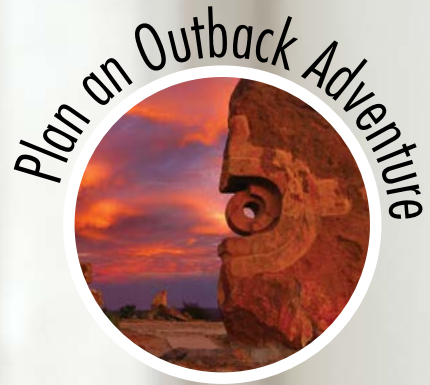


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# Sydney Observer

IN PRINT SINCE 1996



The Ultimate  
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“I am living a dream”

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# Summer is officially here!

Our profile is Indigenous model Samantha Harris, and we had such a great conversation regarding her career, love for skincare and what's next on the cards for her. *Sydney Observer's* Summer Special is also a must-read, with articles on the festive season (p.32,33,34) and secret Sydney beaches (p.36). There are also interesting articles on fashion trends (p.40), delicious recipes (p.47), lush pool design (p.16) and the news all local dog owners need to know (p.8).



This has been a year of great adjustment but also growth. I have truly loved my role as Editor at *Sydney Observer* magazine, sharing important stories with the local community, and I am looking forward to the New Year.

Stay connected with us via Instagram @sydney\_observer and Facebook @Sydney Observer.

We wish our readers a wonderful and safe summer.

Isabella



Biologi

## CONTENTS

- 6. Snippets
- 8. Local News
- 14. Profile
- 16. Home and Garden
- 24. Seniors
- 32. Summer Special
- 38. Fashion & Beauty
- 42. Wellbeing
- 46. What's On
- 47. Food & Wine
- 48. Clairvoyant



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

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# SNIPPETS



Jamie Davies/Unsplash

## Wahroonga Rotary Raffle

The Rotary Club of Wahroonga is holding their annual Christmas raffle. Funds raised will go towards supporting families sending their kids with a disability to special schools in their local area. The prizes range in café vouchers, luxury skincare packs, Christmas hampers, and a state-of-the-art coffee machine. 1 ticket is \$5, 3 tickets are \$12, 5 tickets are \$20 and 8 tickets are \$30. The raffle closes on December 20, to purchase a ticket visit:

<https://www.wahroongarotary.org/>

## No to Single-Use Plastics

Hornsby Shire Council has adopted a policy on single-use plastics, aiming to phase them out of council operations and large community-run events by 2022. "Single-use plastics make up a large proportion of litter in NSW and they cause enormous damage to the environment. Phasing out their use is one small step that can be taken to improve the health of our communities and local ecosystem. This is one small step council has taken to help ensure we leave behind a habitable world for our children," said Hornsby Shire Mayor Philip Ruddock.

## West Pymble Community Garden

A great community garden on the North Shore is in West Pymble. The newly invigorated garden is open and looking forward to welcoming new volunteers to help build this beautiful space. Organic produce is great for the environment, great to consume and a great hobby to enjoy! Ku-ring-gai Council has provided a rainwater tank, tool shed and ongoing support to the garden. If you would like to secure a plot in the garden, you can express your interest via email at [kuringgaiboombags@gmail.com](mailto:kuringgaiboombags@gmail.com).

## Book Paradise in Lindfield

For those who love books, you are in luck! Lifeline's pop-up bookstore is situated in the premises of the much-missed Lindfield Bookshop, one of Sydney's beloved book retailers back in the day. The old Lindfield Bookshop was an institution on the Upper North Shore for 35 years, but it closed last year. The pop-up has quality second-hand books, DVDs, CDs and vinyls – all at bargain prices. The pop-up Lifeline Book Shop can be found at 328 Pacific Highway Lindfield.

## Ku-ring-gai Community Grants

The 2020 community grants have been increased by 25% to recognise the impact of COVID-19 on organisations helping the Ku-ring-gai community. This year's community grants were awarded in three categories: small equipment, community development programs and arts & cultural programs. A total of \$119,860 will be distributed. Successful applications this year will fund assistance for residents with a disability, support for troubled young people, camping equipment for Scouts, Ku-ring-gai's Jewish community's outreach work and the Marian Street Theatre group.

## NSW Australian of the Year

A well-deserved win, former NSW Rural Fire Service Commissioner Shane Fitzsimmons has been named the NSW Australian of the Year. Mr Fitzsimmons was praised for his state-wide response, managing a crew of 74,000 firefighters and volunteers who faced one of the country's worst bushfire seasons. The 2019-2020 Black Summer killed 34 people and more than 18 million hectares of land. Mr Fitzsimmons labelled the win bittersweet, paying tribute to the volunteers who work to protect homes and lives.

australianoftheyear.org.au



kmc.nsw.gov.au

## 75<sup>th</sup> Birthday for Local Libraries

Ku-ring-gai has one of the longest running public library services in NSW. The libraries have just celebrated their 75<sup>th</sup> birthday. "Walk into any of our four libraries and you'll find people of all ages reading, studying, listening to stories and taking part in classes and meetings. Everyone who has been involved in our libraries in the last 75 years deserves congratulations for helping Ku-ring-gai reach this historic milestone," commented Ku-ring-gai Council Mayor Jennifer Anderson.



