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Sydney Observer

IN PRINT SINCE 1996

Sarah Jane Adams

'My Wrinkles Are My Stripes'



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Welcome to our October issue!

Our profile is the wonderful Sarah Jane Adams – a qualified gemologist, jeweller, author, influencer, model and ambassador, most well-known for her #mywrinklesaremystripes movement on Instagram. It was an absolute delight to speak with her and break down the stereotypes and negativity often attached to ageing (13 – 15).



The Golden Years Feature (27 – 41) is a must-read for our local seniors – bursting with informative articles, recommendations and inspirations. There is lots of resourceful content on ageing, retirement villages, fun hobbies and also a what's on guide dedicated to North Shore seniors.

Our Home and Garden section is particularly a favourite, with articles on kitchen transformations (25), beekeeping (22) and wardrobe styling (26). We also look into the history and meaning behind birthstones and birth flowers (44) – perhaps you will discover a great gift idea for a loved one's special day!

Stay connected with us via Instagram @sydney_observer and Facebook @Sydney Observer.

Enjoy the issue!

Isabella

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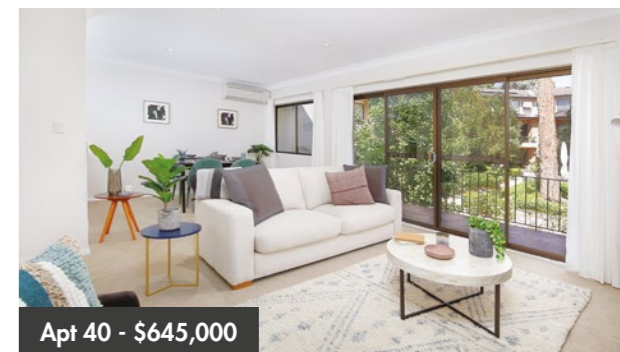
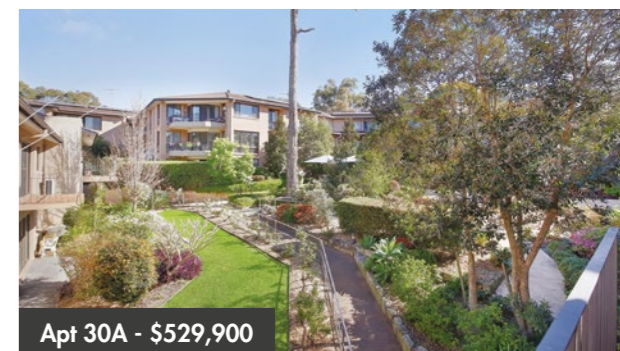
Home is where the heart is, say Jean and Clive Pringle, and for them Leisure Lea Gardens Retirement Village is "home".

“ Many things have been said about the meaning of ‘Home’. My husband and I have recently found a new home and we are happily settled into Leisure Lea Gardens, a Living Choice village in Marsfield. Living Choice Broadwater Court in Kincumber was our previous home where we enjoyed the Central Coast lifestyle. However, as time went by new factors began to emerge.

“Family members who all live in Sydney came to visit us regularly, travelling up and down the M1 with small children in car seats. We thought we needed to change this. Our granddaughter commenced the search for a residence nearer to them. She introduced herself to sales consultant Juliet Morrell at Leisure Lea Gardens and happily for us, a sunny unit was available in an ideal location. When we made our decision to relocate, both the village manager Linda Savige and Juliet were extremely kind and helpful in every way. Thanks to all concerned, the transition has been good and we look forward to many happy times with our fellow residents.”

Come and see what Leisure Lea Gardens can offer you in retirement – we have an on-site dining room, Living Choice home care services and much more. We have COVID-Safe guidelines in place so please phone ahead to make an appointment.

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SNIPPETS

PeCre/Pixabay



Ku-ring-gai Solar Program

The 2020 Solar My School program has been launched by Ku-ring-gai Council. The free program will help both local primary and secondary schools to install energy-saving solar panels. Schools that join the program will get free access to an independent assessment as well. Four local schools including Lindfield East Public, West Pymble Public, Sir Eric Woodward School and also Brigidine College have already joined the program. For more information go to the 'Smart Schools' page on the Ku-ring-gai Council website.

Prepare for 2020 Fire Season

Ahead of this year's fire season, Hornsby Shire Council is urging residents to ensure their emergency plans are up to date. Hornsby Shire Mayor Philip Ruddock said, "if there's one thing 2020 has taught us so far, it's to expect the unexpected. Research has clearly shown that people have a far greater chance of survival if they are properly prepared." There are various steps that can be taken, which can be as simple as cleaning out your gutters and preparing an effective plan for if an event occurs.

www.rfs.nsw.gov.au/plan-and-prepare

Emerge Festival Willoughby

In the first week of October, from the 1st to 11th, Emerge Festival will be in its final days. To celebrate the emergence of spring, a collection of colourful and creative COVID-safe community events are taking place. Things include a Live Streamed BBQ Cooking Class on the 3rd, a World Mental Health Day Flower Shop Pop Up in Willoughby on the 10th, and School Holiday Bushland Adventures for Kids throughout.

Ku-ring-gai Rotary Members Interest

Ku-ring-gai Rotary Club is very active and adapting to the current COVID constraints. They are still welcoming new members who would like to contribute to their local community. The Rotary theme for this year is 'where neighbours, friends and problem-solvers share ideas and take action to create lasting change.' So, if you are looking for mateship and the chance to do good in the world, visit:

www.kuringgairotary.org.au/

Spring has Sprung at Roseville

There is nothing better in the springtime than gorgeous flowers! Roseville Train Station has been given a floral facelift by Ku-ring-gai Council. To see the new blooms, visit Hill Street in Roseville. Rohini Street at Turramurra Train Station was also given some love – to see the flowers in their glory, visit Ku-ring-gai Council's Instagram or see the hashtag #kcspringflowers. Also, @capturekuringgai has some fabulous photographs of local North Shore spots, which are worth a look.

North Shore COVID-19 Clinics

For those needing to get tested for COVID, *Sydney Observer* has collated a list of all the places on the North Shore where you can get tested. Nearby locations include – Roseville Respiratory Clinic (132A Pacific Highway, Roseville), Killara Histopath Pathology (Dalcross Private Hospital, 28 Stanhope Road, Killara), Hillview Community Health Centre (1334 Pacific Highway, Turramurra) and Hornsby Ku-ring-gai Hospital (Building 93, Burdett Street, Hornsby).

New Deputy Mayor for Council

Councillor Cedric Spencer was elected Deputy Mayor at the Ku-ring-gai Council meeting recently. Under changes to the Local Government Act, no election was required for the mayoral position, which is elected for two years. Councillor Jennifer Anderson will continue as Mayor until September 2021. Mr Spencer is a solicitor and an academic who runs his own law firm in Gordon. He has a heritage of English, Portuguese and Chinese mix, speaks several Asian dialects and lives in Pymble with his wife and son.

Message from Ku-ring-gai Police

We have had a number of break and enters and stealing from motor vehicles in the lower section of the Ku-ring-gai command recently. It appears that doors and windows of some of the properties were closed but not locked, allowing the thieves easy access to the victim's homes. When you leave your home or car please ensure that your windows and doors are locked. The harder you make it for a criminal to steal, the more likely they will leave.



Great Cycle Challenge

This October, Aussies of all ages and fitness levels are encouraged to get on their bikes and ride to fight kids' cancer. In just 6 years, over \$16,300,890 has been raised. It is the largest killer of children from disease in Australia, with over 600 Australian children diagnosed with cancer every year. So, get started now! For anyone wanting to get involved in such an important cause but need a bike, St Ives Cyclery is a great local spot to purchase your next bike!

greatcyclechallenge.com.au/

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History of Ku-ring-gai

Eliza Cusack

The special character of the Ku-ring-gai municipality is a reflection of its fascinating history that has shaped the area into what it is today. The Ku-ring-gai Historical Society explores what happened in the area between the time period of 1890 and the first World War. During the 19th Century, the land north of Sydney Harbour Bridge was largely made up of rural communities whose occupants made a living from timber-getting, market gardening and fruit growing.

Towards the end of the 19th Century, there was development due to improved transport and the opening of the railway to Newcastle. Suburbs on the North Shore, particularly Wahroonga, were viewed very favourable by wealthy inhabitants who were seeking to escape the hustle and bustle and pollution the city brought with it. In 1890, a new railway was formed linking Hornsby to St Leonards and then later to Milsons

Point in 1893. The population on the North Shore remained mostly quiet up until the Harbour Bridge opened in 1932.

A particularly interesting part of Ku-ring-gai's history is its efforts during World War II. The Ku-ring-gai area hosted major Australian defence bases as well as numerous community organisations that formed to aid the war effort. One of these organisations was the Ku-ring-gai Women War Workers who provided knitted supplies to soldiers who were fighting overseas. The Ku-ring-gai Voluntary Aid Detachments was also



formed to care for wounded and ill soldiers upon their return to Australia.

Indigenous History of Ku-ring-gai

Courtesy of The Aboriginal Heritage Office.

The Darramuragal or Darug people have been in this area for thousands of years. They lived mostly along the foreshores of the harbour and fished and hunted in the waters and harvested food from the surrounding bushland. They developed a rich and complex ritual life – language, customs, spirituality and the law – the heart of which was connection to the land.



Sunset Drive-In for Ku-ring-gai

Isabella Ross

The North Shore is now officially home to a Sunset Drive-In Cinema this October! Throughout the month, patrons are welcomed to St Ives Showground, where a range of classic films and new releases will be showcased. Movies include *Dirty Dancing*, *Slumdog Millionaire* and new releases *Tenet* and *An American Pickle*, along with sing-along films *Grease* and *Bohemian Rhapsody*. If thrillers are your preference, *The Conjuring* is an option too. Family friendly pictures like *The Lion King*,

Mrs Doubtfire and *Frozen* are wonderful ways to keep the kids entertained over the school holidays as well.

Each single ticket is \$50 and covers one car, with as many people as the vehicle can legally seat, up to 8 people. The cinema will offer food and drink options, but the audience are asked to otherwise remain seated in their vehicles due to COVID-19 restrictions.

Up to 180 vehicles per session can be accommodated at the showground,

and Mayor Jennifer Anderson said the Sunset Cinema's ticket sales were already going well.

"Everyone is looking for something safe and enjoyable to do at this time and we believe this will be very popular with the public. This is an exciting new attraction at the venue and fits in well with our plans to generate more visitors to the showground."

To book tickets, visit: www.sunsetcinema.com.au/ku-ring-gai/



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Ku-ring-gai Council

A message from the Mayor



At the time of writing Ku-ring-gai Council is considering its position on Ku-ring-gai's draft housing strategy. This is a topic of much debate in our community and I think it's important to set the record straight on our position.

The Greater Sydney Commission was created in 2015 and given the task of planning Sydney's new housing. In the Commission's planning for the city, Ku-ring-gai was included in the North District Plan, along with other northern Sydney councils.

