

Sydney Observer

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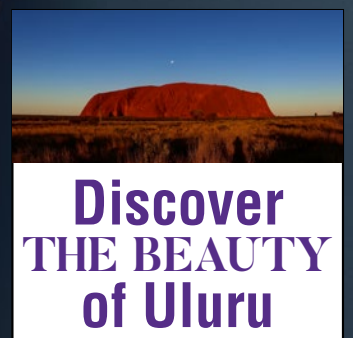
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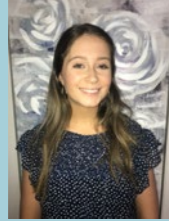
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From the Editor

Welcome back to another fun-filled issue! Our March issue brings lots of interesting ideas, information and local dialogue to our lovely readers. With the Autumn months comes relaxation, cosy clothing and hopefully some much needed rain for our Australian landscape.



The bubbly Grant Denyer is our cover for the month, sharing with *Sydney Observer* the monumental moments that have made him the man he is today (14–15). Our Catholic Education Feature (16–21) is in full swing this March, showcasing some of the brilliant Catholic Schools located along the North Shore.

Local businesses are the forefront of our community, so in turn, we have profiled some fantastic local initiatives such as Knela Fitness Studio (40) The Albert Mosman (12) and the Aboriginal Heritage Office (11).

As always, our Home and Garden section is teeming with creative content, such as our articles on Colour Psychology (26) and Fabulous Feature Wall Inspirations perfect for any home (28).

I am excited to share this wonderful issue with you all.

Isabella



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SNIPPETS

Camp Cove by Martinvl



Submissions Open for Art & Words

Local visual artists and writers are encouraged to get involved in the 2020 Art & Words Project – a Northern Beaches Council Libraries initiative. The project aims to celebrate local creativity, with writers submitting an original 3000-word story and artists to submit a portfolio of their work. The Judging Committee will then select 12 stories and 12 artists who will then create a piece of artwork inspired by each story. The theme for this year is 'Portrait,' with the closing date for entries March 16.

<https://www.northernbeaches.nsw.gov.au/library/whats-on/art-words-project>

Studio Artes Creative Opportunity

Studio Artes is a community organisation for adults with disabilities across Northern Sydney. Ku-ring-gai Council has given the group a second home at the Wildflower Garden in St Ives. Supported by a \$5000 grant from the council, Studio Artes will have a creative residency amongst nature for three months. The natural beauty of the Wildflower Garden will inspire the artists' creations, which will be on display at St Ives Shopping Village and the Council Chambers later this year.

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

Beaches Link Update

An Environmental Impact Statement (EIS) for the Western Harbour Tunnel and Warringah Expressway Upgrade is currently on public exhibition until March 12. The project poses a number of significant challenges and potentially wide-ranging impacts to areas of North Sydney Council. Council staff are currently reviewing key elements of the EIS. The Beaches Link is a proposed tunnel linking Sydney's Northern Beaches to the Warringah Freeway in North Sydney.

<https://www.planningportal.nsw.gov.au/major-projects/project/10451>

Save Macquarie Ice Rink

There has been a renewed push for Macquarie Ice Rink at Macquarie Shopping Centre to be heritage-listed, given its future remains precarious once again. The rink is Sydney's only Olympic-sized hockey facility, and remains incredibly popular amongst locals, children and skaters. "The Macquarie Ice Rink is an icon of our city and the community has told us over and over again that they want it saved. Council will now commence the process to do everything in its power to achieve this," said City of Ryde Mayor, Jerome Laxale.

Nominate a Neighbour

Are you a Lane Cove resident with the best neighbours you could ask for? Until March 6, you can nominate them for Lane Cove's Neighbour Day Awards. The awards celebrate individuals in the Lane Cove community who contribute to the wellbeing and happiness of the area. This could be through helping others or providing vibrancy to a neighbourhood. To nominate a neighbour, submit the online form at <http://www.lanecove.nsw.gov.au/>

Hornsby Community Facilities Upgrade

Hornsby's sparkling new park and community centre at Storey Park officially opened to the public last month. "This new facility is a great asset for the community," said Mayor Ruddock, with Storey Park providing a playground, barbecue and picnic areas, and onsite parking as well as a pristine community hub featuring four multi-purpose rooms. Storey Park Community Centre is now available for hire through <https://www.hornsby.nsw.gov.au/>

First Home Buyer Loans Soar

The North Shore is one of the most coveted locations for young families looking for their first home throughout Sydney. Interestingly, First Home Buyer home loans have surged astronomically as of late, reaching their highest level since late 2009 says Master Builders Chief Economist, Shane Garrett. "There is a great opportunity for people to buy or build their first home at the moment, with interest rates at their lowest in decades," noted Mr Garrett.

Ku-ring-gai Horticultural Society

On March 28 – 29, the Ku-ring-gai Horticultural Society will be hosting a Collectors Plant Fair at Hawkesbury Racecourse in Clarendon. Perfect for plant enthusiasts, the society also welcomes new members to join, with meetings held on the first Tuesday of each month at St Ives Community Hall. They provide garden lovers with the opportunity to share their horticultural interests with like-minded locals as well as gain knowledge from expert guest speakers.

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

Looking for the latest information on retirement living? Visit the

Northern Sydney - Central Coast Retirement Village & Resort Expo

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www.retirementexpo.com.au

Clean Up Australia Day

Nicholas Grant

Australia's largest-scale community environmental project first started making waves 31 years ago. In 1989, co-founders Ian Kiernan AO and Kim McKay AO organised the first local clean-up event in Sydney Harbour. A year later, this initiative would spread across the nation to become the first Clean Up Australia Day.

Since its inception, an estimated 17 million Aussies have participated in Clean Up Australia Day. "The dedication and enthusiasm of our volunteers have made Clean Up Australia Day possible for all these years," said Mr Kiernan.

According to the organisation, two of the most commonly littered items are plastic bags and cigarette butts. Each year in Australia, approximately 7 billion cigarettes are not properly disposed, meaning that their chemicals can leach into the environment and harm animals and plants.

There is also a push for Aussies to be consistent in their environmental habits. "Every day is Clean Up Australia Day," noted Mr Kiernan. "Making a difference starts with looking more closely at our personal purchasing behaviour." Furthermore, the organisation is reminding us to reduce, reuse or recycle



Locals getting involved in the Clean Up Australia effort.

single-use plastics. One significant and simple action recommended by Clean Up Australia is to avoid purchasing bottled water. "Australian tap water is world standard drinking water, so it is the safe, cheap and sustainable option."

This year, the clean-ups will take place on March 1. However – make March the month you work consistently towards making your community cleaner and litter-free. Almost 200 local clean-ups

will occur across Northern Sydney, with some notable locations including Bicentennial Park in West Pymble, ANZAC Park in Cammeray, and Lane Cove National Park. Volunteers are encouraged to share photos of their efforts on Instagram with the hashtag #CleanUpAustralia.

To volunteer at a location near you, visit <https://www.cleanupaustaliaday.org.au/join-a-clean-up>

eSafety for School Kids

Nicholas Grant

In recent weeks, the Australian eSafety Commissioner released a new eSafety Toolkit for schools, with the aim of assisting schools in preventing risky online behaviours and responding appropriately to problems. "Technology has become an integral part of the life of every school community," said Commissioner Julie Inman Grant.

Upon stepping foot in any high school classroom, one will find this to be evident. Programs such as Bring Your Own Device (BYOD) encourage the use of technology in the classroom. It also helps

keep education efficient and relevant for today's computer-literate society, where our workforce is abundant in technology usage. However, these programs often receive criticism from some teachers due to a lack of training, with almost one-third of high school English teachers feeling they lack the sufficient abilities to skilfully integrate technology into the classroom. (Growing Up in Australia 2017 Annual Statistical Report). Considering the range of risks which technology use may pose for young people, including illegal behaviours, data breaches, and cyberbullying, and teachers' self-reported lack of confidence in dealing with these issues, the Toolkit aims to



mitigate these risks by providing schools with information and training on classroom technology use.

Any educators or school staff members interested in accessing the Toolkit can find it at esafety.gov.au/educators/toolkit-schools

Our Local eLibrary

Isabella Ross

Ku-ring-gai eLibrary is one of the best resources available to locals on the North Shore. With an abundance of digital platforms, magazines, ebooks, audiobooks and streaming services available, this Ku-ring-gai Council initiative is a must-know for all of our readers.

Friendly staff from all the Ku-ring-gai Council run library branches are also on hand to assist the community in accessing the 24/7 eLibrary.

BORROWBOX

Reading is such a fantastic hobby to have and it is a pastime that is incredibly popular among all ages. Lots of novel categories are available on Borrowbox such as New Releases, Young Adult, Children, Thriller and more. *The Girl on the Train* is one exhilarating example of a great book where mystery and tension lies in every corner. There are also audiobook options – ideal for those who struggle with

reading on a digital device or just prefer to be read a story in bed.

KANOPI

Award-winning films are all on offer at Kanopy – *Lion*, *Carol*, *The Dressmaker*, *Darkest Hour*, *Brooklyn* and *Where the Wild Things Are*. Kanopy partners with public libraries and universities to bring students and locals an advertisement-free viewing experience that can be watched on any platform such as their television, mobile, tablet or online.

FREGAL

With over 15 million songs from over 200 genres to choose from, Freegal has something to suit every taste of music. Using any compatible devices, local users can download or stream their favourite albums simply. Freegal also has a wide collection of Featured Playlists perfect for any occasion. So, if you want to jive the night away on St. Patrick's Day to some Irish folk songs then this service is perfect for you!

BEAMAFILM

The perfect place to stream digital content, specifically documentaries and indie films, Beamafilm has a wonderful selection of viewing materials. Even better, Beamafilm has some award-winning independent feature films as well as lots of foreign movies. They also show avid support for local production, with 1/3 of their catalogue featuring Australasian content.

One great option is the Adam Goodes' documentary *The Australian Dream* detailing his adverse journey as an Indigenous AFL player in the spotlight.

STORYBOX LIBRARY

Your little ones will be enthused to know that all their favourite whimsical storybooks are available online. The best part about this resource is that the books are read aloud by the author themselves – a wonderful digital story time experience perfect for bedtime.

<http://bit.ly/Ku-ring-gai-eLibrary>



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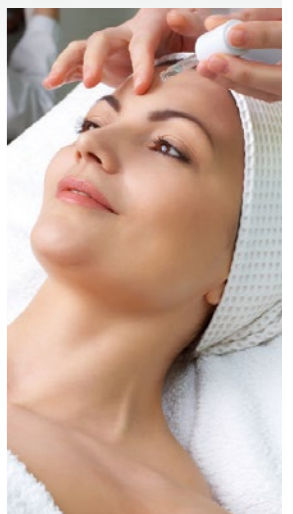


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An Equal World is an Enabled World

Isabella Ross

March 8 is a day where everyone across the globe should come together in celebration of women. International Women's Day (IWD) is dedicated to honouring and celebrating the lives, rights and achievements of women everywhere and from every period of history, then and now. The theme for this year's IWD is 'Generation Equality', speaking to the idea that 'an equal world is an enabled world.'