## Hornsby Commits to Dual Naming

As part of NAIDOC Week, Hornsby Council made the important decision to create a policy for dual naming of sites and facilities in the shire. This will allow for both a European and traditional Indigenous name, a policy recommended to council by the Hornsby Aboriginal and Torres Strait Islander Consultative Committee. "I think it's a fabulous step forwards towards reconciliation. The traditional naming of an area adds to healing the health and wellbeing of Aboriginal people," said Guringai elder Auntie Tracey Howie.



rfs.nsw.gov.au

## Reflecting on South Turrumurra Fires

We cannot believe it, but it has officially been one year since the devastating bushfires that plagued NSW came onto our doorstep here on the Upper North Shore. Bright pink-coloured fire retardant was spread across South Turrumurra in a bid to save homes, which luckily were indeed protected from the fire. Given the local government area is dense in vegetation, locals are encouraged to have an up-to-date bush fire survival plan: [www.rfs.nsw.gov.au/plan-and-prepare](http://www.rfs.nsw.gov.au/plan-and-prepare)

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# Urgent Warning for Local Dog Owners

Isabella Ross

Dog owners across Sydney have been issued a warning by numerous key vets, in regard to a recent dangerous outbreak impacting our furry friends. Leptospirosis is a fatal bacterial disease, spread via the urine of infected animals, mostly rats. So, whether it is exposure to water, food, soil or bedding contaminated with rat urine, or direct contact with a rat, dogs can easily become infected. Given the dense vegetative nature of the local government area, rats can be a common issue, therefore this disease needs to be on the radar of our North Shore dog owners.

## THE IMPACT

Dogs with leptospirosis can develop liver disease, kidney disease and bleeding

disorders, which are often fatal. Dr Kate Adams, veterinarian and owner of Bondi Vet Hospital noted that she has seen too many cases of dogs dying from the disease, and the pain of families losing their beloved pet. "Once a dog has leptospirosis, it can be difficult to treat, and in the recent cases in Sydney, only one case has been reported to have survived, despite in many cases, intensive treatment. It's important that dog owners stay informed and know the signs to look out for. Prevention is possible. The time is now for dog owners to know the facts and consider vaccinating against the disease." According to Dr Adams, while our understanding of leptospirosis has improved significantly in recent years and it is now easier to test for, there is still a long way to go in regard to public awareness of this disease.



## What to do to prevent leptospirosis

- Talk to your local vet clinic about vaccination and regular boosters.
- Monitor your dog's surroundings when at home and out on walks with them – avoiding contact with rats or areas frequented by rats.
- Consider key factors including stagnant water and nearby construction sites.
- Regularly monitor your dog for signs that may be associated with leptospirosis such as lethargy, elevated body temperature, vomiting and diarrhoea.

Luckily for Ku-ring-gai residents, there are plenty of veterinarian practices operating on the Upper North Shore – so make sure to get in touch with your local vet.



Dr Kate Adams, veterinarian and owner of Bondi Vet Hospital.

# Local Bushfire Retreat Zones

Neighbourhood Safer Places are a place of last resort during a bushfire emergency. They are to be used when all other options in your bushfire survival plan can't be put into action safely. With Ku-ring-gai Chase National Park and Lane Cove National Park right on our doorstep, keep these Neighbourhood Safer Places in mind in the event a bushfire occurs. You should also know how to get there, as well as alternate routes in case the road is blocked or too dangerous to drive on.

## Neighbourhood Safer Places

**Hornsby:** Storey Park, Lodge Street Hornsby.

**Wahroonga:** Claude Cameron Grove, Westbrook Avenue & Kintore Street Wahroonga.

**North Turramurra:** North Turramurra Golf Club House, Bobbin Head Road.

**St Ives:** St Ives Village Green, Memorial Avenue.

**Pymble:** Robert Pymble Park, Alma Street Pymble.

**Killara:** Burt Oldfield Oval, Rosebery Road Killara.

# Economic Recovery for a Better 2021

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

2020 has been a tough year for many Australians. From bushfires, drought and floods to the pandemic, it's been quite a test for our nation.

Collectively we can take pride in the no-fuss way Australians have done what we needed to do in response – whether that's the courage of our volunteer firefighters, the determination of our farmers to keep going in the face of drought, or the way we have quickly made major changes to our lives to comply with public health measures. The Morrison Government has worked throughout the COVID-19 crisis to save lives, cushion the blow and help Australians remain in jobs. The \$101 billion JobKeeper program was a lifeline that supported around 3.5 billion jobs.

This year's budget sets out a path to economic recovery. The Jobmaker Hiring Credit for example, will support an estimated 450,000 jobs for young people. Infrastructure projects around the country are being accelerated with \$14 billion of funding, estimated to support 40,000 jobs. Locally, this additional funding will see \$1.9 million distributed across Hornsby, Ku-ring-gai and Willoughby. The Pinch Point Program will see a further \$24 million in funding for small-scale road improvements across the Bradfield electorate. Our energy plan allocates \$1.9 billion to



support low emissions and renewable technologies. There is \$1.8 billion in funding for the environment, including helping our wildlife recover from bushfires.

Following a tough year for many, this festive season is a chance to rest, recharge and connect with friends and family – while observing social distancing rules of course!

I wish you the best for Christmas and a very happy 2021.

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PaulFletcherMP PaulFletcherMP PaulFletcherMP

Authorised by P. Fletcher, Liberal Party of Australia, Suite 1, Level 2, 280 Pacific Highway, Lindfield NSW 2070.



# Award-Winning Wildflower Garden

For anyone who has visited and explored the beautiful scenery at Ku-ring-gai Wildflower Garden, it is no surprise that the garden recently won an award. Ku-ring-gai Council and The Wildflower Garden's online education programs for young children during lockdown received a High Commendation through the 2020 Keep Australia Beautiful Sustainable Cities Awards.

As expected, during lockdown all regular face-to-face programs were suspended, with staff instead pivoting towards the online sphere. They produced a range of online DIY nature-play activities, including two programs called Kids Wild @Home delivered weekly on Facebook and Junior Rangers Club @Home program delivered weekly on Zoom.