Since 2016 Ku-ring-gai Council had been working with the Commission and the Department of Planning believing that Ku-ring-gai was required to fulfil the state government's projected housing targets to 2036.

In March 2020 the Commission set a target of up to 3600 new homes in Ku-ring-gai by 2026, a population increase of 10,000 new residents. The Council prepared a housing strategy based on that target.

This housing strategy has aroused strong reactions in our community. Local MPs Jonathan O'Dea and Alister Henskens wrote to us opposing it and the Commission's housing targets. After I sought clarification from the government, Planning Minister Rob Stokes wrote to us on 8 September 2020 saying "Council is responsible for deciding the number of dwellings in its local housing supply target."

At the September Council meeting, I put forward recommendations that the Council prepare a new housing strategy based on capacity within existing planning controls. In other words, I proposed no further increase to new development.

The Council voted for this recommendation, which was then the subject of a rescission motion by Councillors seeking to overturn that decision. We now wait for Council to meet again and decide what to do. Read more at kmc.nsw.gov.au

Finally many of you have been delighted by our Spring Flowers Celebration in Turrumurra and Roseville. I have received many positive messages and I am so glad my initiative looks like it will become a regular feature in Ku-ring-gai during springtime.

Jennifer Anderson, Mayor of Ku-ring-gai



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Chores for a Cause

Women's Community Shelters are launching a new, innovative fund-raising campaign – 'Chores for a Cause.' The campaign empowers young Aussies aged 8-18 to support women and children affected by domestic violence by completing chores in exchange for money they can then donate to the shelter of their choice. For those looking to support the local community, consider Hornsby Ku-ring-gai Women's Shelter, which is one of only two women's shelters or crisis accommodation on the North Shore. Sadly, Hornsby is recognised according to Police NSW data as a domestic violence hotspot, with on average 80 reports per month.

"Domestic and family violence is a chronic and ongoing social problem that spikes during times of widespread disaster and stress. Charities are often the very first responders to the vulnerable, the isolated and the homeless who are at particular risk right now during this pandemic. Innovative, positive campaigns like this one have the potential to not only help our sector raise much needed funds, but to provide a sense of hope," said Women's Community Shelters CEO Annabelle Daniel.

Women's Community Shelters Education Officer, Dannielle Miller explains why this is not only brilliant for shelters, but for the kids who roll up their sleeves and support the initiative too. "This initiative offers a powerful opportunity to start some really important, age-appropriate conversations in our homes and schools around chore equity (what sort



of chores do families need to do, and how often does each family member usually spend on these?), gender stereotyping (there's no such thing as girls' work and boys' work – we can all do all the things!) and respectful relationships (every member of a family should feel safe and respected)."

<https://www.womenscommunityshelters.org.au/chores-for-a-cause/>

Online Local News

Isabella Ross

In a time when a pandemic has kept us distanced, online communication has never been of higher relevance. One of the easiest ways to gather local news and stay connected is via Facebook.

NEIGHBOURHOOD WATCH KU-RING-GAI HORNSBY

A private Facebook group, residents within the Ku-ring-gai and Hornsby areas are welcomed to send a request to join. The Neighbourhood Watch is a community-based organisation that keeps locals in the loop regarding crime within the neighbourhood, in this case the North Shore, and encourages neighbours to keep an eye out for one another.

[f NHWKuringGaiHornsby](#)

LOVING LIVING KU-RING-GAI

Run and organised by Ku-ring-gai Council, this Facebook page is all about celebrating and embracing the local natural environment. Loving Living Ku-ring-gai provides the latest

environmental and sustainability news, events, tips and stories for the public.

[f lovinglivingkuringgai](#)

KU-RING-GAI POLICE AREA COMMAND

An incredibly informative resource, the Ku-ring-gai Police Facebook page shares a range of important content. This includes COVID-19 updates, local crime, safety tips and even interesting throwback photographs and history of Ku-ring-gai law enforcement. The Ku-ring-gai Local Area command covers an area of 420 sq./km and encompasses 27 suburbs.

[f KuringGaiPAC/](#)

SYDNEY OBSERVER MAGAZINE

Of course, we have to recommend

our own Facebook page as well! *Sydney Observer* posts a range of local news articles, social media updates, and snap shots into what's on in the North Shore. We love our Facebook community and welcome you to like and join our page.

[f SydneyObserver/](#)

HORNSBY KU-RING-GAI RURAL FIRE SERVICE

Given the upcoming bushfire season is around the corner, this is a page that should definitely be on your radar. Hornsby Ku-ring-gai RFS' Facebook is a great way to stay up to date on information regarding hazard reduction burning, serious bushfire threats and precautionary advice.

[f HK.RFS](#)

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Supporting Small Business

Isabella Ross

October, otherwise known as Small Business Month, is the time for small to medium sized enterprises (SMEs) to seek expert advice to grow their business. NSW Small Business Month is run by the NSW Government, being the only dedicated festival for small business in the state. From the 1st to the 31st there will be a range of free and low-cost activities that Aussies can get involved in, some of which we have included below.

There is no denying that 2020 has been a fraught time for SMEs who have been dealt with countless blows such as the bushfires, COVID and the restrictions that have come in conjunction. Data from 2019 shows that there are approximately 785,866 small businesses in NSW, with the rate growing by 2.9% each year. That means there are a lot of SMEs that could do with some inexpensive expertise! Whether it's strengthening your adaptability, financial security or capacity to grow your business digitally, there is something for everyone to learn. "Businesspeople are doing it particularly tough this year, so we see this as a way of lifting their spirits and making them feel good about themselves," said Mayor Jennifer Anderson.

BUSINESS CONNECT PROGRAM

Another handy resource that SMEs

should look into is the Business Connect Program. Providing business advisory services and training skills for start-ups and enterprises, the program encourages a sustainable increase in business confidence. Support includes:

- Providing general and specialist business advice and government information to start-ups and SMEs.
- Promoting business growth through innovation, improving resilience and

boosting productivity.
- Supporting digital readiness and regional business development.

For migrants, there is also lots of help available via the Community Migrant Resource Centre, also a part of Business Connect.

To register in the Business Connect Program, visit: business-connect-register.industry.nsw.gov.au/pages/home3.html

Events and Workshops

Grow your Business with Online Strategies

Effective online strategy is key – learning about SEO, Google Ads, social media development and marketing automations.

When: 2 October
Time: 9am – 11am
Where: Manly Town Hall, Northern Beaches 2095.

Future Proof Your Small Business

This free workshop will provide you with high-level tools to help future proof your business.

When: 19 October
Time: 6pm – 8pm

Where: Mosman Art Gallery, Mosman 2088.

Professional Services Network

This event will help you with networking, public speaking along with marketing and sales, helping you promote your business and build connections. Cost is \$15 pp.

When: 22 October
Time: 8:30am – 10am
Where: Firestone Café, Hornsby Westfield, Hornsby 2077.

Legal Basics for Small Business

Running a small business requires you to be across your responsibilities, obligations and rights – learn more via this online workshop.

When: 27 October
Time: 3pm – 4pm
Where: Online over Zoom.

To see the full list of events and to book visit: www.businessmonth.nsw.gov.au



Sarah Jane Adams

LIFE IN A BOX

Isabella Ross

Sarah Jane Adams is a force to be reckoned with. A qualified gemologist, diamond grader and jeweller by trade, along with being an author, influencer, model and ambassador – there is one definite thing about SJA – she cannot be boxed in. Sydney Observer had the chance to speak with SJA, about her new autobiography 'Life in a Box', as well as her passion, inspiration and attitude towards ageing.

CONTINUE ▶

From a young age, did you have a sense of style and love for fashion?

Far from it! From a very young age I was in a uniform. My father was in the Royal Airforce and I went to boarding school and was in uniform 24/7 until the age of 16. I really didn't have much access to experimentation, except I did learn to manipulate certain aspects of my uniform. When you have fewer things to work with and want to create a sense of individuality you can do it in many simple ways. I was trying to find some way of having independence within the confines of stricture.

What happened when you no longer had to wear a uniform?

In those days, living in Yorkshire and London, I explored and attended jumble sales every weekend and that is where I would find incredible fabrics and pieces of clothing that were very exotic. I had no idea where these things were from, you didn't have Google then. You had to get a book out of the library and do serious research. Growing up in the 1950s and '60s as a woman was so different to now. It wasn't long after the war, so there weren't many brands and the high street shops were limiting. My clothing was always second hand, but it's where my love for textiles started.

Congratulations on the success of your book as well! What was the writing process like and the public reaction to the finished product?

Thank you very much. It was released on April Fool's Day which was also pretty much the start of lockdown! Yet what I've seen is that I've had some amazing feedback from the people that it has reached, from all walks of life, cross cultures and ages. I wanted to write a book that was available to everybody – because life is everybody. It's also not a book about fashion – it's more so an autobiography discussing what is of value in terms of memories and things. I don't know many who have written an autobiography in the structure of an auction catalogue through the symbolism of the things they have gathered and collected throughout their life.



...people always want to try to put me in a box, and I'm always trying to fight my way out of that box.

Where does the idea of your book title come from?

Why it's called *Life in a Box* is specifically because people always want to try to put me in a box, and I'm always trying to fight my way out of that box. Fashion is not who I am, it's just what I wear – my armour, my second skin. Being 'found' on Instagram by Ari Seth Cohen (well-known author and photographer of book and blog *Advanced Style*) that put me into the post 60 years of age box after he came and photographed me. Without having that exposure, I wouldn't have had the opportunity to write this book, so it is also a homage to that. It's my first voice pre-Instagram and to be able to shout, 'Who Am I?'

India has played a big part in terms of inspiration. What is it about India that you connect with?