When it first began on March 8 1908, New York City's streets were flooded with 15,000 women marching for their lack of voting rights. Even though so much has changed since 1908, there are still necessary changes that need to be made, to ensure the equal rights of women are upheld. Whether it is gender pay disparity, sexual harassment, lack of maternity leave or any other discriminatory actions, women continue to fight for their voice and autonomy. "Education and employment are two



cornerstones that build a foundation for equality. But they are near to impossible to deliver if communities, schools, workplaces or families aren't safe. That's why UN Women's violence prevention work is so vital," said Executive Director of UN Women Australia, Janelle Weissman.

"When both men and women are on equal footing as decision makers, when

that happens it's not just the individuals but whole communities that benefit. Societies are more cohesive, respectful, cooperative and peaceful. Economies are more productive, diverse and lively. Prosperity is lifted," said Prime Minister Scott Morrison. So tell the women in your life you love and respect them and help forge a gender equal society for all, regardless of background, race or age.

IWD Events in Sydney

MARCH
Women's Day

'The World Won't Listen Unless Women Shout' Debate

6 MARCH

Where: Doltone House, Jones Bay Wharf, Pyrmont
Cost: \$175 – onwards
Honouring women in leadership, the Institute of Managers and Leaders (IML) will be hosting a great debate, panel speaker sessions and keynote addresses at their event.

Sydney IWD Breakfast 2020

6 MARCH

Where: ICC Sydney, Darling Harbour
Cost: \$84 – onwards
The UN Women National Australia hosts some of the country's largest IWD celebrations, including the 2020 Breakfast.

IWD at Westfield Hornsby

DATE: 6 MARCH

Where: Firestone Café, Westfield Hornsby
Cost: Free
Be inspired by local women and celebrate their achievements in the community with a complimentary light

breakfast and gift bag from David Jones, Hornsby.

YWCA's IWD Comedy Show in Sydney

9 MARCH

Where: The Freedom Hub, Waterloo
Cost: \$20
The YWCA is a feminist not-for-profit organisation that will be hosting a night of comedy, celebrating the sass and autonomy of women in comedy.

For information on any of the events listed, visit: <https://www.internationalwomensday.com/EventList>



The Aboriginal Heritage Office

Isabella Ross

A wonderful council organisation, the Aboriginal Heritage Office (AHO) aims to protect Indigenous heritage and offer locals insight into the world's oldest civilisation. A joint initiative among six local councils – Ku-ring-gai, Lane Cove, North Sydney, Strathfield, Willoughby and Northern Beaches – the AHO monitors the heritage spots in these areas, ensuring preservation and protection. The AHO also has a Museum, which is used to educate members of the public. A variety of talks, walks and activities are conducted, as well as options for school groups where young students can discover the rich history of the Aboriginal community. Join Samaka, the Museum Education Officer, who can take you through the cultural

centre on a tour through Indigenous culture as well as their bush tucker garden. Your experience will unlock interesting insights into the lives of the first nation people before colonisation.

"The Northern Sydney area is rich in Indigenous history and by linking in with the AHO you can learn more about your neighbourhood and find out ways on how to help protect the heritage for many more years to come," said Samaka Issacs, the AHO's Museum Education Officer.

The Aboriginal Heritage Office and Museum is located at 29 Lawrence Street,



Freshwater. For more information visit <https://www.aboriginalheritage.org/> or follow AHO on Instagram @aboriginalheritageoffice.

Turrumurra Scouts Open Day

The 1st Turrumurra Scout Group will be holding their annual Open Day on Sunday March 8, between 1.00pm and 3.00pm. All families and young people interested to find out more about scouting are welcomed and encouraged to visit 1st Turrumurra's hall, located near the top of Warragal Road on the edge of Sheldon Forest.



"1st Turrumurra is proud of its long history and our connection to the community. 2020 is a particularly special year, marking the Centenary of our Group first starting in Turrumurra. We offer a community atmosphere, both for the parents and their children and are always pleased to welcome new members," said Group Leader, Denise Temisgian. "Our Open Day aims to showcase some of the fun activities we do and also give parents an opportunity to find out more about scouting and the

incredible opportunities we offer," Ms Temisgian added.

Among the range of activities and displays on the Open Day will be tree abseiling, sock wrestling and an assortment of other fun challenges. There will also be a free sausage sizzle available. 1st

Turrumurra is one of the oldest and strongest Scout Groups on the North Shore, with an outstanding leader team and excellent facilities supporting active programs for boys and girls aged from 8-10 (Cub Scouts), 11-14 (Scouts) through to young men and women 15-17 (Venturer Scouts) and young adults 18-25 (Rovers). The various sections of the Group undertake everything from weekly activity meetings and weekend camps to major expeditions and community service projects. Scouting aims to contribute to the development of well-rounded and resilient young people,

through a varied program of enjoyable and challenging activities.

For all enquiries, visit <http://www.1stturrumurrascouts.org.au/> or find us on Facebook at @1stTurrumurraScoutGroup, or contact Denise Temisgian on 0412 878 188.

The Albert Hotel Mosman

Isabella Ross

Mosman's first boutique hotel has officially opened and locals are set to be impressed. Originally built in 1886 as a stately home, The Albert Hotel Mosman has been revitalised, now transformed into a 26-room boutique hotel with 5-star service. *Sydney Observer* was fortunate to be invited to the Grand Opening of The Albert Mosman, to see for ourselves the sheer luxury, attention to detail and stunning heritage features.

Located on the Lower North Shore in the glamorous suburb of Mosman, the neighbourhood has a city village feel, with a wide variety of restaurants, independent grocers, beaches, walking tracks, cafes and boutiques nearby. *Sydney Observer* also got the opportunity to speak with the Founder and CEO of Emerald City Hotels Jean-Claude Branch. "I have restored and managed three other heritage hotels in Sydney. And I decided that I wanted to give this one a go. Trying to make a luxury hotel out of what was left of this building was a monumental task," Mr Branch noted.

All the rooms within the hotel come with bespoke luxury beds and 100% cotton sheets – a necessity that any well-seasoned traveller would know. The bathrooms were a personal favourite – rich blue tiles, a rain shower, a heavenly bath with local Sydney brand Leif amenities that includes Australian botanicals. "The idea of relaxed personal luxury is what we aim for. It's not about excess, it is about considered enjoyment," said Mr Branch.



"Here at The Albert we don't use single-use plastics. We have glass bottles in all the rooms and the air conditioning has sensors to reduce energy consumption."

"On behalf of council and my community I extend to The Albert an absolutely wonderful congratulations on what you have achieved. It is going to be a wonderful journey for you and our community and we are totally with you and look forward to a long-standing prosperous relationship with The Albert Hotel," said Mosman Council Mayor, Carolyn Corrigan, on the night.

After a restful night's sleep and delicious breakfast, consisting of a range of fruit platters, pastries and more, we bid adieu to The Albert. *Sydney Observer* is very grateful to have been invited to the opening, and after such a lovely and relaxing experience we would recommend to our readers to check out The Albert Mosman as well.

thealbert.com.au/ • [@thealbertmosman](https://www.instagram.com/thealbertmosman)

WIN COMPETITION

In collaboration with The Albert Mosman, *Sydney Observer* is giving one lucky reader and their loved one a night in one of The Albert's best suites. To win, simply email editor@kamdha.com in 25 words or less why you want to win this incredible prize. Entries close March 20th so get in quick!



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Isabella Ross

Known for his infectious enthusiasm, Grant Denyer has graced our screens for over a decade. With an impressive career resume that includes *Dancing with the Stars*, *Family Feud*, *Celebrity Name Game* and *Sunrise*, Grant has made a resonate name for himself in Australian television. Yet behind the scenes, the Gold Logie winner has dealt with his demons, coming to the realisation that when life hits hard you have to roll with the punches.

Currently filming *DWTS*, which has been a ratings success for Channel 10, Grant shares with me the incredible whirlwind that hosting live television can be. "It's bloody good fun! Live TV is just the next level, it's like an adrenaline shot straight into the thigh!" Grant laughs. As host alongside Amanda Keller, he too can relate to each of the contestants given he won the 2006 *DWTS* trophy. "I know how bloody hard it is and the effort and pain they go through. Some of it still brings back PTSD – it's the hardest I have ever worked in my life. It takes a mountain of effort and courage, so I really feel for them."



The world of media hasn't been Grant's only aspiration, with his childhood dream to race professionally coming to fruition. With 3 Bathurst 1000s under his belt, Grant was understandably upset to hear of the closure of Holden. "It's savage! The role that Holden has played in the Australian motoring landscape is monumental and so many little boys like me had fallen in love with cars and racing because of Holden. It's kind of like losing vegemite, it's a real blow."

Living on a little farm in Bathurst, which he warmly describes as his "peaceful little hamlet," Grant decided to settle down in the country town with his wife Chezzi and two daughters, Sailor and Scout. "I'm magnetically drawn to the place. I find it very peaceful and restorative. Media can be a bit of a hectic lifestyle when you're on all the time, so it's nice to have a place where you can be off," he says. Drought has not been kind however to Bathurst, with Grant's property in serious drought for over 2 years. "There is a tinge of green at the moment which makes everyone feel better. There isn't a lot of substance to it, but it does lift the spirits of everybody in small rural communities. That's important because it has been a horrific couple of years."

Yet as Grant knows, life often throws curve balls when we least expect it. In 2008, he was left with a broken back after a monster truck accident, resulting in a prescription pill battle. It is an addiction that is of common occurrence amongst trauma injuries, yet Grant rose to the challenge, crediting the birth of his eldest daughter for helping break the cycle. "I think the universe sent the right little human to us at the perfect time. She was very grounding and we're lucky that she came along," Grant says. "She was a real gamechanger – I was probably a self-obsessed, work hungry ladder climber and she brought a level of balance that I didn't have in my life and parenthood made me a better person."

Finding major success throughout his career, he notes that "my wife Chezzi, she is a wonderfully supportive person and we're a

total team. I think I'm just thankful to be happy with myself and who I am at the moment," he concludes. "I am far prouder of how I go about my business now and the effect I have on people. I'm in a good place."

Grant's Favourite Things

Favourite pastime/hobby? Definitely motor racing – what else!

Advice to your younger self? Everything is going to be ok – you are enough, you have what it takes.

Favourite place to travel? I just feel drawn to the country. I love rolling hills and paddocks and tractors and motorbikes, and Australia has got a lot of beautiful countryside and it's where I feel my best.

A subject or cause that you are passionate about? I've worked a lot with Rural Aid. A massive part of the population are severely hurting, and I feel that 12 months ago no one knew about it in the big cities. I worked with them to get the drought message out and start the flow of funding whether it be hay, water or food parcels.

Favourite spot in Sydney? I love Barangaroo – it's one of the prettiest locations. For a hustling bustling city, it's so soothing to sit on the edge of the water and just watch.