Mayor Jennifer Anderson said she was proud of the way council staff

had readily adapted to new ways of delivering educational programs while children had been confined to their homes. "The @Home programs kept children motivated and engaged and

helped support parents during the height of the lockdown," she said. Mayor Anderson added that most activities for children at the Wildflower Garden had now returned to normal.



## Ku-ring-gai Council



### Changes to Council Meetings

The meeting at 7pm Tuesday 8 December 2020 will be held online. Council meetings are physically closed to the public until further notice but can be viewed at [kmc.nsw.gov.au/livestream](http://kmc.nsw.gov.au/livestream)

Public Forums are no longer being held in the Council Chambers due to COVID-19. The public can still address Council through audio and audio-visual recordings (maximum 3 minutes) or written submissions to Councillors.

For details visit [kmc.nsw.gov.au/meetings](http://kmc.nsw.gov.au/meetings)  
Enquiries: (02) 9424 0000

### Ku-ring-gai Council Christmas and New Year open hours

**Thur 24 Dec** - 8.30am to 12.30pm

**Fri 25 Dec** - closed

**Mon 28 Dec** - closed

**Tues 29 Dec** - call centre open 8.30am to 5pm; customer service centre at 818 Pacific Hwy Gordon closed

**Wed 30 Dec** - call centre open 8.30am to 5pm; customer service centre at 818 Pacific Hwy Gordon closed

**Thur 31 Dec** - call centre open 8.30am to 5pm; customer service centre at 818 Pacific Hwy Gordon closed

**Fri 1 Jan** - closed

**Mon 4 Jan** - call centre and customer service centre resume normal hours 8.30am to 5pm

The staff and Councillors wish all our customers and residents a happy Christmas and best wishes for the New Year!

For details visit [kmc.nsw.gov.au](http://kmc.nsw.gov.au)  
Enquiries: (02) 9424 0000



### Mayor's Christmas Appeal

Donations of tinned food, cakes, biscuits and non-perishable food for Lifeline Christmas hampers can be made at:

- Ku-ring-gai Council Customer Service Centre** • Level 4 • 818 Pacific Hwy • Gordon
- Gordon Library** • 799 Pacific Hwy • Gordon
- Lindfield Library** • 265 Pacific Hwy • Lindfield
- St Ives Library** • 1666 Mona Vale Rd • St Ives
- Turramurra Library** • 5 Ray St • Turramurra

Donations close 14 December - thank you for your support!  
Enquiries: Lifeline on 9498 8805

# 25<sup>th</sup> Anniversary Probus Gordon East

Isabella Ross

A great local news story, the Probus Club of Gordon East is celebrating their 25<sup>th</sup> anniversary this December. The club first met at Marion Street Theatre in December 1995, later moving to Turramurra Masonic Hall where the club was meeting until the pandemic. Using the resources at their fingertips, meetings have currently been online via Zoom, with face-to-face meetings hoping to be resumed this January. If you are a retired or semi-retired local interested in some social interaction and getting involved in the community, the Probus Club is welcoming new members!

President of the Probus Club of Gordon East, Gerry Vella, spoke with *Sydney*



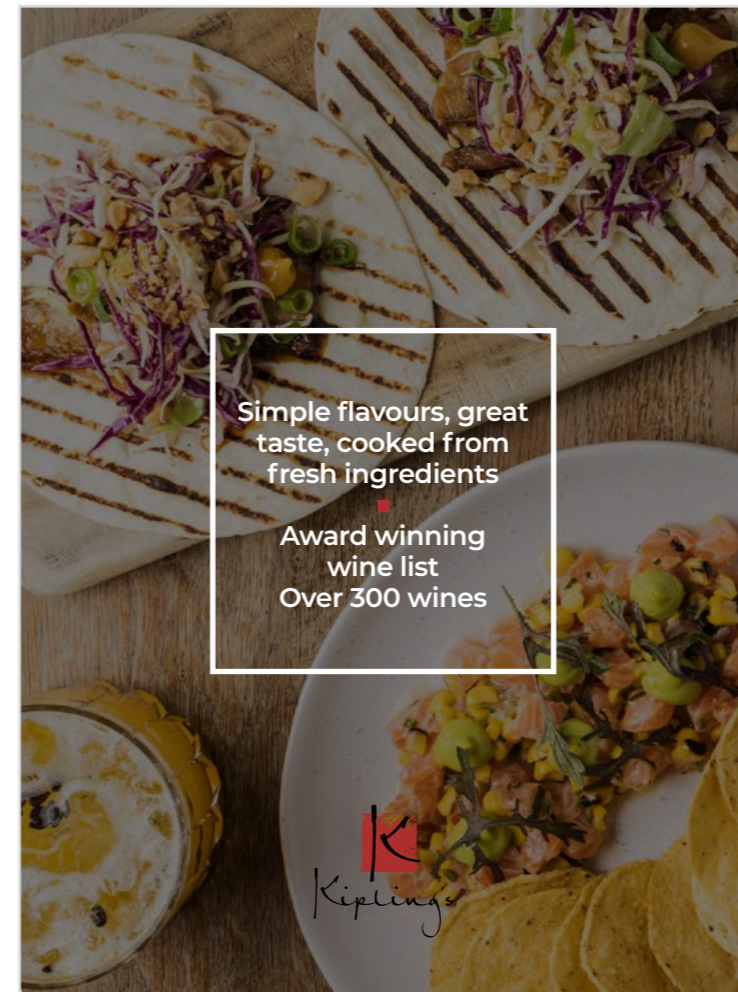
*Observer* about some of the highlight experiences he has enjoyed during his 3 years as a member. "I'm a bit of a recent recruit, but I've had a great time being a part of the club. We always need new members to keep the vitality going. Some of my favourite experiences have been the

wine and dine, the walks, the drinks and nibbles at the park, the cooking club – all great social occasions. Social interaction is vitally important for everyone's wellbeing," Gerry notes.