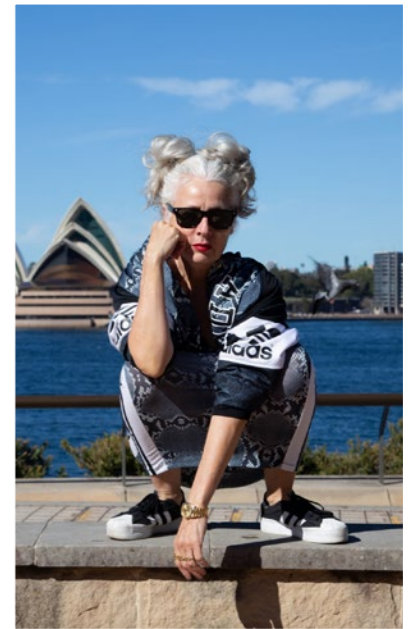
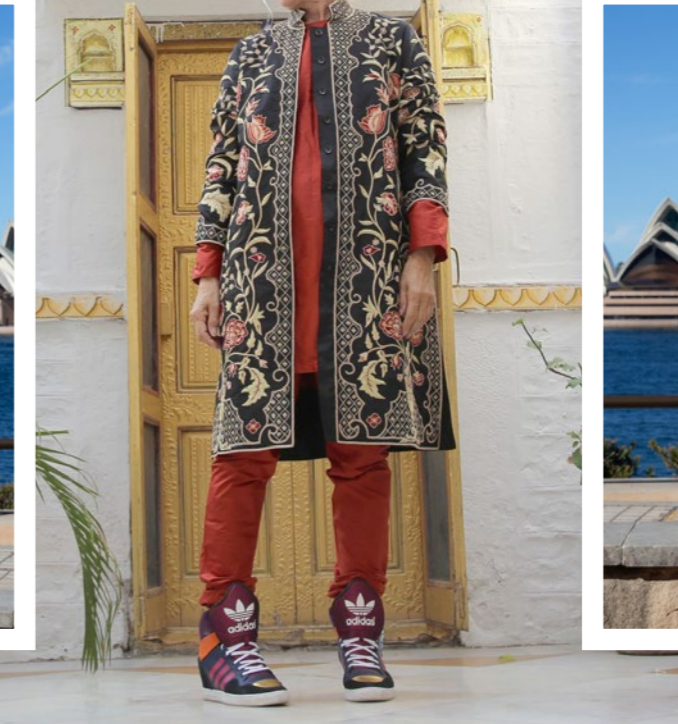
In a nutshell it is the authenticity of the people there. It's a place where you have got to hustle to survive and I can relate to that. It's a seething mass of humanity. I love to go there regularly because it just puts everything from the Western world into a sort of perspective, because life for many people is incredibly tough. Of course, on a lighter note as well, I'm attracted to the colour, smells, food – it's a great big melting pot. There's always challenges, but also rewards in the small stuff and that's what I'm all about.

Would you say that with age comes more self-certainty?

I would like to think so! I don't care what others think of me. In the modern world, health and wellness have improved greatly – it's much more how you feel about yourself than how you feel about your age. What is age? It's nonsense. I don't even like to refer to that, not because I'm embarrassed about it. On the contrary I am happy that I have lived in this body for 65 years.

What are your thoughts on the negative connotations often attached to ageing?

The fact that my hashtag is called *#mywrinklesaremystripes* – surely that very clearly says my attitude to the body



within ageing. Anti-ageing actually equals death – you cannot halt the passage of time. You can do things to yourself that might temporarily alter something, but it doesn't actually change anything at all.

What are you most proud of?

My children. I've got twin girls – they're 31 years of age and they do me proud. All three of us still work in the jewellery industry. One has a jewellery line, the other is a brilliant gemologist who makes and sources gemstones for engagement rings. They've each found their own niche. I was a single parent for a while with these two,

and I still had to earn a quid, so for the majority of my life I mainly worked in trade, sourcing antique jewellery. It did ignite a passion for them seeing me work. We're blessed to have found our passion and that is what I would say to everybody – find your own passion, because that is what will take you through life. If you are focused and work within yourself, everything is possible.

To see more about SJA visit her on Instagram @saramaijewels or @mywrinklesaremystripes. For purchasing information on her book 'Life in a Box', visit: <http://saramaijewels.com/> or [Amazon Australia](#).

SJA's Favourite Things

Favourite pastime/hobby?

It started as a hobby but turned into an empire – playing and working with jewellery.

A subject or cause you are passionate about?

I'm a Priceline Ambassador, so I'm very interested in the Sisterhood Foundation, something Priceline created and within it they have five different charities which are women focused. Next year I'm hoping to work alongside Raise, a youth mentoring foundation. I'm very excited because I'm a grassroots type of person and getting my feet on the ground working with real people is important.

How would you describe yourself?

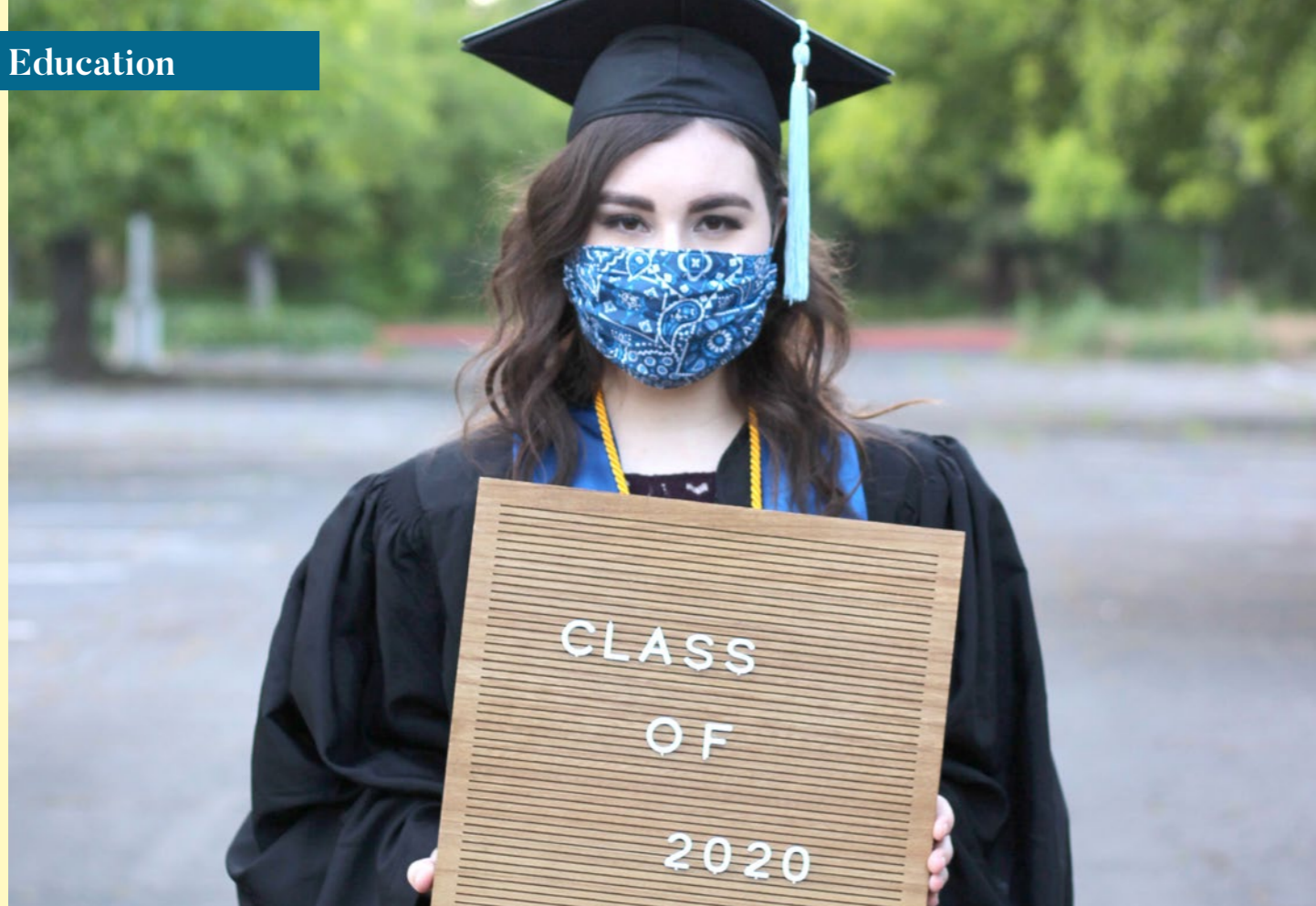
Very complicated! I'm two in one, as my twin was stillborn, so I've taken on her as well, so two for the price of one.

What is the question you are most asked?

What colour lipstick are you wearing? That's Instagram inanity for you. I never ever answer or ask it.

What do you consider your best second-hand find?

In the book I talk about it – Lot 35. When I was a very young girl, I would dig in my back garden, and we found many treasures. We uncovered things that dated back years. Finds included a token from the days of the Wars of the Roses, clay pipes from the Victorian times, and little bits of squashed silver and pennies – it's what started my collection and love of old things.



A Word of Support for HSC Students

Sarah Wainwright

As I was considering the topic for this article, I had the pleasure of catching up with Organisational Psychologist Meagan Myles. As we chatted, I was thrilled to discover that gratitude is a special area of interest for Meagan – a topic of great importance for students about to sit their HSC.

“Mental health is a spectrum. Assuming we all want to be a bit happier, a bit more of the time, I’m sure you’re as relieved as I am to know that we don’t have a set level of happiness and that we can shift our position along that line,” explains Meagan. “Over the last 20 years, the systematic study of positive psychology has been dedicated to understanding wellbeing, happiness and flourishing – what it is, how it works and how it can be improved with intervention.”

“Fortunately, researchers from the Authentic Happiness website run by the University of Pennsylvania have done a lot of the hard work in identifying evidence-based practices that do make a difference. At the core of gratitude is

acknowledging the goodness in your life and recognising its sources outside yourself (*R Emmons, 2008*.)”

To this point and at this time, I am especially mindful of Year 12 students. They have experienced a difficult year, peppered with uncertainty, change, isolation and disappointment. As this resilient cohort prepare for their final exams, practicing gratitude will be even more relevant.

Researchers find that grateful youth are happier and more satisfied with their lives, friends, family and themselves. They also report more hope, greater engagement with their hobbies, higher grades and less envy and depression (*2020, The Greater Good Science Centre, University of California, Berkeley*). This is certainly the time now, with additional stress and uncertainty, to practice gratitude!

How Students Should Practice Gratitude: (*The Nemours Foundation, 2020*)

- 1) Notice and look for good things in your life. Identify the things you are grateful for, tuning in to the small everyday details of your life and notice the good things. These may include nature, people and shelter for example.
- 2) Pause, absorb and pay attention to the good things – a form of mindfulness!
- 3) Express gratitude and heartfelt appreciation to others. When thanking someone, you are also practicing two gratitude skills: you have noticed something good and you have genuinely appreciated it.
- 4) Keep a gratitude journal. Commitment to writing down good things each day makes it more likely that we will notice good things, and as such, we are forming positive habits.
- 5) Paying-it-forward. Gratitude may inspire payment of kindness forward. This is an excellent culture to develop at home within the family as well in the wider community.

Good luck to the HSC class of 2020 – we are behind you.

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), Writer, Third Culture Kid, wife and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_



School Holiday Fun!

Easy Science Experiments for Kids

Eliza Cusack

With the school holidays upon us, at-home science experiments are one of the most entertaining and educational ways to keep the kids occupied. Research has shown that science experiments have benefits for kids of all ages. From helping children improve their problem-solving skills, to providing them with the opportunities to understand the world in new ways, the benefits are endless.

MAKING SOAP

An experiment centred around melting and pouring soap is not only fun but is also a great opportunity to encourage the habit of washing hands, especially during the current climate. Depending on the age of the children, an adult may need to dice up the soap base to prepare for the melting stage. The next step is to add a few drops of colour into the melted soap. Get the kids mixing and then pour it into the soap moulds. Once this is completely cold, you can peel away the mould to reveal the soaps! Either wrap or you can store them in a jar or container ready to use. Aussie Soap Supplies makes a ‘Melt & Pour Soap Kit’ and the best part is you are able to customize your kit choosing mould shapes, fragrance and colour.

aussiesoapsupplies.com.au/melt-pour-soap-kit-just-for-kids/

MAKING SLIME

Kids can’t seem to get enough of slime and it keeps them occupied for hours. This experiment is messy, so it’s a good idea to lay down some newspaper so the slime doesn’t get everywhere! You should have most of the ingredients you need laying around the house; 250ml of PVA glue, 1-2 drops of liquid food colouring, 1 teaspoon of baking soda and 2-3 tablespoons of saline solution. The kids can also experiment by adding materials such as glitter or coloured beads. Mix the glue and food colouring into a bowl, add the baking soda then the 2 tablespoons of saline solution. Have the kids keep mixing the mixture slowly until a ball of slime forms!