What are you most proud of? I've got a lot of milestones that I'm very happy with – doing three Bathurst 1000s, getting five Guinness World Records, winning *Dancing with the Stars*, getting a Gold Logie, having my gorgeous children – I don't know where to start!

To keep up with Grant and the behind-the-scenes of Dancing with the Stars, follow him @grantdenyer on Instagram.



I'm just thankful to be happy with myself and who I am at the moment.



New Principals for North Shore

The Community of Catholic Schools in the Broken Bay Diocese welcomes two new Principals to their North Shore schools in 2020 – Gill Austin at St Bernard’s Catholic Primary School in Berowra and Todd Vane-Tempest at St Patrick’s Catholic Primary School in Asquith.

The new Principal at St Bernard’s Catholic Primary School, Ms Austin, was drawn to the school because of the excellent learning framework it has been running for three years. “It allows the teachers to go deeper into learning with children and have more meaningful experiences, so children can get to grips with complex topics from a range of angles,” she said. Ms Austin has also enrolled teachers at this co-ed primary school in Berowra in a workshop to learn how to cater to ‘gifted’ students within the standard classroom.

“Usually with gifted children they only need to be shown something once and they have got it. A good teacher’s value is in their skill to engage students and encourage them to link and make connections in their learning and become problem solvers in the future. The workshop will help us identify those who are talented and help us to differentiate

the curriculum more fully for those high-ability students,” Ms Austin concluded.

When Mr Vane-Tempest began at St Patrick’s Catholic Primary School, he was struck by the strong sense of community. “St. Patrick’s is a school where the children are known, valued and cared for by the community. It is a fantastic privilege to lead an energetic community where parents, staff and students value being here and want to learn.” Mr Vane-Tempest, who has previously worked in leadership roles in schools across the Catholic Diocese of Broken Bay, feels strongly that school should be welcoming to all children.

“I believe the children’s wellbeing is looked after significantly when they feel that they belong and they are achieving,” he said. “It’s not necessarily one size fits all, you have to set kids up for success so that they’re able to do their best.” Mr Vane-Tempest’s leadership experience is in implementing structures and strategies that raise literacy and numeracy achievements and in supporting children with additional learning needs. “Although we unashamedly focus on academic success it is more than that. It is also about developing the whole child, their social and emotional needs.”

csodbb.catholic.edu.au



Prouille School’s Warm Welcome

Sue Bevan, Principal of Prouille Catholic Primary School Wahroonga

Prouille is a school that recognises each child as being unique. We are a school community where a friendly, trusting collaboration between all members of the school is fostered for the ongoing development of each individual. It is a school where all children are known by their name. The community at Prouille is extraordinary and is particularly characterised by the welcoming parents,

staff and students. This invaluable trait remains constant year in year out because of the effective Pastoral Care structures in place and the spirit of generosity that permeates all aspects of school life. Prouille is an integral part of Holy Name Parish and Wahroonga.

We pride ourselves on our diverse curricula activities initiated and maintained by a team of caring and dedicated education professionals, well maintained grounds and modern facilities. Our vibrant curriculum ensures that rich,

relevant and varied learning opportunities are offered to all our students. Children graduating from Prouille, do so having made relevant connections to the contemporary world and with necessary academic skills to be life-long learners.

A warm welcome to what is promising, even at this early stage, to be a very exciting and stimulating year. What a good start we have had to the 2020 school year. The children and staff have returned with renewed energy, ready to resume old friendships, be introduced to new ones and keen to continue their journey through school and life at Prouille Catholic School. We welcome you and your children and trust that your association with us will be an enjoyable and rewarding one.

<https://www.prouilledbb.catholic.edu.au/>



PROUILLE

Catholic Primary School
WAHROONGA





PROUILLE IS A CO-EDUCATIONAL K - 6 SCHOOL LOCATED IN WAHROONGA. THIS YEAR WE CELEBRATE OUR 70TH ANNIVERSARY OF PROVIDING QUALITY EDUCATION.

Prouille strives to educate all children in the search for truth in a changing and challenging world. We strive to nurture and support the development of each child through an authentic and holistic education that caters specifically for all students’ individual needs. We strive to empower our students to responsible and compassionate action that provokes hope and optimism.

We, the Prouille School Community, warmly welcome you and your children. We trust that your association with us will be an enjoyable and rewarding one.

OPEN DAY ■ 20TH MARCH 2020 ■ 9:00 TO 10:30AM

Diverse curricula activities initiated and maintained by a team of caring and dedicated education professionals, well maintained grounds, modern facilities and parent involvement combine to produce a dynamic learning community. This provides us with much to celebrate:

- Consistent high results in the Maths Olympiad.
- An active and responsive Student Representative Council, giving students the opportunity to develop team building skills, goal setting and interactive and effective communication skills.
- Exceptional success in music where an original musical is written, produced and performed every two years
- A highly successful buddy system which helps to promote friendship and support between older and younger peers through regular collaboration, creating a sense of whole school community.
- An extensive school Sport and Creative Arts program
- An effective mental health and wellbeing framework founded on respectful relationships and a sense of belonging and inclusion.
- Being a member with the Global Learning Community through our role in the New Pedagogies of Deep Learning Program. All students make relevant connections to the contemporary world and with necessary academic skills to be life-long learners, by developing the six global competencies of character, citizenship, collaboration, communication, creativity and critical thinking.
- An innovative STEM Program inclusive of Coding, Robotics and an inquiry-based science program K-6.



5 Water Street, Wahroonga NSW 2076 Australia
Phone: (02) 9489 3233

<https://www.prouilledbb.catholic.edu.au/>
prouille@dbb.catholic.edu.au



Educating hearts and minds

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Discover how together we can nurture your child to achieve their best inside the classroom and beyond.

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Contact your local Catholic school for further information or visit csodbb.catholic.edu.au

Setting Kids Up For Life

When the time came for Maggie Noonan to leave primary school, her mother Shanan Hall, was worried she would never gain the skills needed to live independently. Maggie has a severe intellectual disability and has attended St Lucy's School in Wahroonga from Kindergarten.

"There are not a lot of high schools for special needs kids and that transitioning period between Year Six and Seven can be really daunting for kids who are very routine-focused," said Shanan. "When she (Maggie) is at St Lucy's, I know she is in the right place to become the best version of herself and as independent as possible." When St Lucy's announced that the school was starting a new high school program, Shanan was relieved. "It was like a weight was lifted from my shoulders. I wish she could stay there forever!"

"The new high school will give students the chance to learn life skills to set them up for adulthood," said David Raphael, the Principal.



St Lucy's student Maggie Noonan.

"We have chosen the New South Wales Education Standards (NESA) Life Skills curriculum, a rigorous and rich academic program, which has been deliberately written for students with a disability to access the mainstream curriculum which will be pertinent to their life skills."

Mr Raphael said that there was also a range of community participation programs to develop students' independence and hobbies, and VET courses planned for Years 9 to 12.

"The aim is that when students leave school many will be able to live independently, have a full or part-time job and navigate transport independently," he noted. "It actually enables the children and young people to gain their own voice and live as fully-functioning members of our society." St Lucy's has been a primary school since 1938. This year, there are Year Seven and Eight classes, with the school planning to go up to Year Twelve by 2024. The brand new \$12m two-storey school building has sixteen classrooms, with a kitchen in every classroom and adjoining complimentary learning spaces as well as an underground car park. It will open in Term 2.

www.stlucys.nsw.edu.au

Open Days in March:

- High School Wahroonga Campus Open Day 6th March.
- K-6 Wahroonga Campus Open Day 10th & 26th March.
- K-1 Narrabeen Campus Open Day 20th March.

Brigidine College Welcomes New Principal

The Brigidine College, St Ives community has welcomed a new Principal to lead the College into the next decade. Ms Laetitia Richmond has been at the College for little more than a month and already the students, teachers and community have made solid connections with her. With a career spanning more than thirty years in Catholic education, Ms Richmond is highly experienced to lead Brigidine College into the future. Prior to her appointment at Brigidine, Laetitia (Teash) was Principal at Catherine McAuley College, Westmead, where her role encompassed the delivery of a curriculum informed by contemporary educational theory and pedagogy.

"In the role of Principal, the opportunity to continue to drive this strong community forward and shape the vision for the future of Brigidine is a challenge I am excited to undertake," Ms Richmond noted.



Brigidine College is a school of strong values and excellent academic culture. The College is proudly an inclusive, non-selective school, catering for girls of all abilities and talents. Ms Richmond's aim, alongside the greater teaching body, is to help girls realise their potential in all of the spiritual, academic, physical and cultural dimensions of learning.

Even in the short time that she has been at the College as Principal, she has embraced the College motto of 'Strength and Gentleness' and is partnering with parents and staff to take the College into the next decade of growth and achievement.

www.brigidine.nsw.edu.au/

Do you know someone who has a child with a Disability?



St Lucy's School is a Catholic school dedicated to students with disabilities.

We are a community enriched by difference; inspiring learning for a life of purpose.

We provide intensive instruction in: literacy, numeracy, social and emotional learning and independence skills in a dynamic and creative environment across Primary and now High School.



Brand new state of the art facility opening this year

LIMITED PLACES
AVAILABLE FOR YEAR 7 2021 AND 2022

To find out more please join us at our Open Day or visit www.stlucys.nsw.edu.au

High School Open Day Wahroonga Campus 6th March

K-6 WAhroonga Campus Open Days 10th & 26th March • K-1 Narrabeen Campus Open Day 20th March

Would you like to make an impact by volunteering at St Lucy's School?

Volunteer for a couple of hours a week in the classroom or in our maths and reading programs.

Volunteers can select sessions on any school day. No teaching experience required.

9.30am – 11.00am | 11.30am – 1.00pm. Please contact Cassandra for further information on 9487 1277



See the College in action and meet our new Principal

OPEN DAY
Thursday 7 May 2020
3.30pm – 6pm



Brigidine College
St Ives

A Catholic Independent Secondary School for Girls
325 Mona Vale Rd, St Ives

Register online at brigidine.nsw.edu.au



St Leo's in High Demand as Building Works Completed

Demand for places at Wahroonga's St Leo's Catholic College have more than doubled since the completion of a \$25 million campus upgrade at the end of last year. Applications for 2021 have already well exceeded this year's intake, months before they close and before the College Open Day to be held on March 10. With a range of additional learning spaces now available, the College is considering increasing the number to meet the growth in demand. Principal Mr Anthony Gleeson agrees that interest has increased with the upgraded facilities, including the new Mary MacKillop Centre for Creative and Performing Arts, Technology and Hospitality, but says it is also due to several other important factors.



to demonstrate how they have developed in each Growth Domain, as well as providing them with an online portfolio to show employers when they leave. Our Pathways program is another example, helping students and families navigate life beyond school, and developing partnerships with higher education and industry."

"The new campus certainly is impressive and we are very proud of the result, which has been paid for entirely by our parent community. Word has spread quickly and prospective parents have been keen to see the campus, but when they visit the College, what strikes them even more is our caring community and our holistic approach to learning and wellbeing. We take a future

view of education – aiming to develop transferrable skills that set our students up to become lifelong learners who are able to tackle the many challenges of an ever-changing world," explained Mr Gleeson.