Other great activities on offer include golfing, cycling, restaurant outings, theatre trips, music groups, book clubs and countless more. To mark the special 25<sup>th</sup> anniversary, the club is having a luncheon on December 18, along with a presentation. It will be one of the first events the

club will be hosting in-person since the pandemic, with sixty members attending (COVID guidelines met of course).

If you are interested in joining, with new members always welcome, visit [www.probusgordoneast.org.au/](http://www.probusgordoneast.org.au/)



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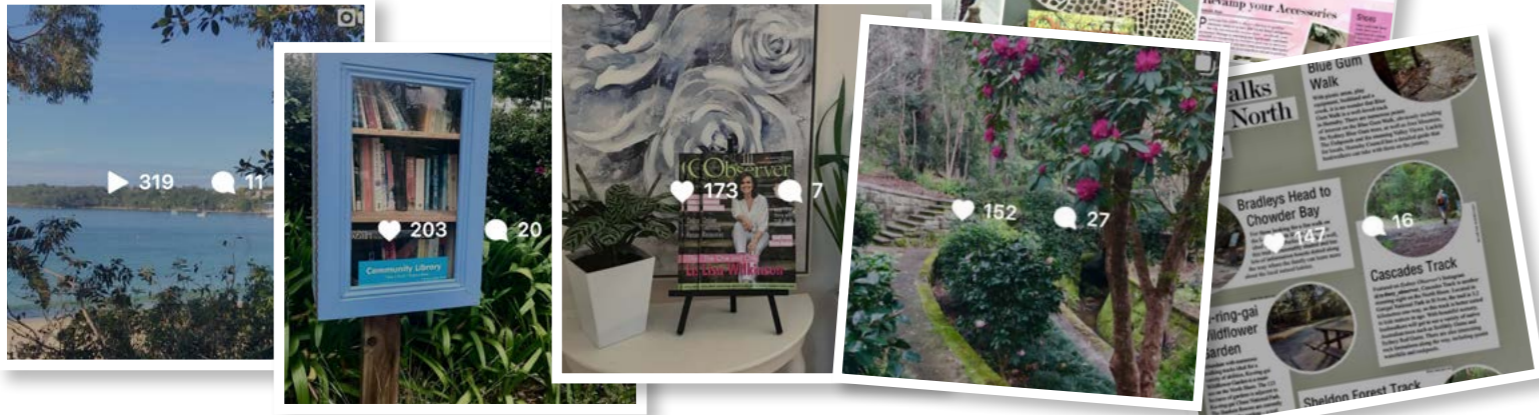


# Sydney Observer hits 4000 on Instagram!

We are delighted to share with our loyal readers that *Sydney Observer* has hit 4000 on its Instagram page. Whether it's locals or businesses in the community, we are so incredibly grateful to any that have joined our tribe.

On the Instagram we share local news stories, highlights from our magazine issues, what's happening on the North Shore and the best places to eat, drink and sight-see.

Given this issue is a combined December/January magazine, the best way to stay up to date with us is to follow us on Instagram, @sydney\_observer. Throughout the summer we will continue to share important content with the community, both via the socials, newsletters and our website!



## Funds for Community Groups

The electorate of Davidson has secured \$300,000 in funding for a total of 17 projects through the NSW Government's 2020 Community Building Partnership Program. Funds will be delivered for much-needed improvements to local facilities across a range of areas.

"This is fantastic news for Davidson. This grassroots funding will directly help create a more vibrant and inclusive local community with positive social, environmental and recreational outcomes," said Member for Davidson, Jonathan O'Dea. "I congratulate all the organisations that were successful in their application and look forward to seeing how these projects make a real difference for community groups in the area. Importantly, many of the projects include



provision of disability access making community facilities more inclusive."

Amazingly, the Community Building Partnership program has funded more than 15,000 community projects since it commenced in 2009. Congratulations to all the recipients who were successful in their application for grant funding!

### Some of the fund recipients

- St Ives Football Club**  
Team shelters and safety net installation (\$15,000).
- Lindfield East Public**  
Solar panel system (\$17,493).
- Girl Guides Association Gordon Hall**  
Upgrade of the hall (\$11,436).
- Roseville Lawn Tennis Club**  
Fencing and repairs (\$10,000).
- Cerebral Palsy Alliance  
St Ives Respite Centre**  
Air-conditioning upgrade (\$15,955).
- Lindfield District Cricket Club**  
Purchase of cricket pitch covers (\$2,500).

## Recovery Plan

Jonathan O'Dea

The COVID-19 virus made this year a very tough one. The restrictions and changes impacted everyone and every aspect of life. The recent State Budget is largely a plan to help families, support business and create jobs across NSW.

Getting back on track is going to be a challenge. NSW's testing, tracing and quarantine programs are cutting-edge and are well funded, so we can continue to open our economy safely. The Budget supports the people doing it toughest; easing the strain of the economic and health crisis and providing record mental health support.

We have a \$107 billion-dollar infrastructure pipeline for roads, rail, schools, hospitals and energy infrastructure. There is also a blitz of smaller, local and shovel-ready projects to generate tens of thousands of jobs in every corner of the state.

In the midst of this jobs crisis, the Budget funds skills training to get people back into work. A \$2.1 billion payroll tax cut and the \$250 million Jobs Plus Program will make NSW the most attractive state to run a business and encourage businesses to hire and retain employees.

You will be able to do your own bit to support hospitality and tourism in the New Year with \$100 worth of vouchers from the



Building infrastructure at Monash Hospital site.

NSW Government for every adult resident (see [www.nsw.gov.au](http://www.nsw.gov.au)) I urge you all to use your \$100 vouchers to get out, enjoy the best of NSW and support local businesses in 2021. In the meantime, I wish everyone a happy Christmas and a safe and peaceful 2021.