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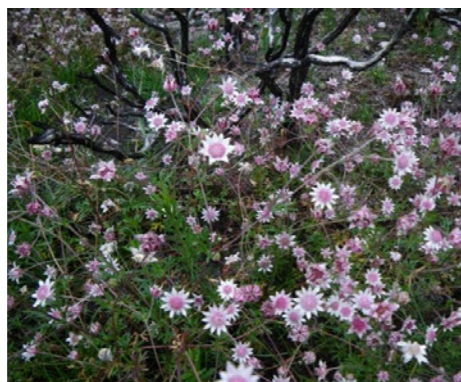
Actinotus forsythii close-up

Fabulous Flannel Flowers

Brian Roach

A truly iconic native plant in its area of natural distribution between Ulladulla on the South Coast of NSW and Southern Queensland is the Flannel Flower (*Actinotus helianthi*). Growing primarily on coastal heaths and in woodlands, it can produce a stunning, massed display with its large, star-shaped white flowers from early spring to late summer. Occasional flowers at other times of the year are not unusual. Close examination of the soft, downy petals reveals green tips. And no, it's not a member of the daisy family as one might expect, but rather of the carrot family. Crush and smell the foliage and you'll be quickly convinced of that.

The size and structure of individual plants depends very much on the prevailing environmental conditions. However, usually 1m x 1m would be the top of its range. It is best grown in full sun through to dappled shade and it demands very good drainage. Even given ideal conditions, individual plants are unlikely to last more than 2 or 3 years in the garden. But hopefully a bit of self-seeding will bring on more plants. As individual flowers wane, the soft, fluffy seed heads



Actinotus forsythii.



Actinotus helianthi.

appear and that's the time to either scatter the seed around the garden or collect for prompt sowing. Fresh seed works best. Germination can be spasmodic and it's

fatal to sow the seed too deeply. Just a very, very light covering is all that's needed. After all, in nature nobody goes around covering seeds that fall to the ground; they simply germinate in situ with little or no covering.

Plants can also be propagated by cutting and a good prune can sometimes rejuvenate a struggling plant. Struggling plants can also be rejuvenated with a good dose of general-purpose fertilizer; they love it! A quick mention should also be made of a far lesser known 'Flannel' – the Pink Flannel Flower (*Actinotus forsythii*). It has a quite limited distribution, mainly up around the Newnes Plateau/Lithgow area of the Blue Mountains and requires very specific conditions to even flower which is often after fire followed by rain. But if you're lucky enough to see it in the wild, it is truly wonderful.

Brian Roach spent his professional life as Crown Prosecutor/Barrister before retiring. Brian runs a cottage industry native plant nursery from his home in Westleigh, as well as being a member of the Australian Plants Society.

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Tips for Good Home Design

Neil Turrell

Firstly, design your new home or renovation to suit the climate of your house as this is the most cost-effective way to stay comfortable and will help you save in energy bills. Climate will have an effect on what construction materials you should use, the design of the floor plan, and also how much glass, shading or insulation you may need.

Another tip is to make the most of natural lighting to get that airy indoor feel as well as save on electricity costs. Design living areas and rooms that are used most frequent to face the midday sun, to save on both heating and lighting costs. Also, using light coloured paints and finishes inside the house can also help create this atmosphere.

With current and future concern for the environment, many renovators are choosing to implement environmentally friendly products and designs to their homes. There are a great range of innovative products now available such as insulated wall panels made from recycled materials, as well as natural paints and even cement that is manufactured in a less energy intensive way; just to name a few. These products work the same as ordinary products and some are cost competitive, so I suggest looking into these options.

Although large glass-wall areas give that open living feel to homes, it's



a good tip to avoid using excessive amounts. Glass can create comfort and glare problems. Also, glass is the path of least resistance; meaning it lets out 10 times more heat in winter and lets in 100 times more heat in the summer. Use a moderate amount of glass and choose energy efficient glass for windows, skylights, glass doors etc.

It's a great idea to discuss your dream home with a designer, but it's also a good idea to go prepared, so I advise keeping these design tips in mind.

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Get Busy with Beekeeping

Isabella Ross

Beekeeping has become *un-bee-lievably* popular. According to the North Shore Beekeeping Association, these creatures will thrive in lots of locations – as long as there is sun and a clean water supply.

WHY KEEP BEES?

One easy answer is honey. Nowadays there are lots of efficient hives to choose from, including the Flow Hive, which ensures no need to purchase extra honey extraction equipment. Tapping honey straight from the hive – you can enjoy the sweet without the sticky work! Learning and a love for the environment can also be fostered, as Wahroonga local Helen has shared as part of a Ku-ring-gai Council testimonial. “I have an organic garden and aim for biodiversity. Bees are so important for pollination and part of the whole cycle of life in the garden. Lots of people use chemicals for getting rid of weeds or fertilising and it’s not good for bees, so it’s comforting to know I’m supporting their sustainability. It’s also great for teaching my son about life in the garden as well. He can identify lots of insects and plants and loves to help out,” says Helen.

WHAT TYPE OF BEES?

Native bees are the way to go – particularly the stingless variety *Tetragonula carbonaria*. They are the only native species out of the 1,500 across Australia that live socially, storing honey and pollen in its hive. Another advantage of the *Tetragonula carbonaria* is that they are the specific variety associated with Ku-ring-gai Council’s Native Beehive Program.



KU-RING-GAI’S NATIVE BEE PROGRAM

Ku-ring-gai Council’s Native Beehive Program is a community engagement and education program that aims to boost the amount of native bees within our local government area. The program essentially lets residents ‘foster’ a hive in their backyard. So, for someone interested in getting started in beekeeping, this program is a great first step. The hives are very easy to maintain and only require you to keep an eye on the activity of the hive and report any issues to the Environmental Programs team. There has been major interest from locals in the program, with stock now limited. Stocks are expected to be replenished in late spring. If you want to get involved, Ku-ring-gai residents

can register for the waitlist. http://www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Native_beehive_program_2020

NORTH SHORE BEEKEEPER’S ASSOCIATION

The central aim of the association is to provide fun and educational activities for North Shore locals interested in beekeeping. Since its inauguration in 1954, approximately 300 North Shore members have joined, consisting of volunteers providing their time and knowledge for the objective of making the beekeeping world a better place for owners and bees. <https://nsbka.org.au/>



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Cool Coffee Table Designs

Isabella Ross

Coffee tables are often the forgotten design elements of our living spaces, left to collect our junk, television remotes, days-old newspapers and more. A handy tip – have coasters nearby as there is nothing worse than having ring marks on your statement piece!

First and foremost, it is time to declutter – make space for a design feature rather than a stack of TV guides. If you are blessed to have a bigger coffee table than most, you could also make space for reading material. You could showcase a favourite book or two of your own. In interior design as of late, fashion photography books on show have been a popular choice. If fashion isn't your thing, perhaps a hardcover travel book is more up your alley, providing great inspiration for getaways we can currently only dream of. Magazines also should get their pride of place on the coffee table, especially recent issues of *Sydney Observer*!

Plants are always a nice touch – whether it's a vase of recently bought flowers from the florist or a terrarium. Another fun idea as shown in the image here is a collection of pine cone ornaments, perfect for a country or nature inspired interior. In terms of the coffee table itself, be open to unique designs such as the blue geometrical one here. Another fun option is to look to get one custom made from a carpenter – all it takes is some sturdy driftwood and a plate of glass. Or, you could repurpose a trunk suitcase. To finish off the coffee table space, consider purchasing a rug for underneath it.



Plants are always a nice touch – whether it's a vase of recently bought flowers from the florist or a terrarium.

A Sensational New Kitchen

Tamara Thomas-Barns

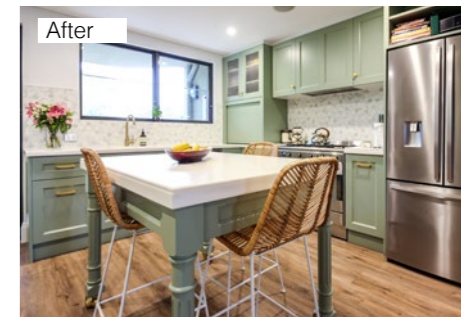
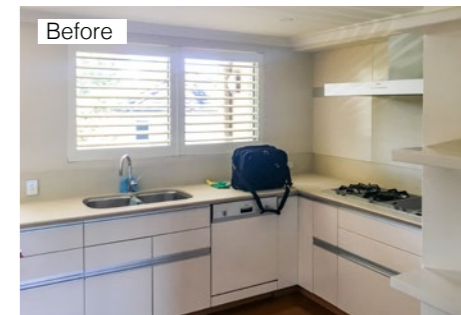
With international travel at a standstill, many households are looking to invest money that would have been used on travel into home improvement. Many homeowners are planning their staycations, and what better way to get your home ready for the summer holidays than to update your kitchen!

The owner of this amazing St Ives apartment had two main requirements: removing a short wall to open up the space and an island to sit at for their morning coffee. Working closely with our designer, we came up with not only an absolutely stunning new kitchen, but more importantly a more functional one. Although the space was too small for the much-loved island, we created a unique

mobile island (set upon solid brass castors) which soon became the owners' favourite element of the whole kitchen.

Whether your current kitchen layout is not practical for the way you cook and entertain, or you would just like to update the look and feel of your home, Sensational Kitchens is your first point of contact. The initial visit to the showroom will help you work out what looks and finishes you like and then an in-house design consultation with a KBDI Award nominated designer will have you filled to the brim with new ideas of ways to improve your kitchen.

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Wardrobe Styling Tips

Eliza Cusack

Wardrobes can easily become overcrowded and messy. These simple steps will help you clear out your space in an effective and efficient way

Declutter the space

Instead of throwing all of your clothing on the end of the bed, an alternative is to separate the pieces into categories such as accessories, pants, tops and dresses. Create a pile for pieces you want to donate or give away. A great tip for coherence is to ensure all your hangers are matching and of the same design. This makes the space look more 'put together.' Kmart sells a set of 16 wooden hangers that suits any style or design of wardrobe – inexpensive too!

Organise the Marie Kondo way

Marie Kondo is famous for the way she efficiently folds and rolls clothing to optimise closet space. Marie's folding technique includes vertically folding items, so they stand up by themselves. Another technique involves hanging clothes so that they are elevated on the right. This means hanging your heaviest pieces on the left, and the lighter items on the right. *Tidying up with Marie Kondo* and *Get Organised with the Home Edit* are two brilliant shows on Netflix that will undoubtedly inspire you to get organised this spring.