"At St Leo's, we focus on developing the whole person, which is central to our Catholic ethos. We aim for our students to grow across a range of areas. These are called our 'Growth Domains' – covering Academic, Cultural, Spiritual, Social, Emotional, Environmental and Physical aspects, ensuring a balanced, diverse experience and development of our students."

"Everything is designed to support a focus on all these areas. Our 'Learning Den', a custom online learning platform, gives students ownership of their learning. This allows them

Mr Gleeson further highlighted the College's consistently high academic results, long-standing reputation for pastoral care and strong sporting culture. "Along with expanded Creative and Performing Arts offerings in the new Mary MacKillop Centre, including Dance, Entertainment (VET) and 14 co-curricular ensembles, we look forward to providing these opportunities to additional students into the future. We are proud to now have the state-of-the-art facilities to support everything great that was already happening at St Leo's," Mr Gleeson concluded.

You are invited to the St Leo's Open Day on Tuesday, March 10 from 4-7pm (see advertisement below). All welcome.

stleos.nsw.edu.au



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Principal's Welcome Tour - 11 May | 14 September | 23 November
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Our innovative learning environment, strong academic results, caring community and personalised approach make St Leo's an exceptional place to learn.

Enter via Woolcott Ave, Wahroonga, or main event parking off Yardley Ave, Waitara. All welcome!

- Speak to our staff and students
- Hear from our Principal at 4.30, 5.30 & 6.30pm
- Inspect our \$14m Arts & Technology Centre
- Tour our \$25m campus upgrade
- Displays, activities and performances
- Rides and food stalls.

Tour our new \$25m campus upgrade

St Leo's Catholic College, Wahroonga
OPEN DAY & EXPO
Tuesday 10 March, 4-7pm

stleos.nsw.edu.au

Coronavirus Impact on Universities

Isabella Ross

There is no question that the coronavirus epidemic has gripped the globe, resulting in the death and infection of thousands, spreading across multiple countries. Australia is also feeling the effects of the health crisis, in particular within our higher education sector. In 2019, over 900,000 international students were enrolled at an Australian university. However, a recent survey from the Education Consultants Association of Australia found that approximately a third of our international students stuck in China due to the travel ban are considering study in a different country. This of course leaves our universities vulnerable and having to face the fear that funding cuts and loss of revenue will become a reality.

Macquarie University is assisting students affected by offering options such as late enrolment, online and flexible delivery prior to return to campus, reduced study load and deferral. They have also chosen to extend enrolment and census dates, in an effort to maximize their international student quotas.

“The university continues to closely monitor the situation. We are working tirelessly to make sure that our campus is safe, that students affected by the travel restrictions are cared for, and the impact on our university community is minimized. I appreciate that this is a challenging time for all our students, but especially for our students either from China or with family and friends in China. I also want to recognise the effort of colleagues who are assisting students to meet academic, logistical and support services and thank them for their ongoing

efforts,” said Macquarie University’s Vice-Chancellor Professor S. Bruce Dowton.

The University of Technology Sydney is following a similar protocol, with the university’s Provost and Senior Vice-President, Professor Andrew Parfitt, telling students to not become swept up in the hysteria.

“We are looking forward to welcoming students to campus next week. And down the track, we’ll be welcoming returning Chinese students to our campus too. We need to understand they – and their families and friends in China – have been impacted the most by this situation. Please treat them with respect and compassion and making them feel part of our UTS community. A number of you have raised concerns about the safety of our campus. I’d like to reassure you, UTS is a safe environment for study,” he concluded.

Refugee Employment Support NSW

Secure employment is a fundamental factor when it comes to assisting refugees. Syrian refugee, Rania Shahoud, came to Australia with her family in 2017. Despite family members being highly educated and professionally equipped with civil engineering degrees, each individual had to start their lives from scratch and embark on entirely new employment pathways. Thanks to the NSW Government’s Refugee Employment Support Program (RESP), Ms Shahoud is now employed by the artisan bakery in Inner West Sydney, The

Bread and Butter Project. Ms Shahoud’s job success is not the only win, with son, Fawzi Shahoud, also securing a job with Transport NSW.

“My son Fawzi is also a civil engineer and with the help of RESP, he has a good job. The RESP has helped my family find jobs and be part of the community, and we are very happy,” Ms Shahoud concluded.

“Expertise ranges from tailored case management support, education and

training, or job creation – and brings each of these elements together to deliver better employment outcomes for refugees,” said NSW Coordinator General for Refugee Resettlement, Professor Peter Shergold.

Since its inauguration two years ago, RESP has helped to secure employment for almost 25% of people that engage with the program – a figure that exceeds other mainstream employment programs that generally report refugee employment rates below 20%.

Gifted Paintings for Pymble Playgroup

In late February, Pymble Playgroup had the pleasure of revealing two stunning paintings of heritage-listed Pymble House by well-known local artists.

Pymble House, which has been a dedicated Playgroup for almost 50 years, has a long history with the Ku-ring-gai Art Society. The house and land were bought by Ku-ring-gai Council in 1973 and is leased to Playgroup NSW. Playgroup sessions are run at the historic house every weekday. Nina Paine and Caroline Oesterheld, two local artists and members of the Ku-ring-gai Art Society, presented their own paintings of Pymble House in a small unveiling ceremony. Everyone who attended was amazed by the beautiful detail in the artworks, and the kids enjoyed seeing their Playgroup in the paintings. For the committee of Pymble Playgroup, this is an amazing opportunity to celebrate the beloved house and its rich history.

The donated paintings will be framed and hung at Pymble Playgroup for future children and carers to admire. Nina Paine is an artist and author from Ku-ring-gai. She specialises in watercolours of the natural environment. She recently published her first book, *Sophie’s Sister*. Caroline Oesterheld is a renowned Sydney artist and Treasurer of the Ku-ring-gai Art Society. Last



Nina Paine’s painting.

year she was awarded the Member for Bradfield prize at the Ku-ring-gai Art Society’s 54th Annual Art Awards.

Find out more on Instagram about Caroline @carooest and Nina @ninapaine

www.pymbleplaygroup.com.au/history



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www.barker.college



The Art of Property Styling



Isabella Ross

Sydney's Upper and Lower North Shore are some of the most sought-after locations for home buyers. Yet with most houses on the North Shore excelling in terms of presentation and care, it is important for home sellers to consider the worth of a professional property stylist. Cordony Designs emerged in 2013 as a full-service Property Styling, Project Management (preparing home for sale), Maintenance and Interior Design Company, with Director Kahlia Cordony paving the way. *Sydney Observer* sat down with Kahlia to discuss the ins and outs of property styling.

"During my time working in the Real Estate industry, I had the opportunity to observe potential purchaser's initial reactions to a home. Noticing the impact a styled and prepared space could have on a person's first impression, I began to visualise how to better present homes and how to assist vendors in this process as there was not a proper offering

within the industry," notes Kahlia. "The psychology of how a space can make you feel by implementing the right or wrong thing is just fascinating. Preparing your home for sale or for lease is about capturing the broadest market possible which will in turn create more interest and competition. This will ultimately be a sure sign into ensuring you achieve the best possible result. By prompting imagination that buyers are already placing their furniture into the space, conjures emotional attachment to the home they are viewing."

To keep up to date with Kahlia Cordony and the business, visit her on Instagram @cordonydesigns



How to Style and add Value to your Market Property:

- Simplify and declutter.
- Depersonalise by taking down certificates and portraits.
- Borrow or purchase some fresh bed linen, cushion covers and towels.
- Add life with plants and a candle – especially if it is a vacant property, as this will give the space ambience.
- Undertake repairs - unfinished or neglected repairs can make buyers hesitant as they consider the additional hassle they will incur.
- Integrate some of your own furniture so the final looks homely instead of a showroom.
- Consider easy and affordable options like resurfacing bathrooms and kitchens rather than doing a full renovation as it may not add as much value as you anticipate.

What is Currently Trending in Interiors?

- Grey-based tones are still going strong.
- Using neutral tones including black as your big ticket items (lounges, coffee tables, side tables, dining tables) and then adding colour and pattern through soft furnishings.
- Emerald greens and blues are always received well. We are also seeing muted tones like dusty pinks, dirty terracottas and oranges.

<http://cordonydesigns.com.au/>



Historical Beauty of Heritage-Listed Homes

Isabella Ross

There is an undeniable charm about heritage-listed buildings – they represent a preservation of architectural talent from bygone eras. *Sydney Observer* has collated a list of three extraordinary listings located on the North Shore.



Rose Seidler House

Built in 1950, Rose Seidler House is a powerhouse example of Mid-20th Century modern domestic architecture nationwide. During its time, the property was 'the most talked about house in Sydney', due to its polarizing design features, flipping the traditional conventions of the typical suburban home on its head. A win for Sydneysiders, this estate can be visited as it is now a part of Sydney Living Museums' showings. According to its Heritage listing, Rose Seidler House was built with four basic materials – natural bush stone, reinforced concrete, timber and glass. Austrian-born Australian architect Harry Seidler designed the Wahroonga home for his parents, Rose and Max Seidler, highlighting where the Heritage landmark gets its name.



Eryldene

Eryldene was designed by early 20th Century architect William Hardy Wilson as the home of Professor E. G. Waterhouse and family. An adaptation of Georgian architecture to suit our Australian conditions, the property comprises of a house, garden studio, pigeon house, tennis court and pavilion, courtyard and world-renowned garden known for its beautiful camellias. Work started on Eryldene in 1913, and its structures and gardens remain mostly intact with all its original classical features, most of its furnishings present today. This March 8, Eryldene will be hosting their fabulous event, Twilight Jazz, where locals can bring a picnic and enjoy the rhythmic sounds of The Moods. With gates opening at 4pm, and the event going into full swing between 5pm – 8pm, music lovers can enjoy some jazz. For prices, information and to book visit: <https://www.eryldene.org.au/>



Windsor Gardens

A late Victorian, Windsor Gardens was built in 1888 as a home for American journalist Frank Coffee. A residence for families until 1945, the estate was then purchased by a business-owner who converted it into a wedding reception venue. Located on Mowbray Road in Chatswood, Windsor Gardens has now been a retirement village for over 3 decades, where senior residents are settled among beautiful gardens. Interestingly, the original garden has lasted throughout the years, with exotic trees imported from Japan and California included in the landscape. The four-storey tower is arguably the most breath-taking feature of the building.



Colour Psychology in the Home

Nicholas Grant

Have you considered painting a room in your home, only to get stuck perpetually in the process of deciding on a colour? It's not a small decision, and there is evidence to prove that differently coloured environments can create different psychological and emotional effects. If you are looking to spruce up a room to evoke a particular feeling, read on to find your ideal hue.

Blue delicacy, tranquillity, serenity.