## Female Indigenous Art Exhibit

As part of last month's NAIDOC Week celebrations, Darling Quarter in the CBD has launched a brand new all-female Indigenous art exhibition. The public can explore the free *HERE I AM: Art by Great Women* exhibition until the end of January, and it is open to all 24/7. The art installation is made up of large-scale cubes which act as the canvases for these beautiful murals, artwork ranging from photography, illustration, painting and more.



"We feel extremely lucky to have partnered with aMBUSH Gallery, who conceived the idea for *HERE I AM: Art by Great Women* as a way to champion female Indigenous artists. We are proud supporters of the Indigenous community and wanted to create an interactive experience that could remain at Darling Quarter for an extended period of time," commented Darling Quarter Marketing Manager Adelaide Dias.



**Jonathan O'Dea**  
Member for Davidson

As the local MP for the Davidson electorate it is my pleasure to serve constituents and our community, including by:

- Representing **your interests** in NSW Parliament
- Taking **concerns** directly to appropriate Ministers for responses
- Advising about **rights** and further **action** people can take
- Advocating for more **resources** for local groups and communities
- Organising **congratulatory messages** e.g. for 50th/60th wedding anniversaries and 90th/100th birthdays

Please visit my website [www.jonathancode.com.au](http://www.jonathancode.com.au) to provide feedback and access links to my latest speeches and media releases.

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Authorised by Jonathan O'Dea MP using parliamentary entitlements

Photos by Biologi

# Getting to Know Samantha Harris

*Isabella Ross*

At just 13, Samantha Harris' dreams came true – entering the *Girlfriend* Magazine Model Search in 2004 and becoming a finalist. “Ever since I was little, all I ever wanted was to be a model. I never thought I’d be on the cover of a magazine or anything like that, but I was just super intrigued by it. I was flown to Sydney to have a shoot along with the other finalists and had a blast. I got signed with my agency Chic Management, who I’m still with today, and the rest is history!”



**W**ith a range of successful campaigns, catwalks and covers to her name, Sam understandably struggles to consider a particular favourite in terms of what she has achieved during her career. “Everything I’ve done has honestly been a career highlight, but one of my favourites would be my *Vogue* cover and also being the second ever Indigenous woman to be on the cover made it extra special.” The first Indigenous model to front the *Vogue* magazine, Elaine George, was on the cover in the September 1993 issue. It would be 17 years before another Indigenous person was on the cover, evidently Sam in 2010.

The modelling industry is known to be quite tough. Sam credits her years and experience as how she has ultimately dealt with the challenges faced. “It can be a cut-throat industry – one person will like your look, the other will not. That’s just the game. You can’t take it to heart however, as the designers of the brand just have a specific vision of their Spring/Summer or Autumn/Winter collection, so you won’t always fit the brief. I’ve been in the industry for a long time, so I don’t take it personally,” she notes.

What Sam does however take personally are the prejudicial attitudes of race that still sadly exist, having recently spoken about the racism she has encountered online. “It is very frustrating. I think with social media, everyone has got something to say these days. You could be a saint, and someone would still have a problem with you. I think to put race into it is just horrible. We live in the 21st Century – Australia is an incredibly multicultural country, so for someone to pinpoint someone’s race says a lot more about them than it does me.”

Sam is also an Indigenous Ambassador for World Vision Australia. Last year she and her mum travelled to the Kimberley in WA to remote Indigenous communities, seeing the work World Vision had been doing. “It was amazing. I love giving back, especially to the kids and helping inspire them to

## Sam’s Favourite Things

### Favourite pastime/hobby?

I love to work out and the gym.

### Favourite skincare product and regime?

I use all the Biologi Range – it’s amazing! The particular favourites are the BC Refresh Cleanser and they also do a really nice Radiance Face Serum. Biologi are actually the first in the world to provide consumers with Clean Cosmeceuticals in the form of stable, 100% active, plant phyto-nutrients, including purely natural Vitamin C. The results have been great!

### Who would you say is your biggest role model or inspiration?

I’m inspired by women doing well in their respective fields, standing strong.

### The funniest or strangest thing you’ve read about yourself?

Where do I start! I was out to lunch with my husband, and I’m very expressive with my hands when I talk, so the paps took images and made a story suggesting we were fighting! Obviously, we were having a beautiful lunch, but my hand gestures alone told a different story according to them. They’ve got an imagination I’ll give them that.

### Favourite location in Sydney?

Northern Beaches - can’t beat it!

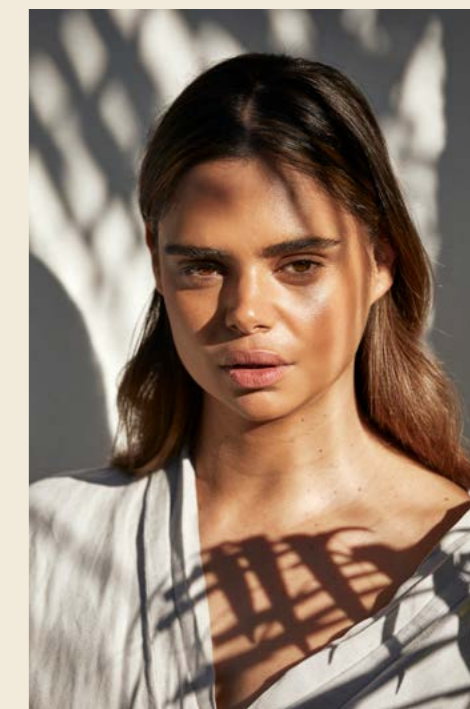
see the big picture and know the world is their oyster. We got to visit these communities, see first-hand the work being done. World Vision doesn’t tell the communities what they need, they actually ask what resources are needed and go from there. Mum loved it as well. She was probably more of a hit than me to be honest!”