Alexandra Lammerink/Unsplash

Decide on the storage options

Once all of your items have been removed and sorted into categories, it is important to give your wardrobe a deep clean. Vacuum the space and wipe down all of the shelves. Next it is important to decide on some new storage options to make sure the wardrobe doesn't get out of hand again. If you have areas that you have to jump up to reach, consider installing more shelves or hanging racks. Coordinated storage bins can also store items such as swimmers and hats and free up more space.

Homemade Preserves from the Garden

Isabella Ross

Lots of us are lucky to have a citrus or fruit tree – if you are looking for inspiration of what to do with your produce, look no further! Create delicious preserves from your own garden.

Lemon & Passionfruit Curd

- 3 passionfruit and 3 lemons (zest and juice)
- 3 eggs
- 100g unsalted butter
- 200g sugar

1. Melt butter in a bowl over a saucepan of simmering water. In a separate bowl, whisk eggs and add passionfruit flesh, lemon and sugar. Pour this mixture into the bowl over the saucepan with melted butter.

2. Continue to whisk until mixture thickens (10-15 minutes). Once ready, ladle into jars (approximately 2).

Cumquats in Brandy

- 750g cumquats
- 1 bottle of brandy (750ml)
- 450g white sugar
- 1 stick cinnamon and 6 whole star anise

1. Using a metal skewer, prick each cumquat in several places.
2. Take two jars and start layering ingredients – cumquats, sugar and spices. Once both jars are filled, pour the brandy in. Seal tightly and store in a cool dark place.
3. Throughout a 2-week period, turn the jar over to let the brandy coat the fruit equally. After this time, the sugar will be dissolved and ready to eat.



Golden Years



28. What's On Seniors

30. Roseville Lawn Tennis Club

32. Huon Park

34. Advantages of Ageing

35. Bowden Brae

36. Savoury High Tea

37. McQuoin Park

38. Genealogy Research

40. Asking for Help

41. Kokoda Residences

We Need to Talk About Ageism

Isabella Ross

Unfortunately, with COVID-19 has come resurfaced sentiments of ageism. Discussions of ‘Herd Immunity’ have exposed society’s underlying ageist and ableist attitudes towards older adults, with concerns that Aussies are becoming less empathetic towards our older population.

First and foremost, what is ageism? Council on the Ageing (COTA) defines ageism as, “stereotyping, discrimination and mistreatment based solely upon age. When directed towards older people, it comes from negative attitudes and beliefs about what it means to be older.”

So, what can you do to stop ageism? Awareness and acknowledgement of the issue at hand is the first step. Another handy resource to discover more about generalised ageism is to take the quiz by ‘Every AGE Counts,’ a campaign made up of a diverse group of organisations including COTA, Australian Human Rights Commission and National Seniors. <https://www.everyagecounts.org.au/take-the-quiz>

“Every Australian has the right to participate equally in our communities, to be valued and heard at every age. The very challenging goal of the ‘Every AGE Counts’ campaign is to shift destructive and deeply entrenched social norms that are currently limiting and preventing this equal participation,” said campaign co-chair, the Hon Robert Tickner AO. “If we want current and future generations to have the chance to age well – and our whole society to benefit from the full participation of all its citizens, including older people – it is essential that we adequately address the issue of ageism now.”

It is evident from Australian statistics that the pandemic domestically has had a greater existential effect on our seniors. That is why social distancing and continued precaution is key – a life is a life, regardless of the individual’s age.

Courtesy of Ku-ring-gai Art Centre



Painting Watercolours Workshop

What's On Seniors

Pollination Online Talk

Pollination is crucial to our gardens, wildflowers and crops but animal-mediated pollination can be a complex relationship.

When: 13 October

Time: 10:30am – 11:30am

Where: Online via Zoom. Book via Ku-ring-gai Council.

Zero Waste

Cooking Online Demo

Join chef Ben Mac from the Social Food Project for this live zero-waste cooking demonstration online.

When: 14 October

Time: 6:30pm – 7:30pm

Where: Online Via Zoom. Book via Willoughby Council.

Access Horticulture Program

Understand the basic principles and essentials of gardening and gardens.

When: 16 October

Time: 8:30am – 2:00pm

Where: Gordon Pymble Uniting Church, 18 Cecil Street Gordon. Book via Ku-ring-gai Council.

Painting

Watercolours Workshop

Join professional artist Tony Belobrajdic in this refreshing 2-day watercolour workshop at Ku-ring-gai Art Centre. \$320 per person.

When: 1 and 8 November

Time: 10:00am – 4:30pm

Where: Ku-ring-gai Art Centre, 3 Recreation Avenue Roseville. Book via Ku-ring-gai Council.



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Members (from left to right) Alan Atkinson, Bob Heiler, Gary Morton, and Bob Jolly in action.

Roseville Lawn Tennis Club

Eliza Cusack

A typical Saturday afternoon at the Roseville Lawn Tennis Club (RLTC) see's Bob Heiler, Alan Atkinson, Gary Morton and Bob Jolly play a match and relax in the club house with a schooner or two.

Bob Jolly is the longest standing member having been with the club for 65 years, and often reminisces about the 'glory days' of the RLTC in the '70s and '80s. Saturday afternoons at the clubhouse was the place to be and members would often shout the opposition beers and dinner. RLTC was established nearly 110 years ago and has seen its fair share of well-known players pass through its doors, including John Newcombe and Ken Rosewall. The RLTC had grass courts up until 1980 when they changed to synthetic. Up until that change, the men said that if it rained on a Wednesday there wouldn't be a game on Saturday because it took that long for the courts to drain!

Over the course of its history, the club has been a place that brings people together from all different industries over the shared love for the game of tennis. The current president Jacinta Howden is the club's first female president in its 110-year history.



Members (from left to right) Barry Smith, Terry Carver, Graham Bennet, Ted Bennet, Ian Cairns, David Hammond and James McLaughlin enjoying a few refreshments after their match.

"There's a lot of people that have stayed at the club because of the comradery and friendships that have been made," says Bob Jolly.

In 1984, the club had thirteen men and women's badge teams playing each week and now there are just three teams. The members believe this is reflective of a nation-wide decline in the younger generation joining sports clubs. Studies have also shown that tennis is one of the greatest sports that seniors can play. Alan Atkinson, who has been a member since 1957, noted, "tennis is an all-rounder sport because you're moving every muscle group. An afternoon of tennis would

see you doing about 5000 to 10,000 steps. It's one of the best forms of exercise and my doctor is very happy with me." The social benefits of the sport are also endless. Bob Jolly said, "it's a beautiful sport that benefits your health at all ages. You meet people you would have never met elsewhere."

The club attracts a huge cross-section of people, from winery owners and dentists to engineers and businesspeople. RLTC is open to people from all walks of life and is always looking to welcome new members. Contact rosevillelawntennisclub@gmail.com for more information.



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Huon Park's Fresh New Approach

Huon Park has long been one of the most loved Retirement Communities on the Upper North Shore, combining 134 unique luxury strata titled units and 40 Serviced Apartments for those desiring a little extra help around their home (meals, cleaning, care). The Village is in North Turramurra amongst beautiful verdant gardens set against the backdrop of the Bobbin Head National Park.

First established in 1993, Huon Park has evolved over time with an active resident population engaged in all aspects of the village lifestyle from building improvement, gardens to social and wellbeing. This ensures a vibrant and connected community.

Joining the team recently is the new Village Manager, Sue McKindlay, who is a local resident and has a strong affinity with many of the residents. Sue was for many years the Marketing Manager at St Ives Shopping Village so is well and truly connected to her local community. Sue has brought with her a natural easy manner with the ability to relate to and consider the needs of the residents first and foremost. "My aim is to make everyone feel at ease and be able to work closely with each other to ensure we deliver a



Sue McKindlay, who is a local resident and the new Village Manager.

strong vibrant community here at Huon Park," Sue noted.

For Sue, this role is one that she relishes with joy. "I have been overwhelmed by the warm welcome I have received and the many insights and offers of 'background knowledge' as I discover the exciting Huon Park community. It has been an excellent time to join the team here at Huon Park with spring colours

everywhere and the gardens at their magnificent best. This makes the walk into Huon Park (and it indeed is a park) each day pure joy!"

The Village's central social and recreational space, The Park Club, recently underwent a refurbishment and residents will once again be able to enjoy more social and recreational activities. New COVID-19 social distancing and hygiene protocols will be adhered to with The Park Club and pool being used for a variety of activities, many arranged by the Social Committee including happy hours, barbecues, bridge, craft, games, musical soirees, exercise and more.

"Huon Park is a fantastic community where we strive to work together for mutual benefit. There are so many wonderful people with divergent and evolving views, interests, aspirations, needs, talents and roles which need to be respected and balanced in all decision making," shared Sue. "The community includes residents from many backgrounds who have entered Huon Park for a variety of reasons. Management, staff and contractors are a very important part of the community too as we work together to make Huon Park a relaxed and enjoyable place to live."

Benefits of Retirement Living!

Residents and research have told us that the social elements of living in a village are the most important

- ✓ Improved Wellbeing – happier & healthier residents
- ✓ Greater sense of 'home' & 'community'
- ✓ Safe & Secure
- ✓ Decreased Social Isolation – engaged in the community
- ✓ And so much more...



Vision Lifestyle Projects understands the social needs of residents, our focus is on maximising what we call, Community Vitality. Great facilities and services are important, but the most important ingredient for a successful village is delivering on the social needs of residents



Give us a call today on **8539 7710** to find out more about one of our vibrant communities



HUON PARK
381 Bobbin Head Road Turramurra

Assisted Living & Independent units with magnificent facilities - no Departure Fees



HUNTERS HILL LODGE
43 Gladesville Road Hunters Hill

Assisted Living in the heart of Hunters Hill with great views and the very best in services & lifestyle



THE GRANGE @ BERRY
22 Victoria Street Berry

Boutique Independent living, spacious villas with spectacular grounds, amenity in a friendly community

TOP 5 Advantages of Ageing

Isabella Ross

1. ASSURANCE

Ask anyone over the age of 50 what they have learnt as they get older, and there is a similar thread – self acceptance and assurance. Perhaps it is more commonly worded as not caring at all what other people think of you, but the sentiment remains the same. Being comfortable in your own skin is arguably one of the most important life lessons someone can learn.

2. WISDOM

As the saying goes, ‘with age comes wisdom.’ Studies have actually shown this to be reasonably true, with one finding via the Psychological Science Journal noting that older adults outperform their younger counterparts in taking the bigger picture into account when reflecting and making decisions.

3. GRANDCHILDREN

Kids can really bring a smile to your face – their cheeky and carefree nature makes them a joy to be around. Even if you personally

don't have any biological grandchildren, there is still room to enjoy the company of the younger generation. Lots of retirement villages now have programs where preschool-aged children visit their local aged care facility to bring happiness and laughter. Family friends and neighbours are also great ways to keep socially connected.

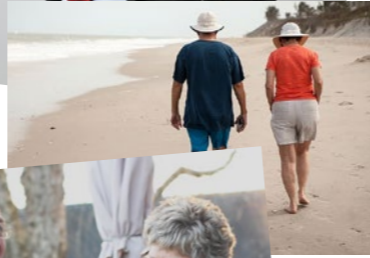
4. DISCOUNTS

The Senior NSW Card is a great option for receiving discounts. NSW permanent residents aged 60 or over who are retired or working under 20 hours per week can apply for a card and receive deals at over 7,500 businesses state-wide. Local spots that offer special discounts for seniors include Gordon Golf Club, Roseville Club, Hornsby Ku-ring-gai Community College and Roseville Cinemas.

5. OPPORTUNITY FOR HOBBIES

With retirement comes more time to do the things you want to do. If there is a certain hobby you have been interested in pursuing such as bowls, golf, painting, swimming or bushwalking, now is the time to do it!

Andrea Piacquadio/Pexels



The North Shore has a wide range of social groups and local centres that cater to a variety of hobbies suited to older adults. Have a look at Ku-ring-gai Council's Seniors section of their website to discover something perfect for you.

Leafy Environment and Community Attracting Residents

A spacious and light-filled apartment – with a view into the treetops – has helped deliver the perfect retirement lifestyle for Joy and Greg Newling. Eighteen months ago, Joy and Greg made the decision to downsize into a newly-built retirement village apartment at Uniting Bowden Brae. Apart from freeing up some capital for retirement, the couple also wanted to continue to live within Northern Sydney and still be able to entertain friends in their home.

The couple particularly loved the spacious 3-bedroom apartments with a view through the huge windows into the treetops of the project's green space. Soon after, Joy and Greg, who are in their 70s, moved in.

“The move out of our old home in Wahroonga also meant we could sell the



lawn mower for good, which I loved,” Greg said. “And the best thing is that we still have our independence, while enjoying strong community connections and support here.”

In addition, expressions of interest are now open for a further 101 apartments, which feature either two-bedroom, two plus study or three-bedroom apartments. These apartments, along with the project's community facilities – indoor pool, gym, clubroom, hair salon

and café, are expected to be complete by mid-2021.

For more information about the Uniting Bowden Brae, including to book a tour of our display apartment, get in touch with our team by calling 1800 864 846 or visit uniting.org/Bowden-brae.



A new home in time for spring



Secure your place on our waiting list

Experience the latest in self-care retirement living, perfectly located in the heart of Mosman.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment.

MacKillop Grange offers on-site management and a 24 hour medical alert.

Join our waiting list to secure your chance to live at this exclusive address in the heart of Mosman.

Call April on 02 8969 3240 to arrange an inspection or email april@mackillopgrange.com.au or view us online at mackillopgrange.com.au



Bringing people together

mackillopgrange.com.au



Uniting Bowden Brae retirement village
Coffee, swim, gym, pamper, relax, entertain, repeat.

Downsize your responsibilities. Upsize your lifestyle.

Make the most of your retirement and forget the burden of home and garden maintenance. When you downsize to Uniting Bowden Brae in leafy Normanhurst, you'll upsize your lifestyle, with more time to do the things you choose with the people you cherish, in a community you'll love.

Call to book your appointment
1800 864 846
uniting.org/bowden-brae

Uniting

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A Spring Savoury High Tea

Eliza Cusack

With spring upon us, now is the perfect time to host a savoury high tea. Inviting a few friends around and setting up a space in a local park or back garden is the perfect social occasion, especially when hosting large groups is out of the picture due to the pandemic. High tea is a famous British tradition that began in the mid 1700s. Whilst the tradition is largely made up of sweet treats such as cakes and scones, why not try to put a twist on the traditional high tea by serving savoury dishes instead!

THE TABLEWARE

If you are looking for some more high-end tableware options, Maxwell & Williams at Myer offer beautiful high tea stands and dinnerware plates. Alternatively, Kmart has beautiful three tier glass cake stands and serving trays. Teacup sets are also available and are the perfect addition to any high tea setting.

THE DECORATIONS

A simple coloured tablecloth and some basic floral arrangements are great for creating an elegant high tea setting. Place cards with the names of your guests are also a great addition and add a personal touch to the occasion.

THE TREATS

Finger sandwiches are always a classic favourite. Some great filling options are smoked salmon and cream cheese, egg and mayo, ham and brie and even chicken and apple for a different alternative. Mini quiches are also a delight! Tomato and marinated feta filled quiches are easy and quick to make and only require 2 tablespoons of feta, eight pitted olives, a tablespoon of fresh chopped parsley and a couple of grape tomatoes sliced up. You could even try to make homemade sausage rolls instead of buying the pre-made version for a healthier and delicious treat.



Is Your Glass Half Full?

Dr Sue Ferguson

Optimism involves expecting good things to happen whether by chance, other people or events, or by your own actions. Having positive thoughts about the future can motivate you to set goals for your future and to come up with plans to deal with future stressors.

Research shows that optimism predicts higher wellbeing, better health behaviours (such as better nutrition and dental care), helps adjustment to cancer and chronic pain and lowers stress. Optimism has even been shown to predict lower death rates from heart attacks and reduce the risk of cognitive impairment as we get older. However, we need to remember that excessively high optimism can lead to undesirable outcomes. For example, being too optimistic about your future health could lead you to continue smoking or drinking to excess.

So how can we build helpful levels of optimism? Imagining a positive future is a good way to

start. I find it helpful to first consider: what sort of person do you admire? How could you change to develop some of those traits you admire? For example, 'I'd like to become someone who speaks up about things that concern others.' Then research suggests doing this Best Possible Future Self exercise:

- Imagine a brighter future in which things change just enough to help you become your best possible self.
- Be specific. Imagine what you'd like to do, when and with whom. Be creative and imaginative.

Another thing you can do is next time something is going wrong or getting you down, acknowledge it, think through ways you can cope with it, but also start thinking of what could go right. As Noam Chomsky said, "optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so."



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

Retirement Living Villages Welcome New Residents

Catholic Healthcare is delighted that stage one of their McQuoin Park Retirement Living Village in Wahroonga is now complete. McQuoin Park Village features 88 new, one, two and three bedroom apartments. The stylish residences are spacious and light, ideal for open plan living and entertaining. The village features a range of shared amenities including a community hub to host events, with a billiards room, a library, cinema and wellness hub with a fully equipped gym.



New residents Tony and Maryanne.

"We are thrilled to be moving in," new residents Tony and Maryanne tell. "We have been planning our move to retirement living for a while, so we are so excited to settle into our new apartment, enjoy the wonderful facilities and start making

new friends. We have a three-bedroom apartment so there is a lot of space to entertain and have the family come and stay. We have already met some of the other residents who are all really friendly. We are looking forward to having people our

first residents to their new villages."

For more information on McQuoin Park Retirement Living Village, call 1300 221 271, email retire@chcs.com.au or visit www.mcquoinpark.com.au/

own age around us and enjoying McQuoin Park together."

General Manager, Residential Care, Andrew Kinkade said, "we are committed to creating much needed additional services on Sydney's Upper North Shore for the growing aged population. We are excited that our development is now complete, with half of our residences already sold! As an organisation we continue to grow and expand our services for seniors and the community as the demand for retirement living increases. We were delighted to welcome our

VILLAGE NOW OPEN



Live a holiday lifestyle without leaving home

McQuoin Park offers stunning yet relaxed retirement living on the upper north shore. Move in immediately and enjoy superb facilities, fun activities, a fabulous social life and all kinds of recreational pursuits. Unwind by the indoor pool, drop into the gym, play billiards, catch a movie in the 42 seat cinema or take up a new hobby. Meet friends at the residents' bar or share a meal in the dining room. And every time you walk into your beautiful new apartment with Miele appliances and gorgeous finishes, that holiday feeling is brought home.

Now selling from just \$595,000. You may have to pay a departure fee when you leave this village. Please call us for a personal appointment to discuss your retirement plans.

1300 221 271
mcquoinpark.com.au
35 Pacific Highway, Wahroonga.

McQuoin Park Retirement Living



Skitterphoto/Pexels



The Rise of Genealogy Research

Isabella Ross

Where do I come from? It's the question many of us ask ourselves yet struggle to answer if we have limited history of our family tree. Due to advances in DNA research, genealogy research has boomed in popularity with over 20 billion historical records to explore via [Ancestry.com](https://www.ancestry.com).

Sydneysider Leisa Harrison has started to undergo her own family tree research, catalysed by the passing of her father earlier this year. "When both your parents have passed, the meaning of who you are and where you come from really grows.

I've always had an interest in genealogy, but it wasn't until I reached a certain age that I became intrigued about my lineage." So far, Leisa has been able to track her family tree to approximately the early 1800s, which is an incredible feat in itself.

Brad Argent, Commercial Development Director of Ancestry said, "Ancestry DNA provides people with a unique and engaging experience that helps them make amazing discoveries about their family history – it's the perfect marriage of history and science. Australia is a melting pot of all different cultures, so we know there are amazing discoveries waiting to be made."

In our May Issue of *Sydney Observer*, I spoke with Lisa Wilkinson in regard to her experience of discovering her family history on SBS program *Who Do You Think You Are?* The information found was incredible, leading Lisa to travel to India to uncover the story of her two-times great-grandmother, whose resilience was remarkable amid tragedy. For those who haven't read the profile yet, you can access a digital copy via:

www.sydneysobserver.com/issues/

Now is the time to uncover the past and explore your own family history – who knows what you shall find.

Trial for Ageing Adults

Macquarie University's Centre for Emotional Health is currently recruiting participants for the following study – 'Stepped Care Effectiveness Trial for Ageing Adults.' This clinical trial is co-funded by the National Health and Medical Research Council and Beyond Blue.

Older adults chosen will receive free psychological treatment that can be delivered remotely. In this research trial, the centre will compare two ways of delivering psychological interventions to assist older adults to manage feelings of worry and low mood. Both options will teach psychological techniques and skills to reduce these symptoms.

Stepped Care Effectiveness Trial for Ageing Adults

Delivery: remote delivery available via telephone or video conference.
Age Range: 65 years or older.
Targets: older adults who are experiencing worry, low mood, loneliness or anxiety.

Want to Participate?

If you would like to sign up for the Stepped Care Program, please contact the research assistant for short intake via STOP@mq.edu.au or call 02 9850 8715.



LIVING CHOICE ALLOURA WATERS OUR SERENE, SAFE SANCTUARY

If you're looking for a safe and peaceful place to retire to, make the trip to the Central Coast to inspect the homes available at Living Choice Alloura Waters in beautiful Davistown. Bev and Jim Tritton chose a waterfront apartment with stunning water views. This is their story.

“Once a year, we enjoy a brief but exciting visit from our only child, Mark and his family who live in New York. He steps out onto the balcony of our Alloura Waters apartment, takes in the view, exhales and proclaims, 'Oh...the serenity!'. It was this view that drew us through the spacious living area to the balcony where I (Jim) was quick to state, 'This is it!' Further inspection only confirmed what we were feeling as we took in the cathedral ceilings with light-filled spaces throughout.

“It's been delightful to widen our social circle by developing new friendships in the village. These formed so quickly in a vibrant, social environment through interaction with a wide range of activities and excursions.

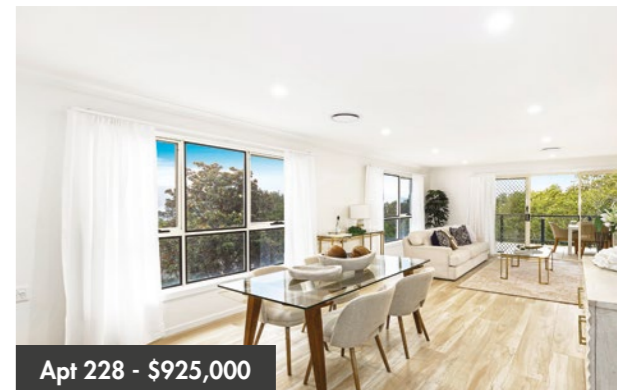
What is so impressive about retirement living at Alloura Waters is the diversity, not just in the village's housing types but also in community and lifestyle options. When the COVID-19 pandemic finally allows us to get back to some sort of normality, we look forward to welcoming our USA family back to our wonderful, safe and peaceful home.”



Villa 58 - \$685,000



Apt 231 - \$1,195,000



Apt 228 - \$925,000

Come and see what Living Choice Alloura Waters can offer you – we also have retirement communities at Broadwater Court in Kincumber and at Deepwater Court in Woy Woy. We have COVID-Safe guidelines in place so please phone ahead to book an appointment.

You may have to pay a departure fee when you leave this village which may impact on the capital gains received when leaving the village.

1 Murra Road, Davistown
1800 064 344
www.livingchoice.com.au





Asking for Help

Something many of us take for granted is being able to live independently in our own homes. Independence and living a fulfilling lifestyle are central to our physical and mental health. Sometimes this is not always easy as we age and not everyone has family around that are able to lend a hand. Or perhaps a busy work schedule prevents them from helping out.

Quality Care 4 U launched in mid 2020 and started because the founders Gen and Mick who are locals in Gordon, found that with work commitments there were times that they were unable to be there when family members required support. They also realised they were not alone in this situation. Quite a few people just need a little support to continue to be independent and stay connected with the community.

Quality Care 4 U is a local family-run business who are committed and passionate about providing quality care and support to those seeking non-medical services due to ageing, illnesses or disability. All the support workers have been screened and hand picked for their qualifications, experience and caring nature. You will be matched with the support worker that best suits your needs whether it's cleaning, cooking, a lift to the shops or just someone to have a cup of tea with.

Info on Quality Care 4 U can be found in the directory on pages 48 – 49.

Out and About

Rejimon Punchayil

As we welcome spring, let us explore what we can do with a renewed dedication to improve our health and wellbeing. Spring is a great season to be out and about. Mobility is such an important aspect in our everyday life as it promotes not only our social and emotional wellbeing, it plays a vital role in the functioning of our critical internal organs. However, with walking comes the risk of falls. 'Use it or lose it' is definitely true for mobility in older age. But don't lose heart, there are plenty of solutions that help us enjoy this season by taking short or long walks.

Walking Stick: The best place to start if you experience challenges with balance and stability. Do check they have a good rubber tip on the bottom.



www.comfortdiscovered.com

Walking Frames: Easy to fold, lightweight, manageable and provides a greater support than walking sticks.

Seat Walkers or Rollators: A poorly fitted walker can do more damage than good. You no longer have to compromise on fashion, style and colour as there are plenty of options. Come with three or four wheels, with or without seat and back rests. Most of them have hand brakes.

So, what is holding you back – put a spring on your feet and see you out and about!



Feel at Home with Kokoda

At the 'fork in the road' – that's retirement – there are three signs: 'home,' 'residential apartment' and 'retirement living.' Located at Waitara, the retirement apartments at Kokoda Residences are designed for companionship. So, rather than solitude at 'home', residents enjoy a modern apartment with great facilities and friendly neighbours.

While 'home' has its familiarity, and 'residential apartments' offer modern living spaces and amenities, the community at Kokoda Residences gives seniors the opportunity to rediscover life. All maintenance is done. Secure, underground parking with card access to resident-only lifts and modern apartments add that sense of all-round safety. Bliss!

When residents are in a secure, happy place, then their families are too. With the risks buying into residential apartments, seniors are assured that there is no liability living in Kokoda Residences' retirement apartments. Furthermore, buying into Kokoda Residences 'off the plan' is a risk-minimising pathway you should know about. A fully refundable deposit and a 90-day settling-in period living in the completed community gives you added reassurance.

Make a safe appointment with our Sales Professional Maureen Malouf by calling 9299 3953 or 0499 411 522 or visit kokodaresidences.com.au

Inspired retirement | Waitara



Your time. Your place.
Your own neighbourhood.



'I want neighbours and friends, I know and like.'

Welcome to retirement living, beyond compare. Kokoda Residences' retirement apartments creates a unique community that maintains and enhances a healthy, positive and active love of life, in an inclusive neighbourhood spirit.

Without the maintenance worries of your old home, or the financial risks of residential apartments, Kokoda Residences' retirement living has the design and construction pedigree you'd expect to create the quality of community you want.

With completion in late 2021, your fully refundable \$5,000 deposit, buying off the plan, secures your Kokoda Residences home. Quality apartments with community facilities, minutes from Waitara Station, Westfield Hornsby, Magpies Club and the local PCYC.

To find your neighbourhood, you can make a safe appointment with our Sales Professional Maureen Malouf by calling 9299 3953 or 0499 411 522.

Sales Suite Open by appointment
37 Alexandria Parade, Waitara

9299 3953 | 0499 411 522

kokodaresidences.com.au

Image is for illustrative purposes only. Correct as at October 2020. J005057H

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Registered Provider for My Aged Care, NDIS, DVA and Insurance cos.

Oral Health: Focus on Seniors

Dr Ian Sweeney

As baby boomers age, the number of seniors requiring dental care is expected to become larger than ever before. People in this age bracket have a number of specific needs, some due to the general ageing process, and others due to particular experiences of this generation.

Baby boomers are far more likely to have natural teeth than previous generations were at the same age. As the population ages, it is reasonable that people in their 70s and 80s require and expect replacement of failing restorations, or replacement of a tooth.

Most dental restorations breakdown with time due to the mechanical and chemical forces found in the mouth. Many of these past restorations were not designed to reinforce teeth; instead they just 'filled the hole.' As a result, teeth restored in this manner are now cracking and require replacement with something larger or stronger.

Medical conditions and medications will affect oral care of seniors. Seniors tend to take multiple medications, many of which will reduce the flow of saliva, causing a dry mouth. Medications that reduce anything from blood pressure, pain, hay-fever, fluid retention, asthma, all have the ability to reduce salivary flow resulting in decay. Some research has

shown that 30% of people over 65 and 40% of people over 80 have a dry mouth. Having a dry mouth will predispose a person to an increased rate of dental decay where the natural buffering effect of the saliva is removed.

Reduced manual dexterity and failing eyesight may also all contribute to an increase in plaque deposits on teeth, hence increasing the risk of dental decay. It is important to use good quality fluoridated toothpaste. Fluoride will help to strengthen the roots of the teeth which may now be exposed due to gum recession. It is not uncommon to see a patient who has not suffered from dental decay since childhood, to develop decay in their 70s or beyond.

Medical conditions that require a family member or carer to help with daily brushing add another degree of difficulty in maintaining a healthy mouth. As the population ages, so does the number of people suffering dementia. These problems are increasingly likely to occur after the age of 60.

Mobility issues for senior patients are another consideration in maintaining optimal oral health. Wheelchair access to dental surgeries and the provision of a hoist on site are important items required to care for an ageing population. As always, the key to minimising the effects of decay in patients of any age and state of health is regular dental maintenance.

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

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



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

NORTHSIDE DENTAL & IMPLANT CENTRE

NORTHSIDE SEDATION CENTRE

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

Let our family,
give your family,
a reason to smile!



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1253 Pacific Highway,
Turramurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



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Phone 9476 4711



In Style Turramurra

CHRISTMAS SUMMER MARKET Saturday 31st Oct & Sunday 1st Nov

Turramurra Masonic Hall, Cnr Pacific Hwy & Turramurra Avenue

10am - 3pm

- a quality collection of boutique stalls
- ample parking on the street or across the road
- shop in comfort, hand sanitiser supplied
- social distancing encouraged

Lots of summer fashion and Christmas gift ideas

www.facebook.com/instyleturramurramarket
www.alivewithstylebags.com | www.margaretcaneclotthing.com

Discover Your Birthstone

Isabella Ross

Birth flowers and birthstones are interesting considerations when choosing a gift for your loved one on their special day. The National Association of Jewellers devised the birthstone list in 1912, and the floriography of birth flowers, meaning the language of flowers, found its prominence in the 18th Century – essentially there’s a lot of history behind these sentiments. Read on to discover more!

JANUARY
Garnet is commonly a deep rich red gem, most often sourced throughout Africa.

FEBRUARY
Amethyst is a beautiful purple crystalline quartz, with major sources being Brazil, Bolivia, Uruguay and Zambia.

MARCH
Aquamarine, a member of the beryl crystal family, is a bluey-green gem named after the colour of the sea.

APRIL
April babies have a pricey birthstone! The diamond is renowned for its rarity and being one of the ‘Big Four’ traditional gems.

MAY
Boldly green, emeralds are truly incredible. Emeralds are the most expensive of the beryl crystal family, and another piece of the ‘Big Four.’

JUNE
Two options – pearl or alexandrite. Pearl is the more traditional birthstone, but colour-changing alexandrite is described as ‘emerald by day, ruby at night.’

JULY
A bright crimson colour, rubies are also part of the ‘Big Four’ and a variety of the mineral corundum.

AUGUST
A most-unique colour, peridot is a pale green gem part of the olivine family. It is often sourced in China, Myanmar, Vietnam and Tanzania.

SEPTEMBER
The final component of the ‘Big Four’, sapphires are a precious gemstone that are often deep blue.

OCTOBER
Another double variety – opal or tourmaline, which is a semi-precious stone found in a range of colours. Interestingly, Australia produces 95% of the world’s precious opal.

NOVEMBER
Topaz is such a versatile gemstone, as yellow, pink and blue varieties are commonly on the market.

DECEMBER
Turquoise is perhaps the oldest stone in man’s history, an opaque teal-coloured stone which is incredibly rare and valuable.

Discover Your Birth Flower

Isabella Ross

JANUARY
Known for their variety of colours and fragrant fringe petals, carnations generally symbolise loyalty and love.

FEBRUARY
Like the colour of the February birthstone, violets are a beautiful deep purple.

MARCH
Referred to as little buds of sunshine, daffodils are a sign of luck and optimism.

APRIL
Daisies are said to be one of the oldest flowers on Earth, blooming in a range of colours.

MAY
More of a unique flower, lilies of the valley look like delicate white teardrops, not to mention their sweet scent!

JUNE
A favourite among all – the rose. A classic flower, roses symbolise devotion and beauty.

JULY
An aquatic variety of the lily, water lilies are known for growing in temperate and tropical environments.

AUGUST
Poppies are a symbol of peace, bringing light to the

meaning behind the symbol of Remembrance Day.

SEPTEMBER
Aster flowers come in a range of pastel tones, as well as being named after the Greek word for ‘star’, given its star-shaped petals.

OCTOBER
Bright and sunny, marigolds are a favourite in spring gardens and for October birthdays too.

NOVEMBER
Chrysanthemums represent friendship and happiness, not to mention being one of the world’s most popular cut flowers.

DECEMBER
In connection to the festive holiday, a sprig of holly added to a bouquet is said to be a symbol of fortune and merriment.

Why We Are Barking Mad About Dogs

Eliza Cusack

Studies analysing the human and animal connection have shown that owning a pet can benefit your health in an abundance of ways. Being the owner of a furry friend has been shown to decrease loneliness, rates of depression and stress levels, improve blood pressure and increase levels of physical activity. Research has also shown that growing up with a pet during infancy may even help to improve the immune system and reduce the risk of allergies. Particularly during the stressful climate of today’s society, dogs in particular can provide amazing emotional support. This is why the use of therapy dogs offering support in hospitals, schools and nursing homes has dramatically risen in the past few years.

Since the pandemic began, the number of Australians buying or fostering a

pet have skyrocketed. At the end of April this year, the RSPCA recorded a 45% increase in dog adoptions. Owning a pet during this time is also a great opportunity to teach the kids responsibility, patience and compassion. Pets have also been proven to teach empathy as well as increasing a child’s social and verbal skills.

The North Shore is full of wonderful dog parks to take your furry friend. Off-leash dog parks allow your pet to run free and meet new four-legged friends. The Lindfield Soldiers Memorial Park on Tryon Road in East Lindfield has a great off-leash area and also has a BBQ and multiple picnic spots for a perfect weekend meet up. Sirius Cove in Mosman is the perfect spot if your dog loves the water. The bushland park area backs onto a beautiful beach with plenty of space for your pet to run around and meet other dogs.



Local dog Pippa enjoying a walk @pippathe_pup

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The 4-day Work Week Debate

Eliza Cusack

Improving wellbeing in the workplace is always a point of discussion, particularly in today's complex climate. From incorporating brighter colours and design features into the office to encouraging employees to ride their bike to work – the list is endless. One topical debate is the concept of a 4-day work week.

New Zealand businessman Andrew Barnes released his book *The 4-day Week* earlier this year, which explores an 8-week experiment in his NZ based firm when he discovered his employees were only productive for around a quarter of their normal workday. A 4-day work week isn't to be confused with a tighter schedule with employees having to squeeze in more hours in a week. Instead it means a slight decrease in hours over the four days, with the aim of decreasing stress and pressure, and boosting productivity. Advantages of

the switch from a 5-day week to a 4-day week include fewer health issues for employees particularly with regards to mental health, improved employee morale and an increase in productivity levels.

Critics have warned however, that such a concept makes little sense in the Australian business world. The scepticism includes the question of whether the shift would be a profitable move in the eyes of employers and whether the 4-day week would eventually be used to fit 5 days' worth of work in, creating added pressure. There may be more effective ways to improve wellbeing at work whilst settling with the traditional working week model. These can include exposing natural light more effectively in the office, improving air quality and ventilation and even providing healthier meal options. It is a proven fact that workplaces with happy and healthy staff see higher levels of productivity and morale, in turn seeing desirable profitability and success.

Beauty Corner

Isabella Ross

Silicon-free Hair Products



There has been some conversation in the beauty world as of late surrounding silicone in haircare products. Long term concerns of using treatments with silicone consistently include build up and hair brittleness, not to mention its damaging effect on curly hair. Now is the time to give silicone-free hair products a go – one Aussie brand on the rise is Marc Daniels Professional, with their silky soft Keratin Shampoo and Conditioner being free of sulphate and silicone – win win!

Goat's Milk Products



Working well on all skin types, goat's milk is making a definite name for itself. Recommended by dermatologists, goat's milk has been seen to have numerous benefits including adding moisture to the skin, preventing fine lines and wrinkles and helping reduce breakouts. The Goat's Milk collection from The Australian Cosmetics Company (TACC) is one *Sydney Observer* can recommend, having tried it ourselves. The collection includes hand creams, body wash, body cream and soaps – each being delicately fragranced with Paw Paw, Kakadu Plum, Finger Lime, Lavender or Wildflowers.

Plan Your Next Countryside Escape

Eliza Cusack

There's something about being surrounded by nature that really brings you back to the present moment. Even though more and more states and territories are progressively opening to NSW residents, some may still feel precarious about making the interstate leap. So, why not make the most of the beautiful rural landscape that NSW has to offer!



BILPIN

If you are looking for something a little more adventurous, the Blue Mountains offer just that. Bilpin Country Lodge is a large lodge with a big variety of animals to feed and pat making it perfect for a family getaway. The big-ticket item associated with Bilpin is its array of apple orchards. Whether its Hillbilly Cider or Bilpin Cider Co, it is worth checking out the orchards and having an afternoon drink or two while there. Stepping away from the chaos of the city and into the charms of the countryside can do wonders for your mind and body's stress-levels.



BOWRAL

Bowral is one of the most picturesque towns less than an hour and a half from Sydney that offers the charms of a country town with farm stays just outside of the centre. Airbnb offers a large range of small farm cottages located on properties just outside of Bowral where you can experience all the countryside has to offer plus still enjoy the comforts of restaurants and stores not too far away.



KANGAROO VALLEY

Only a two-hour drive from Sydney, this hidden gem is great for an escape. The small town lies along the Kangaroo River, which is one of the most spectacular ways to see views of the valley. Hiring a kayak or canoe is a great day activity. If water sports aren't your thing, the town itself boasts a collection of amazing antique shops. One of the highlights is a shop just out of town called 'Grandpa's Shed' which is full of dozens of unique collectables. Visiting a winery during your stay is also a must-do, as Kangaroo Valley is renowned for its rich volcanic soil which is optimal for growing grapes.



The Spiritual Resonance of Music

Kerrie Erwin

Have you ever thought how strange it is when you are thinking of someone and a certain song comes on the radio, or you are out somewhere, and you hear a song, music or tune loudly playing which takes you back to a wonderful or sad memory that you once experienced?

These songs are often what I call 'Sacred Signs' or 'Signposts' sent to you from the spirit world, to let you know that you and your loved ones are near and okay.

I don't know how many times over the years I have constantly told clients our loved ones in spirit are always looking out for us and often know everything that is going on. Often, I will wake up with a song going through my head, often in full stereo, when I am going through hard times. When this has happened, I know not to worry as this is spirits way of letting me know that everything is

going to be ok. Years ago, when I was younger, I played bass guitar in a band with a male friend who passed over and these days when I hear our old songs on the radio or out some where I will understand that he is near. I have also heard other people say they have experienced the same thing and later it will be confirmed as someone will ring them about the person in question, or they will hear information. In my private sessions, the spirit person will often give evidence of survival about their own funeral with certain songs that were played, people that were there and always commenting what a good time they had.

Music can also activate past life memory, from people you once loved, or had a connection with not only in this life but other past lives as well.

LOVE AND BLESSINGS

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



Kerrie Erwin is a Psychic and Medium
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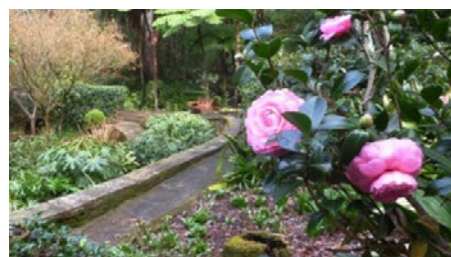
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Van Gogh Alive

Discover iconic paintings 'The Starry Night', 'Sunflowers' and more brought to life in this unique multi-sensory exhibition.

When: Until October 12
Time: 10am – 9pm
Cost: \$37 for adults
Where: Royal Hall of Industries, Moore Park
<https://www.vangoghalive.com.au/>



Spring at Swain Gardens

Throughout the season, locals are welcomed to take a stroll through one of the North Shore's hidden gems for a spring flower display.

When: October 1 – 31
Time: Open daily 9am – 5pm
Cost: Free
Where: Swain Gardens, 77 Stanhope Road, Killara
www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Visit_Swain_Gardens_this_Spring

Pymble Table Tennis

Over 55s can try their hand at table tennis or revive their interest at a fun, social and welcoming weekly table tennis club in Pymble.

When: Each Friday of the month
Time: 11am – 1pm
Cost: \$8
Where: Ku-ring-gai Town Hall, 1186 Pacific Highway, Pymble
www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Pymble_Table_Tennis_Club_for_over-55s

Sustainable Fashion Workshop

Run by the Possibility Project in Wahroonga, this webinar will detail how to make ethical fashion decisions and provide tips for online vintage shopping.

When: October 7
Time: 12pm – 1pm
Cost: Free
Where: Online via Zoom
www.kmc.nsw.gov.au/Things_to_do/Events_activities/Sustainable_Fashion_Workshop

Cherry Blossoms Chatswood

Be transported to a world of pink, white and red blossoms and experience Sakura right at your doorstep with the ultimate Cherry Blossom experience.

When: Until October 11
Time: 9am – 5pm
Cost: Free
Where: Westfield Chatswood.
www.willoughby.nsw.gov.au/Events/Cherry-Blossom-Celebration-at-Westfield-Chatswood

Backyard Bird Talk

Celebrate National Bird Week with this webinar, which will teach you how to ID certain birds and create a bird habitat in your backyard.

When: October 15
Time: 10am – 11am
Cost: Free
Where: Online via Zoom
http://www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Backyard_bird_talk

World Press Photo

Visit the annual World Press Photo exhibition to see some of the world's best photojournalism from 2019.

When: Until October 18
Time: 10am – 5pm
Cost: Free
Where: State Library NSW, CBD
www.sl.nsw.gov.au/exhibitions/world-press-photo-exhibition-2020



That Great Market Lindfield

Locals are excited to hear That Great Market Lindfield is back! The indoor/outdoor market has some lovely stalls on offer.

When: October 18
Time: 9am – 2pm
Cost: Free
Where: East Lindfield Community Hall
www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/That_Great_Market_Lindfield_returns

Plant Giveaway Hornsby Shire

Hornsby Shire residents are welcomed to collect 2 trees and/or 4 plants from the community nursery.

When: October 31
Time: Saturday 9:30am – 12pm
Cost: Free
Where: Hornsby Community Nursery, Pennant Hills
<https://www.hornsby.nsw.gov.au/lifestyle/events/native-plant-giveaways/Greening-our-Shire-Plant-Giveaway>

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