Similarly to green, blue is also associated with calmness. However, blues may feel cold or sterile on their own, particularly lighter shades. Therefore, blue should always be paired with warmer accent colours in a room in order to offset the potentially icy atmosphere. Blue is also an ideal colour for mental flow and concentration, making it suitable for a home office or study.



Wallsauce.com

Green & Brown calmness, restoration, comfort.

Earthy colours are largely regarded as ideal for the bedroom, as they are easy on the eyes. Green is also a versatile colour and can be used in a range of contexts – a grassy green can create a youthful vibe in a living room, whereas a deeper moss green is restful and sophisticated.



The French Bedroom Co

White, Black and Grey modernity, neutrality, versatility.

These neutral tones are always an infallible option for any space. The particular shades of these colours are the most important aspect to consider – for example, a creamy white creates an inviting, rustic feeling, whereas a starker white is more common in modern interior design.



Orchid Furniture

Red and Orange excitement, passion, stimulation.

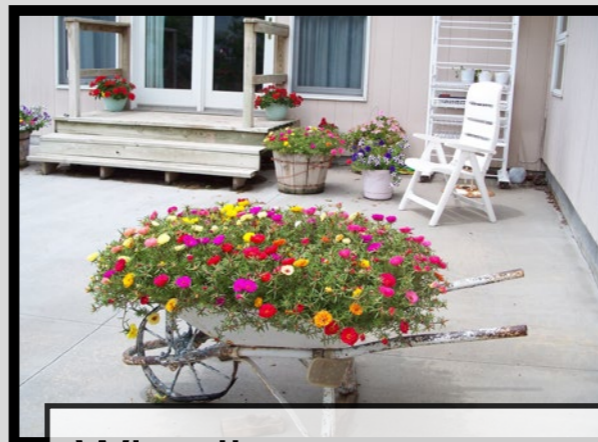
A rich red has been shown to raise one's heart rate, making it an ideal option for any space made for entertainment such as a living or dining room. Accordingly, these colours are not as appropriate for a bedroom as they subvert the purpose of a space made for relaxation.

Yellow vibrancy, sunlight, attention.

Interestingly, despite yellow's associations with typically joyful emotions, studies have found that people are more easily irritated, and babies can even cry more frequently in yellow rooms. This makes yellow more suitable for an accent colour, rather than the predominant colour in a room. Yellow pillows and artworks are great ways to bring some brightness.

Imaginative Plant Pots for the Garden

Isabella Ross



Wheelbarrow

The great thing about a wheelbarrow planter is that it is portable. So, if for some reason the weather strikes, which often occurs in the North Shore, then you can simply wheel the giant pot into a safe spot. One great idea for this imaginative plant pot is to make it an edible garden. This way, the space can be fully maximised and used efficiently in cooking. A herb garden is always a go-to option, as well as planting smaller produce varieties such as mushrooms, microgreens and tomatoes.



Watering Can

A great option for those creative gardeners and DIY'ers who have little space to work with, a watering can planter is the way to go. Getting your hands on a watering can is the first mission – it is up to you whether you purchase an antique container or a cheap one from Bunnings. Once again, choose some quality soil mix, and then your favourite flower. For a watering can planter, it is best to stick with floral varieties.

Bird Bath

Is your bird bath looking a little lonesome? A great way to reuse an old bird bath that sits despondently in your back garden is to transform it into a unique plant pot.

First step is to clean the vessel – sometimes they can have water mould or marks that need to be dealt with. The best way to do this is to either sand or use a high-pressure hose.

Then simply add potting soil and choose your preferred plants, whether it be succulents, floral annuals, or sedum varieties. Another great option, especially to entertain young kids or grandchildren, is to create a fairy garden out of your birth bath. The same process follows – just simply add some precious little figurines and maybe even a miniature water

feature like a small pond. Just use a water-tight container of your choice, and add a small fountain which can circulate the water.



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Fabulous Feature Walls Inspiration

Isabella Ross

Pack-a-punch Wallpaper

The '70s loved wallpaper and so do the current '20s! Picking something bold is always fun and adventurous so don't be afraid to experiment. This vintage swirl wallpaper is one funky option, adding warmth and texture to the room. The best way to ensure the space isn't too busy is to choose furniture soft in tone, such as these sleek wooden pieces. For something extra audacious, consider wallpapering the ceiling – perfect for a walk-in-wardrobe.



Wallsauce.com

FloraFurniture

Sentimental Picture Collage

Picture collages can be found in lots of homes, however there is room to add a bit of elegance to this theme. Monochrome is one of the easiest ways to create interest and it suits any existing design choices within the room. There are lots of ways to add personality to this wall feature. One is to use family photographs that hold resonance. Another is to optimize images from your travelling expeditions or artwork you have collected along the way.



Desenio

Bold Bookshelves

Home libraries have always been incredibly popular in interior design, thanks to their grand old-school charm. Bring a bit of this depth back into your space with a floating bookshelf, a trendy storage solution where you can keep your favourite reads. As the name sounds, a floating bookshelf is essentially a sleek shelving unit that has invisible brackets locked into the wall. Whether it is in the sitting room, lounge room or study, a bold bookshelf will definitely make a statement.



KSL Living

Patio Trends to Try

Nicholas Grant

Outdoor living is an increasingly popular option for many people, with a patio or covered backyard space providing great opportunities for both comfort and entertainment. If you are seeking inspiration for some new outdoor décor then we have got you covered!



Chaplins Furniture

Playful Seating Options

There's nothing wrong with your trusty couch, but a great way to add character and a distinctive touch to your outdoor living space is to have a range of versatile seating options to suit your needs. If you are partial to an afternoon nap, hammocks and beanbags are handy options. Alternatively, if you are the type to invite the neighbours around for a barbecue every weekend, benches and ottomans are stylish options to ensure that every guest can put their feet up.

Keeping It Ethical

Most people probably couldn't tell you where or how their furniture was crafted – and that's no secret. But now awareness is crucial, so you can feel fully confident and satisfied knowing that your purchases are not having any negative implications on others or the environment. Take this outdoor dining table by Chaplins Furniture for example. The tiles on the table's surface are made from old electronic screens, which were then crushed and recycled. These innovative and environmentally conscious practices are becoming more common and we can't wait to see what creative ideas are ahead.



Blinds Online

Embracing Natural Light

Not only does natural light feel refreshing, but it will add value to your home. Many architects and designers will maximise natural light, as it can make spaces appear brighter and larger. Translucent screens and blinds are a great weatherproof option for an outdoor living area like an enclosed patio, balancing practicality with aesthetic appeal.

Lavish Mirror Magic

Don't people say that the Hall of Mirrors in the Palace of Versailles is one of the most magnificent rooms in the world? There is a reason why mirrors are such a great statement – they have the capacity to make a room look larger, add opulence and magnify the beauty of a carefully designed space. With plenty of retailers boasting some draw-dropping pieces, there is a mirror unique for any home. Play with geometric designs like the concentric circle mirror shown.



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5 Entertaining Essentials

Isabella Ross



Stylised Charcuterie Board:

Did anyone say cheese platter? Charcuterie boards are all-the-rage as of late, perfect for any occasion whether it is a brunch, baby shower, birthday party or dinner with the in-laws. The great aspect about these platters is that you can put whatever tickles your fancy on them – cured meats, cheeses, fruits, nuts, chocolate, edible flowers, crackers and more. Etsy has a beautiful range of charcuterie boards on offer. Fifth Design the label, available on Etsy, has a stunningly creative Resin Art Wooden option which can be personalised with initials.

Glass Markers

There is nothing worse when hosting a dinner when everyone's drinks get mixed up! Rather than telling who owns which glass by the lipstick stain on the rim, a more efficient method is to invest in some handy glass markers. Prominent retailer Sunnyslife boasts a wide collection of glass markers that are adorable and functional, such as cute multi-coloured shells, pineapples, or various oceanic-themed markers.



Table Linen

Whether you entertain out on the patio, or inside in the dining room, every table needs a bit of love. Linens, placemats and runners are all staples for any household – just make sure to pick a fabric and colour that will suit the rest of the home's interior design. However, white is a no-no colour as it is too difficult to keep clean, not to mention it would be a very stressful occasion for your guests who would be fretting not to spill! Visit your favourite homewares stores, like Spotlight, Pillow Talk or Bed, Bath n Table for some trendy prints.



Ceramic Serving Spoons

When hosting tapas or finger foods prior to the main meal, serving spoons are cute cutlery items to have on display. Ceramic serving spoons are a great choice. Made from delicate pottery there is a range of colours, special designs and more available. Once again, Etsy is the ultimate place to find unique items perfect for entertaining or gifting to a loved one.



Versatile Centrepiece

Flowers are always an aesthetic centrepiece to have on any dining table. Whether it's homegrown roses cut from the garden or a store-bought bouquet, floral arrangements bring all the elements of a set table together. When choosing a vase, opt for one that is timeless – perhaps a simple white vessel so that it can coordinate with any table linen or seasonal flower.



“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.

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Your Local Community Agent

Lifelong Learning with Leisure Courses

Isabella Ross

Lifelong learning refers to the ongoing interest of older individuals to seek knowledge and further education. According to the Australian Seniors organisation, lifelong learning has a range of benefits including 1) an enriched life of self-fulfilment, 2) a sense of worth for the individual and 3) a hunger for life and further exploration. A practice greatly encouraged, there are plenty of courses available across the Sydney basin where seniors can adopt a new skill.

Candle Making Workshop

Price – \$130

A program run by Macquarie Community College, candle making is a perfect hobby for creative-minded seniors. Participants will have the opportunity to learn the basic candle making techniques, such as learning about the varying waxes, fragrances, colours and equipment. It is also a very useful course, given that candles make great presents for loved ones and they look lovely and have purpose around the home. Designed for all levels, from beginners to advanced, this workshop can be undertaken in Chatswood meaning it is very convenient for locals.

<http://bit.ly/macquarieCandleMaking>

Qi Gong Classes

Price – \$100

A traditional Chinese form of martial arts that dates back to centuries ago, Qi Gong is the perfect active exercise for seniors to partake in. Similar to Tai Chi, Qi Gong consists of gentle flowing movements, deep breathing and a balanced state of mind. The aim is to achieve relaxation, muscle movement, balance and increased vitality. Located at Gordon Library, the classes run for a period of 10 weeks, meaning only \$10 a class – an inexpensive and great way to keep mentally fit and agile.

<http://bit.ly/ActiveKu-ring-gai>

Australian Native Gardening Course

Price – \$168

Everyone loves to implement Australian native plants in their garden – it is great for the environment, encourages local fauna and works with our climate. This course teaches a great deal of content – natives for suburban gardens, edible varieties and origins of the native flora to name a few. A part of Sydney University's Centre for Continuing Education, this course is perfect for seniors with a keen passion for horticulture.

<https://cce.sydney.edu.au/course/DANP>

Global Diets for Dignified Ageing

Nicholas Grant

Having respect for our seniors is a global concept which is practiced in a diverse range of ways. One of these is in food – a range of international cuisines have excited many people for the assortment of potential health benefits they can provide, particularly in relation to ageing gracefully and healthily.