According to Sam, it was an incredibly inspiring trip. “My grandparents passed away when I was very young, and my mum tried to make my siblings and I aware of our culture as much as she could. The older we get, the more she is telling us about what she experienced and how she grew up. Sometimes it’s not the nicest of things to be told, but I think because we’re adults now it helps,” she shares.

Using her platform to voice issues of great importance, Sam is grateful for the experiences and opportunities that have come her way, along with looking forward to what’s to come.

“I like that I can inspire people to follow their dreams – not necessarily to be a model, but just do what makes them happy. I love the travel aspect as well! Now being in my 30s and being in the industry for so long, I’m very grateful to still be working and love what I do. I’m living my dream.”

Stay up to date with Sam via her Instagram @sam\_harris







## Geometrics and Natural Materials

One of the primary goals for the poolside area is to be relaxing and inviting. Easy ways to do this is through varying textures and seating areas – essentially, have one area for outdoor dining and drinking poolside, another for lounging about. Geometrics continue to be on the rise in design, and they can look particularly striking in a monochrome colour palette. Take the striped chairs for instance – when paired with the timber, the end look is timeless yet edgy, which is a difficult look to pull off. If you want to add a pop of colour, consider painting one of the exterior walls or even the shed, as shown in the image of the rattan chairs, which look fabulous when contrasted against the bold blue.

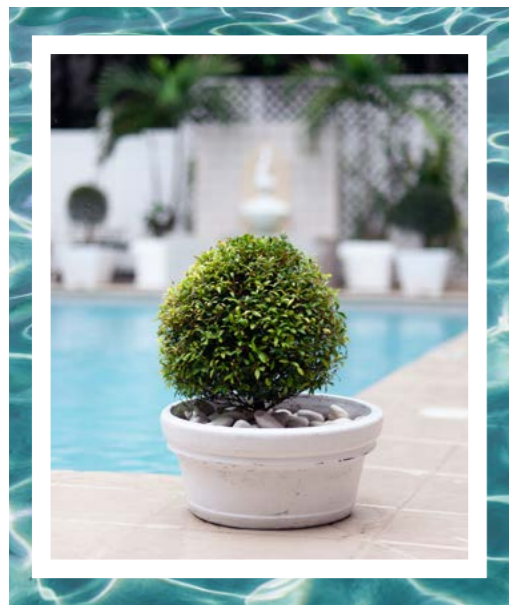
## Lush Pool DESIGN

Isabella Ross

Now is the time to dive into some pool design! For those who are lucky to have a pool, or are considering renovating or building, here are the latest poolside trends happening this season.

## Tantalising Tiling

For the in-pool tiles, glass mosaic tiles are a great choice for the lining – if properly installed they are waterproof, non-wearing and give the pool a real iridescent sparkle! Travertine tiles look great for the area around the pool, but what are they you ask? Travertine tiles are made out of a type of limestone and are incredibly durable. If you wish to go with something else, textured porcelain tiles also have a good name for themselves – as long as the end product has a high slip resistance. Light sandstone-colour tiles seem to make pool areas look more spacious – win win!



## The Need for Foliage

Nothing says oasis more than some plush greenery encircling the pool! Whether it's palms, canna lilies, cordylines, there are lots of plant varieties that will act as a great screen, add a bit of shade and give off the 'tropical oasis' vibe. If kids and their often-clumsy behaviour are not a problem in your household, you could also consider lining parts of the pool or fence line with some potted varieties. As shown in one of these images, lining the pot plant with some smooth slate-grey stones is such a lovely look for the poolside area!



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# The Bells are Ringing

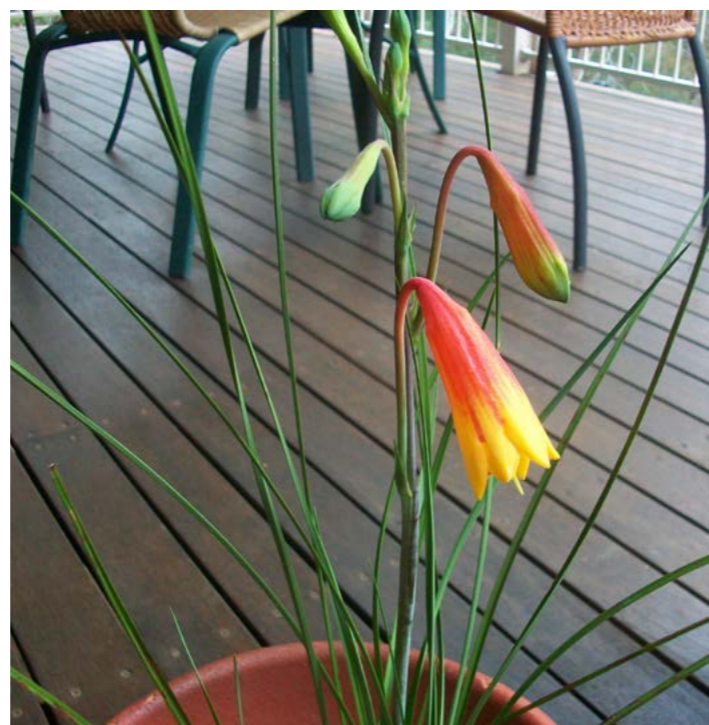
Christmas Bells (*Blandfordia grandiflora/nobilis*)

**Brian Roach**

If it wasn't for the Waratah, I'm sure our state floral emblem would be the equally iconic Christmas Bells (*Blandfordia grandiflora/nobilis*). There's little wonder this plant was given its common name long ago because these delightful gems in our local bushland usually produce their stunning flowers over the festive season. The bells can vary in colour from yellow, orange or red with usually a combination of colours being the norm. But finding these gems in the bush is not an easy task.

They need very specific conditions to flourish and do not compete well with other nearby plants. It's for this reason they're more likely to be spotted after a bushfire when much of the undergrowth has been burnt and these opportunists stick their heads up for their day in the sun. Almost invariably, they are found along the dripline of sandstone rock faces and this gives the hint to how best they grow in cultivation. I suspect another reason they are not seen too often on bushwalks is that they are so tempting to gather for the vase on the windowsill at home. Any flower stems removed from plants in the bush obviously never have the chance to set seed for future generations and also any rough removal of stems can damage the host plant as well.

In cultivation they undoubtedly do better in pots rather than in the open garden. The enigma is that while they like good drainage around the surface, they appreciate sub-soil moisture, and this isn't easy to replicate in the garden. Pots are a much better proposition for achieving these conditions. New plants are relatively easy to produce from seed and here's where pot culture has an advantage because it's easier to keep an eye out for little critters who like to munch on the developing seed pods after flowering. Wait until the pods have turned a dry brown and scatter the abundance of fine seed over some seed-raising mix. A very light covering of dry, beach sand is all



that's needed with the container being left in an open, sunny spot and kept moist. Well established plants in pots can also be divided by removing the plant from the pot, washing off the potting mix around the roots and looking for the obvious points to separate one section from another. But don't be too greedy – it's better to finish up with 2 or 3 good new plants rather than 6 that turn up their toes.

**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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# A Local Gardener's Tips and Tricks

Eliza Cusack

For as long as I can remember, my mum Jane has always been in the garden, potting plants, tending to her veggie patch and watering her beautiful flowers. I sat down with her to ask her a few questions about her Roseville garden and what advice she would give to aspiring gardeners.

## What do you enjoy most about gardening?

For me, it is fulfilling to see plants grow in front of your eyes. It's very relaxing and great to be outside in the fresh air.

## What is your best piece of advice for gardening this season?

I am always nurturing my garden by adding compost and maintaining a good layer of mulch such as lucerne or pea straw. I like to have a walk through my garden everyday as this helps detect pests and see how my plants are growing. I also try to use plants that are drought tolerant during summer.

## What is your favourite plant to grow currently?

One of my favourite plants is the Oakleaf Hydrangea – it tolerates a little bit more sun than most hydrangea varieties and requires a bit less water. It has large conical cream flowers and a beautiful large leaf – a very sculptural plant. I also enjoy espaliering plants such as camellias, Magnolia Grandiflora, olive trees and fruit trees. Espaliering plants in pots are great if you only have a balcony or small garden to work with.

## What are some tips for beginners growing a veggie or herb garden?

I like to grow herbs, lettuces and cherry tomatoes throughout my garden. Again, maintaining your soil with compost and mulch is ideal. I like using companion planting around my tomatoes as it helps to control pests. Some good companion plants are basil, chives, lemon balm parsley and sage. Staking your tomatoes is essential and this should be done when they are being planted.

## What is your favourite area in your backyard?

One of my favourite areas is the formal buxus area. It has topiary buxus pots

which I've planted and shaped myself. Within the buxus garden are standard roses surrounded by a gravel path. I'm constantly changing and moving plants around in my garden, thinking about form, structure and colour schemes. Some of the plants used to create interest are Pride of Madeira, Salvias, Euphorbia, Sea Lavender and the New Zealand Rock Lily.

## Where do you find inspiration for your garden?

I'm always looking for inspiration whether it's through visiting gardens such as Glenmore House or Red Cow Farm in Sutton Forest. Inspiration also comes from visiting friends' gardens and getting plant cuttings to grow. I like 'Paul Bangay's Guide to Plants' which is a great reference book. I even get inspiration from checking out gardens on my daily walks. I hope that one day my daughter Eliza may like gardening as much as I do!

*If you are an avid gardener on the North Shore and would like to share your garden and cultivating tips with Sydney Observer, reach out to us via [editor@kamdha.com](mailto:editor@kamdha.com) on email.*



# Win for Turrell Building Services

Turrell Building Services celebrated their success during the 2020 HIA-CSR NSW/ACT Housing Awards, which due to COVID was a virtual presentation. They won awards for the HIA NSW Renovation/ Addition \$1.2M - \$3M category, the overall Renovation/ Addition project for all categories and the Large Bathroom (over 10m2) category. Projects were judged against criteria such as quality of workmanship, design appearance, innovation, movement and access.

"I am so pleased to see this result from a lot of hard work by the client Jen and Peter Guest with their vision of an Italian style Village home which won two of the awards we received. I am so blessed as with the rest of the Turrell Building team to be involved in this very unique project. It is just such a fantastic reward for the hard work, patience, vision and persistence by many, and to receive the bathroom award for another project was an incredible bonus surprise," commented Neil Turrell.



The Housing Industry Association (HIA) Executive Director NSW David Bare said, "the awards recognise excellence in residential construction. They provide a tremendous opportunity for HIA members to showcase their projects and highlight building and design excellence."




# Shonky Cleaning Products

Australia's leading consumer advocacy group, CHOICE, has found via this year's Shonky Awards that floor cleaners are inefficient. The annual awards name and shame the 'shonkiest' products that have taken advantage of Australian consumers.

Choice put floor cleaners to the test, reviewing 15 popular brands in their labs – with only 2 out of the 15 slightly edging out hot water in terms of cleaning efficiency (41% for the 2 floor cleaners, hot water at 40%). The other 13 were either found to be at the same level of efficacy as hot water, or even outperformed by the humble H<sub>2</sub>O. Interestingly, it's the small level of active ingredients in the products that is key, as there are not enough cleaning chemical properties present to make a difference.

CHOICE home-cleaning expert Ashley Iredale said, "we tested these floor cleaners in a scientific setting against typical soils that you're likely to find in your own home and found that, despite how expensive they are compared with water, they didn't perform any better. If you want your floors clean just use a plain old bucket of hot water. Save your money."

So, save some money and ditch the floor cleaner.



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# Explore the North Shore Pymble Soldiers Memorial Park

Isabella Ross

In *Sydney Observer*, we love to showcase little nooks across the North Shore that are rich in history and beauty. In the past we have profiled Swain Gardens in Killara and Lisgar Gardens in Hornsby. This month we went and explored Pymble Soldiers Memorial Park – a lovely lush spot for a short stroll.

## HISTORY

During World War I, 416,809 Australian men enlisted in the war effort according to the Australian War Memorial, of whom 60,000 were killed and 156,000 were wounded, gassed or taken prisoner. It was a heavy price and incredible burden on Australia, given at the time there was a national population of less than 5 million. The land had previously been owned by the McLardy family, a local family unit and North Shore business owners. In 1920, they dedicated the land to Ku-ring-gai Council to ensure the creation of a soldiers' memorial, given their own son and son-in-law had safely returned from WWI. In 1913, the land the park now sits on was described as "one of the most picturesque centres around Sydney. In the intervening spaces the country abounds in well-kept orchards and gardens on the hillocks and



slopes, while in the distance a splendid view of the city environs is obtained." As a symbol of appreciation and remembrance, the memorial park was built, opening in March 1929. On the information billboard near the entrance of the park, visitors can read further about the history of the spot – reminding generations to come of the sacrifice of those before us.



## GARDENS

The gardens are quite spectacular to see – beautifully manicured with lots of lovely blooms this summer. Roses, gardenias, buxus, trees and even a vine covered pergola – there is lots of greenery to see. To admire the gardens, there is plenty of seating and shaded areas that would be nice to have a small sit under.

## LOCATION

To see the lovely gardens for yourself, it is conveniently located in Pymble on Mona Vale Road. Keep your eyes peeled, as the entrance on the main highway is a little obscured. For a more accurate direction, the park is nestled between Riddles Lane, Peace Avenue and Mona Vale Road – the location of the park can also be found if you simply type 'Pymble Soldiers Memorial Park' into Google Maps.



# AEGEAN TEAL Colour of the Year

Isabella Ross

It's official – blue is the new black. Specifically, it is a turquoise blue tone that has been selected as Colour of the Year 2021, beautifully titled 'Aegean Teal.' According to paint company Benjamin Moore, this unique shade of blue will continue to be a hit in design, labelling it 'a refreshing yet calming hue that is to bring to all interior spaces.' So, whether it's in homewares, dinnerware, furniture or lighting, here are some trendy Aegean Teal inspirations.

Pheobe 3 Seater Sofa, Amart.



Casa Cushion, Pillowtalk.



Pebble Beach Single Sofa, Osmen Furniture.



Aspen Table Lamp, Sweetpea & Willow.



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## The Rose by Moran Opening Soon

The Rose by Moran has confirmed their opening date for early 2021 which is when they will open their doors to their residents. The residents will be assisted by the Village manager for all of their moving in requirements and The Rose by Moran has partnered with renowned home furnishings group, Coco Republic to provide any design or styling advice when moving from their old home into their brand-new residence.

One of the biggest challenges for people who are downsizing is having the shift in mindset towards their use of space and, importantly, how to manage a lifetime of acquired possessions. The Rose by Moran Team through their partnership with Coco Republic are committed to making this transition enjoyable and stress-free.

Another recent development for The Rose by Moran is their sponsorship partnership with the Warrawee Bowling Club. The founders were invited to present trophies at a recent bowling event and they spoke of how proud they were of the association given the very social and engaged environment of Warrawee Bowling Club, and how the synergies between The Rose by Moran and the bowling club were so well-suited. As part of the relationship, all future residents of The Rose by Moran will be provided a complimentary membership to the Warrawee Club.



Furthermore, The Rose by Moran is the sole sponsor for the Croquet Club affiliated with the bowling club and are looking forward to promoting this social game within the community.

Finally, as completion nears for this heritage informed project, The Rose by Moran team are turning their attention to creating stunning heritage gardens and landscapes for the enjoyment of their

residents. Due to requests of the future residents, there will be an opportunity for residents of The Rose by Moran to be involved in the planning and design of these beautiful gardens. We understand that of course, roses will be a key feature.

To enquire, please contact Provectus Care; 02 9777 0009 [enquire@rosebymoran.com.au](mailto:enquire@rosebymoran.com.au) or see [website rosebymoran.com.au](https://www.rosebymoran.com.au)

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# Start to Solve Tomorrow's Problems Today

Dr Sue Ferguson

Usually when we think of coping, we think of efforts to deal with stressful situations we are in the midst of (reactive coping). Proactive coping, on the other hand, involves identifying and dealing with stressful situations that are likely to happen in the future. This includes building our resilience and resources, making plans, and changing our thoughts and behaviour in order to deal with the situation in advance and thus reduce its impact.

As we get older, we get better at using proactive coping. Among Australian older adults, higher proactive coping is associated with higher personal growth, greater purpose in life and lower anxiety. A 2020 study found that proactive coping also helps reduce the stress of the pandemic. Older adults also had higher COVID-19 knowledge, suggesting that one way they prepared themselves was by getting knowledge from reliable sources.

The tricky bit for some, when they've identified upcoming likely stressors (such as impending retirement, or an upcoming contentious discussion),

is getting caught up worrying about how difficult or stressful it might become. For some others, the tendency is to avoid thinking about the situation at all, which also leads to poor outcomes.

To cope better with upcoming stressful situations, consider the following:

- Take time to think about your future.
- Try to view upcoming events as challenges.
- Seek information about the situation, and about what support services are available.
- