m and as the photo attests, has delightful pinkish ‘spider’ flowers. Another groundcover with a bigger spread is G. Royal Mantle. It has a spread of up to 3m with dark red ‘toothbrush’ type flowers. It is particularly good spilling over a wall or down an embankment.

There are just so many shrubs, but two I particularly like are G. Lady O and G. Spider Mist. The former grows to around 1.5m x 1.5m and the latter around 2m x 2m. Both however are very amenable to pruning, with G. Spider Mist being extremely good as a hedging plant with dense foliage down to ground level. Of the taller growing grevilleas, it is hard to go past G. Peaches & Cream (3m x 3m) or G. Flamingo of around the same size. These last two mentioned grevilleas are in the group known as ‘Tropicals’ and most grevilleas in this group have large, conical-shaped flowers. They can get quite rangy over time and should be cut back very heavily to rejuvenate and thicken them, but a word of warning – don’t do that in the dead of winter because these ‘Tropicals’ might just throw in the towel.

The grevillea genus, which includes around 350 species and goodness knows how many hybrids, must surely be the champion when it comes to drought tolerant native plants. That’s not to say they are all bullet proof and like everything else in gardening, it’s all about making the right choices for the particular conditions of soil, aspect and drainage. Generally speaking, grevilleas enjoy lighter, well-drained soils with plenty of sun. They range from groundcovers with various coverage to shrubs of all sizes through to a few trees.

Brian Roach spent his professional life as a criminal law lawyer with the NSW Government, then as Crown Prosecutor/Barrister before retiring. In his retirement, Brian runs a cottage industry native plant nursery from his home in Westleigh, as well as being a guest speaker at garden clubs on over 130 occasions. He has also been a member of the Australian Plants Society for 45 years.





# Backyards: Your Ultimate Refuge

Isabella Ross

Given the current COVID-19 dilemma, now is the perfect time to make use of your backyard space for a family extravaganza. So, whether its spending time with the kids for an outdoor dinner, or a special date night at-home for the parents, it's always better to look on the bright side of life.



Garden Trading

## Perfectly Poised Picnic

Picnics are always such a fun idea. Usually lots of us go to the local park or beach for a picnic, but why not just make use of what you've got! Pick out a nice outdoor-friendly rug, a picnic basket if you have one, some drinks, music and voila you are set for a lovely occasion.

LIFE!

## Afternoon Nibbles

When you are stuck at home, lots of couples would still love to be able to keep the spark alive. One great way to spend some time together while the kids are occupied (for ideas visit page 24) is to have an afternoon nibbles session. Some champagne, fruit, cheese and crackers always do the trick. Even if it is one hour out of the day, having that quality time one-on-one is so important when it comes to maintaining normalcy in a relationship.



Indi Tribe Collective

## Family Fun Time

Sports are the great Aussie backyard tradition. Whether it is cricket or croquet, there are plenty of options ideal for those boasting a big outdoor garden. For North Shore locals who have a smaller sized backyard, then a game of cards in the afternoon sunshine is another great way to keep the family entertained – no cabin fever necessary!



Garden Trading

## The Ultimate Sunday Dinner

Another iconic familial tradition is the Sunday roast, a time where the family gets together and bonds over food and the joys they have shared over the weekend. Why not move this dinner to the outdoors and make an occasion of it? A nicely dressed table is the perfect way to brighten the mood of the whole household.



# What's Hot in Kitchen Design

Tamara Thomas-Barns



who want longevity out of their kitchen investment. Another very popular option is Corian, which boasts the benefit of seamless joins and integrated sinks. What more could you ask for!



## Colours in Cabinetry

**Classic white** – always popular and never goes out of style.

**Greys** – keep it neutral and you can't go wrong. It is easy to accessorise with an interesting benchtop or a nice plain white benchtop.

**Blue** – traditional and coastal kitchens always work in blue and white. It is also the Pantone colour of the year for 2020. About 80% of our kitchens are two tone with darker colours in the base cabinets and lighter colours in the wall cabinets.

## Gold

One of the most popular current trends in kitchens at the moment is gold tapware and handles. You can even purchase gold sink wastes at major retailers nowadays. A far cry from a job we had two years ago where we ended up importing gold handles and the gold waste from the USA because we couldn't find anything here in Australia.

space. So, we often have clients add a touch of timber in an open shelving cabinet or an accent to the benchtop. Blackbutt is the most popular option.

## Large Islands

Everybody loves an island in a kitchen. Most benchtop suppliers are aware of this and are now offering jumbo slabs meaning that you can have larger islands without joins now more than ever before.

## Butler's Pantries

Most architectural plans that come across our desk nowadays have them. You either love them or hate them it would seem. They do serve a very practical purpose of keeping all the mess hidden away when you have guests, but then again, so can the humble roller shutter. The beauty of having a custom designed kitchen is that you can work it out together with your designer and get the best kitchen for your family and your space.

## Benchtop Materials

Man-Made stone is still the most popular benchtop option, however, ultra-compact surfaces (such as Dekton) are fast catching up. Their durability over the other options makes it the perfect choice for people

## Timber Highlights

Timber adds some lovely warmth to the kitchen, especially if it's an all-white



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# Vases Galore

Isabella Ross

One of the best ways to make any space feel homely, inviting and airy is to add some life in the form of a plant. Usually we tend to focus on the specific plant, but why not provide some inspiration for those searching for the perfect vase.



## Quirky and Cool

Face vases are all the rage lately. Yes, the name does sound a little kooky, but essentially the vase is in the shape of a bust sculpture, with half the head cut at the top in lieu of soil and flowers. They are actually a lot of fun and spark interest in any room.

## A Touch of Gold

Everyone loves something shiny! People often say that diamonds are a girl's best friend, but I think anything that is gold always brings a smile. Whether it's a small touch of gold or a bold punch of shine, there is no denying that a glistening vase will suit any style and any flower.



## Classic Ceramic

There is nothing sleeker and simpler than a beautifully crafted ceramic vase. If you would like to try your luck at making your own vase, then why not try some creative classes. Macquarie Community College's Pottery course or Ku-ring-gai Art Centre's Pottery and Sculpture tutorial are two great local options.



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# Overcoming Loneliness

Dr Sue Ferguson

From time to time, many of us can feel a bit lonely. For some, it is just a brief feeling.

For others, it is long-lasting and distressing. Loneliness is not just about being alone – we can also feel lonely in a crowd. Loneliness is a feeling we get when we are not as meaningfully connected to others as we wish. Loneliness can contribute to depression, but also to poor physical health outcomes.

What can we do if we feel lonely? If you do have fewer friends than you would like, try joining a group related to one of your hobbies. Perhaps a seniors group, or volunteer for a local organisation. If you are already in a group, ask someone from the group if they would like to have a coffee after the meeting?

What if you have friends, but not really close friends who you can have deep conversations with and rely

on to help you? You could ring one of your friends and suggest getting together for a one-on-one chat, and turn the conversation to something important to you that you think would interest them as well. Try this with several friends. Sometimes, however, we actually do have close friends and family, but perhaps because we are feeling a bit down, we still feel alone. If this might be the case for you, then talk to your GP and ask about a referral to a psychologist.

There is also some interesting research being conducted locally on improving social participation in older adults, at the Centre for Emotional Health at Macquarie University. So another way to get some free help is to contact the research coordinator on (02) 9850 8715 or [SPAA@mq.edu.au](mailto:SPAA@mq.edu.au)

Unlike William Wordsworth, you don't have to 'wander lonely as a cloud!'



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

# Sydney Sports Clubs for Seniors

Nicholas Grant

Keeping active is vital for both physical and mental health for all ages.

However, there is a newfound push for seniors to consider joining sports clubs as their way of keeping fit. A 2018 study by the Australian Sports Commission found that less than a third of seniors are meeting the Department of Health's physical activity guidelines of 30 minutes per day. With walking, gym, swimming, and golf topping the list for most popular physical activities for seniors, there is a clear preference for independent activity. However, group sports can be a fantastic (and often neglected) way of keeping fit and staying connected with friends. Here are some examples of locations which offer group physical activity for seniors.

## NORTH RYDE RSL SENIORS CLUB

Located right near the shores of the Lane Cove River, North Ryde RSL offers a range of friendly organised activities for seniors, including table tennis, lawn bowls, beach swimming and even Tai Chi. To express your interest, all you have to do is pop into the club and add your name on the Seniors Noticeboard, or visit their website for more information. <http://northrydersl.com.au/intra-clubs/seniors>

## GORDON ACTIVE SENIORS HEALTH CENTRE

Led by a team of exercise physiologists, the programs at Gordon Active Seniors are personally designed to the needs of each individual. After this personalised assessment, you can join supervised group exercise sessions and receive regular check-ins from the team to ensure you are achieving your fitness goals! <https://www.activeseniors.net.au/>

## GKR KARATE

Martial arts may not be the first activity that springs to mind when thinking of sports for seniors, but GKR Karate encourage people of all ages to learn the skills of karate. They note that students in their 80's have achieved black belt status. With a clear sense of progression and the ability to go at your own pace, karate might be a suitable option to try out with a friend. To find a location near you, visit <https://www.gkrkarate.com/>



# Stay at Home Essentials with Comfort Discovered

Rejimon PUNCHAYIL

Our seniors are one of the most vulnerable groups to deal with the current challenge facing our nation. While we must look after our wellbeing, it is good to have a perspective which will ensure peace and tranquillity in the midst of all this panic. We are living in one of the most beautiful countries of the world, and as a community we have always supported one another. As of writing this, our Health System is coping well in comparison with other developed nations. We have to do our bit to break the spread by following an excellent hand hygiene routine, keep our physical contacts limited and practice social distancing.

If you have not thought of how to spend the stimulus package so far, consider investing it in your comfort and independence while you are asked to practice self-isolation. A comfortable chair, rise-recliner, mattress or an electric bed would be a good starting point.

We are going to stay longer at home. As we are approaching colder months, take a stock of equipment that will enhance your independence and mobility. Have a good look at your toilet, bathroom, kitchen and bedroom. Is there something



you can do to improve your access to these important spaces in your home? Have you implemented a 'Fall

Prevention Strategy?' Discuss this with your GP, Occupational Therapist or your local Assistive Technology Specialist.

## Stay at Home Essentials



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# Autumn Fashion Trends

Isabella Ross and Nicholas Grant



## Suit it up

Pantsuits are the epitome of sophistication and coolness. Often available in a range of colours, with pastel hues paving the way, these co-ords can be worn to countless events such as weddings, workdays, drinks with friends and more. The best aspect about this trend is that the pieces can be worn together or separately, highlighting just how versatile the pantsuit is.

## Funky Fabrics

Now is the perfect time to embrace your woollier materials. There is also still the chance to wear skirts and flowy pants in this style of fabric given the not-too-cold climate. Houndstooth and tartan prints are always staples. Interestingly, snake and crocodile prints have become top-selling styles, thanks to their edgy vibe. Perfect for accessories such as boots or bags, there is no denying that this reptile mania in the fashion realm is not slowing down.

## Pink Lips and Large Chains

Regardless of hair and skin tone, pink is the most universally flattering shade. With so many colour variations on offer as well, women of all ages can suit a pink lip. It doesn't necessarily have to be bold and punchy, even a subdued mauve can apply. What does have to be bold and punchy however is your jewellery. Currently trending are chunky chain necklaces. It's also easy to pair with any neckline such as scoop, v-neck, square or turtleneck.

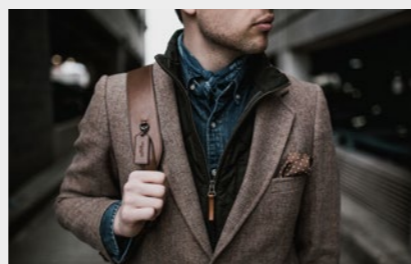


## Puffer Jackets

Puffer jackets can be a practical and trendy option for keeping warm during the cooler months. They offer fantastic protection from the elements and are easily found across menswear brands in a range of different colours and styles. This means that puffer jackets are versatile enough to suit your personal vibe, whether it be professional, sophisticated, outdoorsy or quirky.

## Layers

Layering is a reliable way for you to self-regulate your heat, which can be especially important throughout Autumn. Men should be inspired by the opportunity to combine different items from their wardrobe. A layered outfit often feels and looks more complete. Neutral tones work best when layering, although a bold-coloured piece can also be included – just don't go overboard! Be sure to include some variety in the textures you choose to combine.



## Leather and Vintage

Despite being an often ignored piece of the styling process, men's accessories are becoming increasingly popular and trendy. Earthy-toned items are the most suitable during this season, with materials like brown leather (or faux leather) working well for watches, belts and wallets. Jewellery is also on the rise for men, particularly wearing bracelets and rings as they can be a great way to add some additional flair to an outfit. Vintage sunglasses have also been given new life recently, and even though the weather may be more overcast, it could be worth investigating these at a recycled or vintage clothing store.

# Increasing a Child's Confidence



Sarah Wainwright

Psychology Today defines confidence as a belief in oneself; that one has the ability to meet life's challenges and to succeed and act in a way that conveys that belief. A child who lacks confidence will be reluctant to try new or challenging things because they are afraid of failing. The enemies of confidence are discouragement and fear. As parents, it is our job to encourage and support a child as they attempt to tackle difficult tasks (J. Smith, 2016, Business Insider Australia).

Further, Australian Psychologist, Dr Justin Coulson explains that confidence is a learned behaviour that develops as we become consistently competent at things. Importantly, confidence can be improved over time – with growing competence, confidence grows!

To boost confidence in children, parents can...

- **Applaud effort** – consistently performing conscientiously builds more confidence than intermittently doing well over the long term.
- **Encourage practice to build competence** – practice leads to an expectation that improvement will follow.

- **Allow children to solve problems for themselves** – thus improving their ability and confidence in figuring things out. Applaud courage for trying something new!

- **Give children new challenges** – parents can offer structured support (scaffolding) to children with increasing responsibilities.

- **Avoid making exceptions for children** – short cuts or special treatment for children can communicate a lack of confidence in their ability.

- **Parents are powerful role-models** – setting a good example of varied successes builds confidence in children that they can do the same!

- **Mistakes are building blocks for learning** – learning from mistakes builds confidence and reduces the fear of failure. (Dr Carl Pickhardt, psychologist and author).

Catching up with retired high school teacher and volunteer Ethics teacher, Mrs Judy Dutton emphasises the importance of being honest with

children in order to build their confidence. "Honesty starts with listening, giving 'real time', having patience, asking questions and giving honest responses. Your responses will reflect your values and the values you hope children will develop. A simple answer with an honest explanation will teach children to build their own ethical framework and give them the confidence to prosper in school and in the wider community. Honesty ensures consistency, builds confidence and helps kids feel secure. Teachers and parents know that students thrive when they feel safe," assures Mrs Dutton.

In the words of Carol Dweck, Professor of Psychology at Stanford University, "praise the process that kids engage in their effort, their strategies, their focus, their perseverance, their improvement." This 'process-praise' creates kids who are hardy and resilient. Lastly, how we word things affects confidence. The words 'yet' or 'not yet,' give kids greater confidence.

Confidence is one of the greatest gifts a parent can give a child!

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



# Sugar and Gum Disease – This is New!

Dr. Ian Sweeney

With Easter just around the corner, kids around the country will be salivating at the thought of all the chocolate treats to come. Whilst we all enjoy a delicious chocolatey treat or two, it is worth remembering there is a direct link between dental decay and a diet high in sugar.

We have known for a long time that tooth decay is caused by bacteria in our mouths. When we consume sugary foods and drinks, the bacteria will use the sugar to produce acid. It is this acid that dissolves the teeth, causing cavities. The duration of food in the mouth is the most critical factor leading to tooth decay, as the acid produced by bacteria will last approximately 20 minutes before being neutralised by saliva.

Most adults and children consume more sugar than is recommended for a healthy balanced diet. Some research would suggest that our current consumption of “added sugars” is equivalent to 26 teaspoons of sugar a day.

The longer a sugary food is in contact with a tooth, the more damage is likely to be caused. Regular snacking and grazing will increase the risk of tooth decay as the teeth are bathed in acid for longer periods of time.

However, a recent study from Europe has expanded the risks of sugar to include all dental disease including gum disease! The theory goes like this – when mouth bacteria produce the decay causing acid, the acidic environment will alter the numbers and ratio of bacteria present, resulting in inflammation of the gums surrounding the tooth. Left untreated, this inflammation will lead to gum recession, bone loss and may eventually lead to tooth loss through gum disease.

The link between blood sugar levels and periodontal disease is highlighted in patients with Diabetes. Diabetes

mellitus is a chronic endocrine disorder affecting carbohydrate, fat and protein metabolism in the body. It is caused by inherited and/or acquired deficiency in production of insulin by the pancreas, or by the reduced effectiveness of the insulin produced. Such a deficiency results in increased concentrations of glucose in the blood, which in turn damage many of the body’s systems, in particular the blood vessels and nerves.

In Australia the prevalence of type 2 Diabetes has doubled over the past 20 years. Research has confirmed that people with Diabetes are more likely to have gingivitis (inflamed gums) and periodontal disease (more destructive gum disease), particularly when Diabetes is poorly controlled.

A relationship between periodontal disease and Diabetes goes both ways. Not only do people with Diabetes have more severe periodontal disease, but periodontal disease may make it more difficult for people who have Diabetes to control the condition.

Patients with severe gum disease also have higher levels of bacteria in their bloodstream, and we know there is a direct link between patients suffering heart attacks and strokes with gum disease. Researchers have found that people with gum disease were almost twice as likely to suffer from coronary artery disease as those without gum disease.

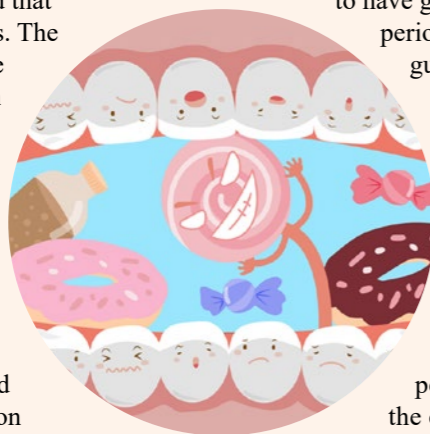
If it has been more than six months since you have seen a dentist, you should contact your dentist to make an appointment for a routine examination. The more often you have your teeth cleaned, the less plaque and calculus there will be to remove. Not only will this make the cleaning process easier and less painful, it will also minimise the risk of dental decay and gum disease. Drinking or rinsing your mouth with water following meals, or sugary snacks, is an effective way to remove food debris and help neutralise acid produced by decay causing bacteria. Daily brushing and flossing remain the best way to reduce the risk of dental decay.

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



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# TRAVEL GUIDES Takes Off

Isabella Ross

Channel 9's hit show *Travel Guides* is set to grace our screens in late 2020. *Sydney Observer* got the chance to chat with two of the guides, retired couple Kevin and Janetta, who are experienced travellers with lots of travel tips to share.

**What has been your favourite trip taken with *Travel Guides*?**

**Janetta** – In series one we did Oman in the Middle East. It's really interesting because a lot of people base their holiday plans on the show. We feel we have a responsibility then to be quite honest.

**Kevin** – I'd always wanted to do a European River Cruise and in the last series we did that. We also really liked Israel; it was quite a surprise.

**How about your least favourite?**

**Kevin** – If you've seen the series you would know that I hate camping. My least favourite would have been the camping one we did in the Northern Territory. Love the destination, just not the accommodation.

**Janetta** – What I hate is if they put us in any backpacker accommodation. Anything that is less than three stars doesn't work for me. However, in saying that, when we stayed in Vietnam with *Travel Guides*, that was three-star and we loved it! The destination that really didn't do it for me was the Philippines, I think it has a long way to go.

**Kevin, one of my favourite lines of yours on the show is, 'people who say they won't go on cruises shouldn't be allowed to have holidays.' Is this still a sentiment of yours?**

**Kevin** – Cruising gives you so many options and I do get a little bit annoyed at people who say, 'I would rather get a fork in my eye than go on a cruise,' yet they



**Kevin** – One of my favourite cities in the world is Sydney. We go up there from Victoria any opportunity we can.

**Janetta** – When you get the train from the airport into the city, and you come out at Circular Quay Train Station and then you have the Harbour Bridge and Opera House there – it doesn't get any better than that! Sydneysiders can often take the beauty of their city for granted.

To keep up to date on Kevin and Janetta and *Travel Guides* visit <https://www.9now.com.au/travel-guides>

have never tried it. However, the three words, 'Kids Eat Free', translates in our language to 'Don't Stay Here.'

**I can imagine that any future travel plans are now up in the air due to the Coronavirus?**

**Kevin** – Everything is precarious – I'm not even sure if 'up in the air' can be used as a reference now! It's just a bit tumultuous, and we don't know the impact it will have globally.

**What is a destination that you have never visited but would like to?**

**Kevin** – I want to go to Scotland, and drive around the British Isles.

**Janetta** – I would like to spend more time in Spain. Each country has so many places to see rather than just one city. That's why you can go back to a country again and again and still have new experiences.




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# Did You Know Angels are Real?

**Kerrie Erwin**

As we go through great changes on this planet at this particular moment in time, our faith in the divine is very important. This is something most of us have always felt from when we were small children, an understanding that there is more out there in the universe, than what meets the eyes.

Extremely empathic, my faith has been an important aspect of my life and without it I would be lost, like a ship without a sail. It is such a relief to know we have a whole lot of help out there in the spirit world and to really trust and know we are not alone. Not only do we have our loved ones in spirit, connected to us through our love, but also the world of angels. In fact, the most incredible phenomena I have ever experienced to date is the work and beauty of angels that ask for nothing in return but to simply offer us unconditional love and unlimited assistance in our daily lives. Angels are the most amazing spiritual healing beings that

bring in so much love, light, joy, strong intuition, and inspiration to us mere mortals.

They help us on a daily basis in the most turbulent times of great need. The good thing is they are everywhere, constantly giving us subtle signs. Now you are open to this concept and aware look around you. There are signs everywhere in your daily life that angels do indeed walk amongst us – on number plates, street signs, shops, names, writings on billboards, frequency of specific numbers everywhere and so on. This type of spiritual frequency phenomena with numbers still gives me goose bumps to this day, as it is so surreal, and I still find it difficult to find the words and gratitude to give these incredible light beings justice.

Angels without a doubt are the highest and overwhelming powerful light energy or consciousness we have on Earth that walk amongst us, as in their presence we have a direct line or link to spirit and God.

*Blessings and love*

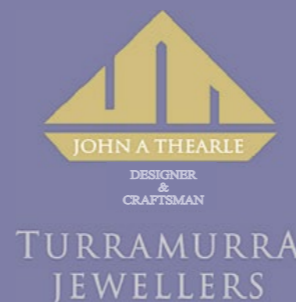
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