THE MEDITERRANEAN DIET

Following the Mediterranean means following in the footsteps of nations such as Greece, Italy, and Spain. A 2014 study by the Royal Australian College of General Practitioners revealed that when people with a high risk for heart disease followed the Mediterranean diet, their risk was reduced by up to 30%. A typical Mediterranean Diet consists of high amounts of fruits, vegetables, grains, fish, nuts, and monosaturated oils such as olive oil. There are only small amounts of red meat, eggs, and processed foods.

THE JAPANESE DIET

Japan has the second-longest life expectancy and lowest obesity rate of any country in the world, due largely to their diets. The typical Japanese diet has an emphasis on gut health, with plentiful amounts of fermented foods and seasonings such as miso. Carbohydrates in the Japanese diet come in the form of rice, and protein is found in mainly seafood and occasionally chicken. Furthermore, a typical Japanese meal often simply consists of numerous smaller dishes, with lots of variety on offer.

THE NORDIC DIET

This meal plan is based on the traditional eating patterns of Northern European countries. A 2016 Finnish study discovered that seniors on the Nordic diet scored higher on fitness assessments and had lower rates of physical impairments. Foods recommended for this diet include fish, grains like rye, oats, and barley, root vegetables, and fruits which typically grow in the Nordic climate such as berries and apples.

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Julie – Resident



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TEATIME

The Ultimate Devonshire Scone

Isabella Ross

Devonshire tea is an iconic British tradition that us Aussies well and truly love. Perfectly fresh, buttery scones, tart strawberry jam and quality cream served alongside a steaming pot of loose-leaf tea – heaven. Afternoon teatime is a pastime loved by many seniors, so to celebrate the occasion, we have collated the ultimate guide for Devonshire Tea.



SCONES RECIPE

Courtesy of Women's Weekly Food

INGREDIENTS

- 2 ½ cup self-raising flour.
- 60 grams cold butter, chopped.
- ¾ cup cold milk, plus extra to glaze.

METHOD

1. Preheat oven to 180°C fan forced. Grease and line a baking tray with baking paper. Sift flour into a large bowl. Rub in butter to make fine crumbs. Make a well in the centre and add milk. Using a round-bladed knife, cut through mixture until it forms a soft dough, adding 1 to 2 tablespoons of more milk if needed.
2. Turn out dough onto a lightly floured surface. Knead briefly until smooth, then shape into a 2cm-thick round ball. Using a 5.5cm cutter dipped into flour, cut a round from the dough.
3. Place scones side by side on prepared tray. Brush tops with extra milk to glaze. Bake for 12 to 15 minutes or until golden and well risen.
4. Serve with clotted or whipped cream, and artisan jam – lots of local farmer's markets have a great selection of preserves.

Great Spots to Grab a Scone:

1. Geranium Cottage Nursery and Café, Dural.
2. The Cook's Garden, North Turramurra.
3. Cafe at the Gallery, Sydney.
4. The Tea Room Gunners Barracks, Mosman.
5. The Tea Cosy, The Rocks.

Top 5 Teatime Etiquette Tips:

1. Twist the scone in half rather than cut with a knife.
2. Always opt for loose leaf tea varieties.
3. Jam first, cream second.
4. Let the tea steep for 3 minutes or more. Once done, the person sitting nearest to the teapot should pour for other guests.
5. Dress smart casual.



Retirees' Savings Woes

Two-thirds of retirees in their fifth year of retirement expect to run out of savings within the next 20 years. According to National Seniors Australia research, the majority of seniors are concerned about the future of their savings. People with little-to-no super recorded the highest levels of worry, as well as women in general in comparison to men.

National Seniors CEO, Professor John McCallum, said these findings illustrate the extent of the worry felt by older Australians when it comes to their financial security.

"Australia has one of the best pension systems in the world, yet Australian retirees are still showing high levels of worry that they will outlive their savings. This shows a need for better advice and education to help older Australians manage their savings so they can have the confidence to spend their money and enjoy retirement," Mr McCallum said.

Given women have commonly been the caregivers at home, it is no surprise that many female retirees are more concerned about their finances, given they are also more likely to be relying on the Age

Pension as their main source of income. Women are also more likely to have less than \$500,000 in retirement savings, which is below the ASFA comfortable standards. Divorced women are among the most worried about their financial situation in retirement.

"What this and other research clearly highlights is that people treat the Age Pension and their own savings differently. They fear running out of their own money, even though the safety net of the Age Pension will be there for them. This sends a strong signal that people worry about being solely reliant on the Age Pension. It's therefore important that super funds explore ways of providing more lifetime income to their members," concluded Challenger's Chairman of Retirement Income, Jeremy Cooper.

The National Seniors Australia report 'Retirement Income Worry: Who Worries and Why?' is one of the largest comprehensive surveys of older Australians. The study surveyed 3584 Australians aged over 50 on their behaviour and views across a range of topics including lifestyle, health and wellbeing.



 A photograph of a family of three smiling and holding hands outdoors. A man in a purple shirt, a young girl in a floral dress, and a woman in a blue top are all smiling.

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Meaning in Life for Older Adults

Dr Sue Ferguson

There is a lot of research now showing that having a sense of meaning or purpose is linked to not just psychological benefits, but also to physical health and even to longevity. Part of the meaning we experience in our life is linked to our sense of having a purpose (or reason) for living. Mark Zuckerberg says “purpose is that sense that we are part of something bigger than ourselves, that we are needed – that we have something better ahead to work for.” But we don’t need some major achievement – we are not all Mother Teresa! So what is meaning in life and how can we grow this aspect of our lives?

According to Professor Michael Steger, meaning involves appreciation, connection and growth. So in retirement we can appreciate what is around us and our life as we have lived it, savour our newfound extra time off, and admire our

environment. This can be as simple as admiring the garden in our own backyard, or visiting a spot of beauty whether it is a National Park, art gallery, museum or travel destination. We can also find meaning in our connection to others, by being there for our friends and family when they need us and by building new friendships and community connections (e.g. through joining a club or volunteering). We can build on our existing skills, and experiment with learning new ones (a new craft, new language, new directions for using the skills we developed in our career), as well as growing in our everyday roles whether it is as a partner, friend and/or grandparent.

There are thus many ways to build our sense of meaning in life, and lift our wellbeing and that of those around us. As the Dalai Lama said “our prime purpose in life is to help others, and if we can’t help them, then at least don’t hurt them.”



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



Mobility Scooter: Is it for me?

Rejimon Punchayil

There are many of us who are not able to enjoy this beautiful season simply because our body is not able to catch up with our mind and heart. There is no reason to feel disappointed. One could enjoy better mobility by equipping oneself with a mobility scooter or a power chair. We often hear people say “I am not ready for this yet.” We also hear scooter users say “I wish I had bought this sooner,” after their first purchase. A test ride will convince you if have any doubts.

1. Is it a Power Chair or Mobility Scooter? A power chair would be ideal for indoor use.
2. Size and Portability: Do you require the scooter to be a portable one? How often would you transport it? Is this your primary mode of transport?
3. Three Wheel or Four Wheel? Four wheel ensures more stability whereas three wheel has shorter turning circle.
4. Compliance with Australian Standards: It is important that you buy one from your local supplier who ensures that the unit complies with the strict Australian Standards for quality.



5. Warranty and Back Up Service: Like your car, a scooter has to be backed up with a strong warranty and technical support. The battery is another important element in the selection.
 6. Features: Do you want a luggage carrier? A canopy to shield you from the sun and rain? A comfortable seat? A USB mobile charger can be handy these days.
 7. Test Drive: Why would you buy yours without one?
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A Wellness Guide to North Shore

Isabella Ross

SPA

Facials are a girl's best friend. Soothing, nourishing for the skin and mentally and physically detoxifying. There are countless spas across the North Shore providing a myriad of services ranging from hot stone massages, aromatherapy massages, scrubs, peels, facials, cosmetic procedures and more. Endota Spa is the largest chain day spa in the country, known for its beauty therapies that take inspiration from nature's abundance. Nearby locations include Hornsby, Macquarie Park and Chatswood. Reviewed in our December/January 2019 issue, Balance Aesthetics Medispa is a tried and tested spa I love, known for its reasonable pricelist, exquisite treatments and service.



ORGANIC MARKETS

Markets are a fun morning ritual for the weekend, where you can grab a bargain or two and a beautiful bouquet of flowers for the week. Most produce markets have some selection of organic items, including fruits, vegetables, artisan loaves like sourdough, local honey or floral arrangements. Northside Produce Market in North Sydney have some wonderful stalls, as well as The Beaches Market in Warriewood. If you are in need of sustainably sourced bulk items, like flour, nuts, sugar and tasty chocolate-coated goodies, then The Source Bulk Foods in St Ives is a great shop.

NAILS

Having clean and nicely styled nails is something most of us love to do. All you have to do is sit back, relax and let the professionals do their job. Whether it is shellac, gel or normal polish, a funky colour or something subdued, every nail salon has a wide range of shades, brands and materials available. It's also incredibly important to choose professional nail salons that look after their pedicure spas to ensure no fungal pathogens can be spread. Ruby Room in Chatswood Westfield is one great option. If you prefer vegan nail polishes, then Lady Luxe Nail Salon in Crows Nest is a fabulous place.

SAUNA

As we have touched on in previous Health Corners, the humble sauna is actually quite extraordinary for a person's health. Some of the benefits include better blood pressure and circulation, lower cholesterol, and reduced water retention. Having a sauna session is also quite beneficial for mental health – there are no mobile phones or distractions, leaving you time to relax, deep breathe and have a moment of quiet. Lane Cove Aquatic Centre has an on-site sauna and steam room for a reasonable price. For an infrared sauna check out Oriental Spa in Chatswood, a tropical Balinese-inspired day spa.

The Luxurious RAIN BRIDALWEAR

Sydney's newest bridal shopping experience is unlike no other. Rain Bridalwear is a step above the rest, offering an unbeatable showroom filled with exquisite gowns and accessories. Yet Rain Bridalwear is a lot more than just a store – it is a premier space that includes a bar and restaurant just a few steps away, meaning to-be brides will have an unforgettably luxurious experience. Nestled in the picturesque Regal Gardens in The Hills District, the plush scenery is also the perfect backdrop for an exquisite meal at MezeMe Grove, the relaxed Moroccan Middle-Eastern French fusion restaurant located next door. Whether you browse to your heart's content or gain helpful insight from the lovely staff, you are set to find the dress of your dreams. The plush showroom is fitted with an array of soft suede sofas and standing



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YK2 Photography

KNELA

In collaboration with KNELA, YK2 Photography is offering an introductory deal for Sydney Observer readers where all registrations will receive 15% off to YK2 photography.

Fitness and Dance Studio

Isabella Ross

Located at the Blair Wark Community Centre in West Lindfield, KNELA offers a wide range of exercise classes suitable for all levels of fitness. KNELA was also designed with local mums in mind, with child-minding available for participants while they workout. Run by a powerhouse sister duo, Jessica and Kayla are both in the dance and fitness industry. Jessica is a qualified PDHPE and Dance teacher and sister Kayla is a qualified personal trainer and dance trainer who has danced internationally and taught at numerous schools across Sydney. "We both share a passion for fitness, dance, health and being around kids. So, we thought why not join them all together," the sisters noted.

Tried and tested by Sydney Observer, we went and joined in on the Barre class, a low impact, high-intensity workout combining pilates, cardio and dance. A fantastic workout, the class was thoroughly enjoyable and perfectly suited to a range of abilities and ages. When I was partaking in the group exercise class, there were also lots of mothers and their adorable children present being looked after by one of the



YK2 Photography

sisters, highlighting just how family friendly KNELA is. "We wanted to create a fun and safe space for the whole family. Our aim is to help to improve physical, mental, social and spiritual health. We understand that it is hard for families to find time for themselves let alone to do a workout. That is why in our sessions you can involve your little one or we also offer child-minding so you can have a stress-free workout," the sisters noted.

@knelaau | <https://knela.com.au>

KNELA CLASSES:

Adults

- **Barre:** It is a low impact, high-intensity workout combining pilates, cardio & dance.
- **FitDance:** Aerobic dancing mixed with fitness.

Tiny Tots

- **FitDance:** A creative dance program introduces children to fitness and dance styles, rhythm and movement.
- **Baby Ballet:** Introduce the basics of Classical Ballet through imagination and creative movement.

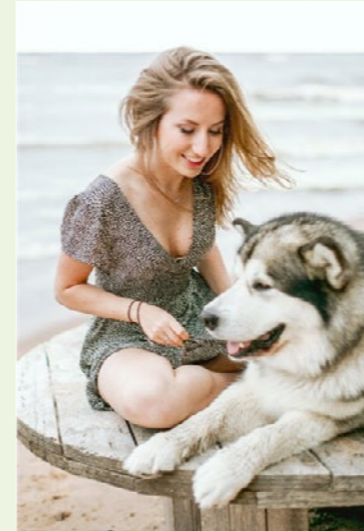
Coming Soon

- **Kangatraining:** A safe, fun post-natal exercise for mums and their little one. Mums perform the session with their baby in a carrier. Cuddles, hugs and squats, it is a fun class incorporating fitness and dance.
- **KNELA Stretch:** Rewind and relax with stretching, strengthening, breathing and meditating.
- **Hip Hop Boys and Girls Classes:** Learn the latest tricks and moves.
- **Baby Cheer:** Learn the fundamentals moves of cheerleading

Health Corner

Nicholas Grant

Volunteer Pet Health Initiative



for cats is coming soon. To volunteer to be a part of the research, head to <https://darwinsark.org/>

Your pooch can help contribute to animal health and wellbeing research. American program Darwin's Ark is aiming to understand how genetics influence the appearance and behaviour of canines. They seek data from dogs all around the world, with participation consisting of a survey followed by an optional saliva sample from your dog. A similar initiative

The Kombucha Kick



You have likely noticed this fizzy drink popping up on supermarket shelves recently – so what makes kombucha so popular? Marketed as a healthier alternative to soft drinks, kombucha is a fermented drink made from a combination of tea leaves, bacteria, and yeast. Fermentation produces probiotics, important for gut health. This combined with kombucha's low sugar content and wide range of flavours has led the drink to become a staple in many refrigerators in recent times.

Fitness Australia Awards

Fitness Australia has announced the finalists of the 2020 Australian Fitness Awards recently. A wide range of awards are up for grabs for individuals, businesses, and community fitness programs. There is also the opportunity for individuals who have deeply influenced the fitness industry to be nationally recognised on Fitness Australia's Roll of Honour. Award winners will be announced at the Awards Gala Dinner on Friday 1 May. <https://awards.fitness.org.au/>



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World Oral Health Day 2020

Dr. Ian Sweeney

The message for the 2020 World Oral Health Day is simple – “it is never too late to start looking after your oral health.” The World Dental Federation wishes to motivate people to maintain their teeth throughout their life and not to accept tooth loss as a natural part of ageing. Despite our busy lifestyles, it is important that we maintain good oral health. A twice daily routine of brushing and flossing, a diet low in sugar, regular dental visits and a reduction of lifestyle risks such as tobacco and alcohol will help to minimise oral disease.

According to a 2018 survey, we know that today in Australia the most common chronic disease is Tooth Decay. We also know that oral diseases such as tooth decay, gum disease and oral cancer contribute to illness, disability and death in Australia. Despite everything we know, the percentage of adults over the age of 18 years who brush twice a day is only 51%. Also, adults with untreated tooth decay make up 25% of the population and 48% of the adult population consume too much sugar. The same data for children aged 5-14 years shows that only 68% brush twice daily, while 70% consume too much sugar. Poor oral health in childhood is the strongest predictor of further dental disease moving into adulthood.

2020 marks the 75th year of water fluoridation with approximately 25 countries around the world fluoridating their water supply. Drinking fluoridated water and using fluoridated toothpastes are major

contributors to the reduction of tooth decay. Most major brand toothpastes contain fluoride, however many alternate toothpastes do not. The dental profession has evidence to show toothpastes containing fluoride will in fact help to reverse the early signs of decay.

Recycling and sustainability has now reached the realm of toothbrushes. With hundreds of thousands of toothbrushes disposed of annually, the use of recyclable toothbrushes is an appealing idea and a growing industry. Most modern Bamboo Toothbrushes advertised as recyclable have nylon bristles which need to first be removed from the brush handle and disposed of. The brush handle can then be recycled. If you want a fully biodegradable toothbrush, you will need to choose one with a bamboo handle and bristles made from boar hair. It is important to be aware that boar hair bristles are coarser and rougher than nylon bristles, which will increase the wear on your enamel and certainly lead to gum recession. When it comes to sustainability, the one thing that should be sustainable is a good smile and bite. Daily maintenance is the key to maintaining a healthy smile and enough teeth to bite with. We also know that a good bite has been linked with better balance and a reduction in the number of falls in the elderly, improving the quality of life in the ageing population.

The key message again – “it is never too late to start looking after your oral health.” Should you have any questions or concerns regarding oral health, please contact your dentist.



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

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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.

Uluru: An Australian Beauty

Isabella Ross

One of the most breathtaking sights to see in all of Australia, Uluru is an incredibly spiritual place. Located in the Northern Territory, the landmark is sacred to the Indigenous people given it symbolizes an important aspect of their cultural identity. Growing up in Yulara for a period of my childhood 20 minutes away from the rock, Uluru holds a special place in my heart so I love to recommend the destination to all!

THE ACCOMMODATION

When it comes to accommodation, nothing quite beats the *Sails in The Desert* hotel. A 5-star establishment, this hotel pays homage to its surroundings, celebrating the desert's raw beauty, colour and flora. Located in the heart of Yulara, *Sails* has been around for years and remains a premium outback holiday experience.

THE CULTURE

Dot painting workshops are a fun activity for the whole family, with elders sharing how to create and interpret the meaning behind each of the symbols used. Visiting some of the local Yulara galleries and museums is another way to see beautiful Aboriginal artwork. I will always remember doing a bush tucker tour with local Indigenous tour guides, unearthing Witchetty grub and honey ants. The hotels also offer lots of free daily activities like the bush tucker experience, meaning there is plenty to do with any budget.



The Sounds of Silence is arguably the most well-known experience on offer, an evening of dining under the sparkling desert sky.

THE ROCK

Understandably, you can't go on this holiday without visiting the rock itself – at least a few times! A guided tour is the way to go and these can be booked easily in advance through your hotel. This way you can discover more about the landmark's history, geography and cultural significance. Walking tours around the perimeter of Uluru as well as helicopter tours and camel rides are also fun ways to explore. Personally, visiting Uluru when it is raining reasonably is an entirely different experience to that when the rock is dry, so if the weather varies consider yourself fortunate! Sunset, sunrise, rain or shine Uluru is always great.



Blue Mountains: Road to Recovery

Nicholas Grant

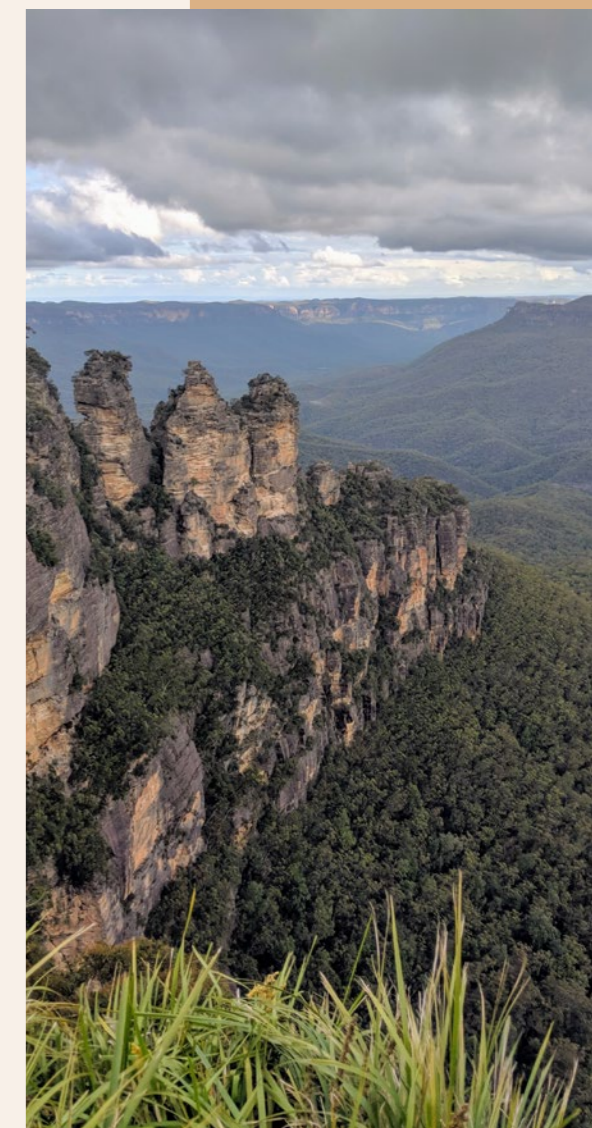
With the Three Sisters standing as custodians of the mountain range, a comparably familial bond can be felt between residents of the Blue Mountains area.

Following over seven weeks of catastrophic bushfires, the drive for tourism in the Blue Mountains region has never been stronger. The fires, which began in November 2019, are estimated to have damaged around 80% of the World Heritage areas in the Blue Mountains.

Tourism is necessary for local businesses to bounce back, and so regional organisations such as the Blue Mountains Conservation Society and the Blue Mountains World Heritage Institute can work to restore damaged areas to their vitality and prepare for the future. The government has already begun efforts to strengthen the regional tourism industry, with new visa rules hoping to encourage backpackers to work in bushfire zones. "This will be a massive recovery effort and we want businesses and charitable organisations to have as many boots on the ground as they need," said Acting Immigration Minister Alan Tudge.

Observing the wildlife while bushwalking is a soothing yet harrowing symbol of rebirth after devastation. The forests, which are intermittently green and black, serve as a reminder of Mother Earth's resilience. Several trails including the Katoomba, Leura and Wentworth Falls walking tracks remain open for bushwalkers. On some of these trails and other organised tours, you can see some of the Aboriginal rock engravings that have existed for thousands of years. The café scene in the region has a distinctive homely style. Anywhere you go, chances are the staff will always be happy for a chat. One option you cannot miss is Leura's appropriately named Red Door Café, which was rated as the best café in the Blue Mountains by Australian Traveller magazine. The modern Blue Mountains Cultural Centre consistently exhibits some of the finest works by talented creatives. On the other side of the Blue Mountains National Park, the Bilpin Community Markets are a quaint showcase of local crafts and foods each Saturday morning. The sense of community is truly on display.

Always be alert of areas which may be closed due to the impacts of fires. To stay updated, visit www.nationalparks.nsw.gov.au/alerts/alerts-list



TINY HOMES CARNIVAL 2020

SYDNEY EDITION

7th - 8th March 2020
In collaboration with the
Australian Tiny House Association

What's On

Crafters and Makers

4 MARCH

Where: Chatswood Library, The Concourse

Cost: Free

A great local initiative run by Willoughby Council, Crafters and Makers sessions are held in Chatswood, designed specifically for locals. Join the session to work on your own craft goals and hobbies or find some new inspiration from other attendees. Even better, research has shown that craft is a great way to improve health and wellbeing. <https://www.willoughby.nsw.gov.au/>



Dog Talk at the Dog Park

5 MARCH

Where: Roseville Park, Roseville

Cost: Free

Thanks to Ku-ring-gai Council, this free dog talk will help dog owners learn a variety of related information, services and free giveaways that are accessible across the North Shore. Owners can get a free check of their pet's microchip, profile on the NSW Pet Registry, along with free info booklets. <http://www.kmc.nsw.gov.au/>

Broadway World



Taronga Zoo Comedy Gala:

7 MARCH

Where: Taronga Zoo, Mosman

Cost: \$82 – onwards

As part of the Twilight at Taronga Summer Concert Series, this night of laughs will have guests in stitches, with big names like Kitty Flanagan and Luke McGregor. Fun for those over the 15-year-old requirement, Taronga Zoo is the perfect location for the gala, thanks to its breathtaking views of the Sydney Harbour skyline at dusk.

<https://twilighattaronga.org.au/comedy-gala/>



Tiny Homes Carnival

7 MARCH – 8 MARCH

Where: St Ives Showground

Cost: \$25 – \$65 per person.

Tiny Homes are all-the-rage in home and design currently. So, get to know the trend itself by visiting the Sydney

edition of the Tiny Homes Carnival at St Ives. Come down and view the gorgeous tiny houses on display and listen to some interesting resident speakers at seminars.

<https://www.tinyhomescarnival.com/>



Rethinking Beauty

8 MARCH

Where: Sydney Opera House

Cost: \$33 – onwards

Rethinking Beauty is a talk hosted at Sydney Opera House by public commentators Bri Lee and Carly Findlay. Discussing all things beauty, the conversation will focus on what it means to be beautiful and how as a society we can change our own definitions and standards.

<https://www.sydneypoperahouse.com/>

MindBodySpirit Festival

12 MARCH – 15 MARCH

Where: ICC Sydney, Darling Harbour

Cost: Free

Australia's largest health, wellbeing and natural therapies event, the MindBodySpirit Festival is a great way to ignite a balanced and sustainable lifestyle and wellbeing. Tarot card readings, crystal stalls, inspirational seminars, meditation sessions, food stalls and psychic readings are all on offer. With over 200 exhibitors, the festival will be bigger and better than ever!

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

Community Singing Group Gordon

EACH FRIDAY OF THE MONTH.

Where: Gordon East Public School Hall
Cost: \$8 per night.

A great way to connect with like-minded individuals in the North Shore areas, Sing Australia Gordon holds events each Friday night where locals can sing to their heart's content. There is a wide range of music sung from all genres, and no previous experience is required. So warm up your vocal cords and sing the night away!

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

Wild Foods and Medicinal Plants Talk

14 MARCH

Where: Lane Cove Council Civic Centre
Cost: Free

Are you a keen herbalist who enjoys using natural products that don't have harsh chemicals? Then this event is perfect for you! Explore a range of wild food and medicines that can be found across Sydney's bushland areas with bush tucker guru and survival expert Jake Cassar. Bush soap anyone?

<https://www.eventbrite.com/e/wild-foods-and-medicinal-plants-tickets-85733971617>



My Kids Market Hornsby

15 MARCH

Where: Park Lane, Waitara

Cost: Free

Recycling pre-loved baby clothes that are still in great condition is a ritual lots of families abide by. My Kids Market is the state's original and largest market where parents can buy and sell children items and clothing that has been outgrown by another child. Goodies include clothing,



Italian Opera Gala

25 MARCH – 28 MARCH

Where: Sydney Town Hall

Cost: \$49 – onwards

No one does opera better than the Italians! Some of the stars of the European Opera are set to take the stage with the Sydney Symphony Orchestra. The gala will be a performance of music, drama, beauty and passion, with the stars singing some of the greatest music from Italian Opera.

<https://www.sydneysymphony.com/>

toys, books, shoes, bikes, prams, games, puzzles and more.

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

Ocean Lovers Festival

17 MARCH – 22 MARCH

Where: Bondi Pavilion

Cost: Free

The festival is an annual celebration of the sea, showcasing some of the latest information and innovations in science and technology to do with ocean conservation.

To celebrate, the 6-day festival will provide free entertainment and events, including art, films, music, food, stalls, seminars and more.

<https://www.oceanloversfestival.com/>

Rainwater Harvesting Workshop

22 MARCH

Where: Field of Mars Education Centre, Gladesville

Cost: Free

Discover what is involved in designing and maintaining a rainwater

harvesting system. Perfect for our current water restriction conditions, this free interactive workshop will give participants advice on how to choose a tank and ensure suitable water quality. Whether it be plumbed into your house or simply installed for your garden, there is so much to learn at this event.

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

Sustainable Gift Wrapping

28 MARCH

Where: Hornsby Library

Cost: \$10

A super fun and creative way to present a gift, Furoshiki is a Japanese gift-wrapping method that is eco-friendly and imaginative. Come along to this workshop where you can learn how to wrap with sustainable fabric. Participants must bring a wine bottle, a DVD case and an orange or apple as items for wrapping exercise.

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



Bobbin Head Cycle Classic

29 MARCH

Where: Karuah Oval Turrumurra

Cost: \$50 – onwards

The annual cycling event, otherwise known as The Bobbo, is a community bike ride hosted by the Rotary Clubs of St Ives, Ku-ring-gai, Turrumurra and Wahroonga. The funds go towards supporting the Lifeline Harbour to Hawksbury in its mission to save lives. There are distances that will suit all ages and abilities, ranging from 27 to 104 kms, meaning everyone can get involved.

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

GET EXCITED FOR The Lindfield Art Show

Isabella Ross

Run by an army of dedicated volunteers, The Lindfield Art Show is one of the North Shore's premier art exhibitions. Hosted by Holy Family Catholic Primary School in the leafy suburb of Lindfield, the event celebrates local artistry by having a vast collection of eclectic works from prominent and emerging talent. The art on display often comes from a range of mediums including ceramics, oils, pastels and acrylics.

"The show has a rich history and as this is the 44th year, we are anticipating our biggest show ever! Over the years we have always delivered an amazing range of beautiful contemporary artworks from direct artists and galleries. The Art Show committee always works tirelessly to bring a significant number of new exhibitors onboard, and we feel it is important to support our local community and artists along the way," commented Deanna Antcliff from the Lindfield Art Show Committee for 2020.

It is commonly the case that exhibiting artists will donate two or three pieces of their work on the opening night cocktail party, with all the proceeds going to Caritas Australia, an

aid organisation helping end poverty. With the cocktail party to be held on March 20, it is set to be a delightful affair as always. "The opening night cocktail party is a wonderful night. In previous years it was quite a grand occasion. Once we had Neville Wran, the State Premier and Minister for the Arts at the time, open the show. In the past we have had collections from prominent artists like Brett Whiteley as well," Ms Antcliff noted.

The 2019 People's Choice Award recipient Justin Caleo, will also be exhibiting again this year, known for his expressions of the Australian landscape and preference for oil paint on canvas. "We are thrilled to be exhibiting our 2020 collection, showcasing a range of paintings, Indigenous works, photography, sculpture and installations," concluded Ms Antcliff. "Art lovers old and new will be sure to find that special something to warm their hearts and home."

Dates: 20 March – 22 March.
www.holyfamilyartshowandfair.com/lindfield-art-show

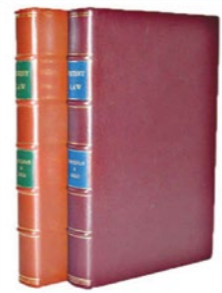


"...as this is the 44th year, we are anticipating our biggest show ever!"

Deanna Antcliff from the Lindfield Art Show Committee for 2020



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Cutting Toxic Ties

Kerrie Erwin

Do you have problems moving on from toxic people in your life? Try this easy and valuable exercise. This is a simple practice of cutting off negativity and old energy, which is worn and no longer useful for not only us but also all persons concerned. It is positive and not harmful in anyway as it helps all parties move on.

- 1) Find a quiet place in nature or a sacred place for you where you will not be disturbed for the duration of the exercise.
- 2) Holding the picture of the person you wish to cut ties with, visualize a blue figure eight, with gold in the middle. Visualize yourself on one side and the person you wish to cut ties with on the other side. Now imagine ties or old ropes or vines wrapping around you and connecting you to the other person. Note what these ropes look like. How does this energy make you feel?

- 3) Now imagine yourself with some big, oversized scissors. Using the scissors, begin cutting through the cords or ties that are connecting you with the other person. Once you have done this, cut out the center of the figure eight and blow the person away into a big pink, healing bubble of love.
- 4) As they float away, explain to them why it is not beneficial to have them tied to you. This is not about focusing on their negative traits but on releasing yourself from any negative effects they may have on you. Once you have done this, you are releasing the karma.
- 5) Once you feel satisfied that you have communicated what you need to, tell them you love them and forgive them but the contact you once had is now terminated.
- 6) With love and blessings, say goodbye and step out of the healing bubble, sending the healing bubble full of green healing light into the source of love. Close down all your chakras.



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

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IN A PSYCHIC
READING**

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

Reader Question

My question is about romance, when will I be in a relationship again? – Julia.

Time to move on from your past Julia. You need to cut the ties as there is a lot of sadness around you that needs to go. Trust your intuition next time. Life is about experiences. You are a free thinker so you know this. This is a good year for you with your love life so I can see you testing the love waters again and I get around the September/October time you will meet someone that is very special. I also see new opportunities with work. This is a favourable year for you.

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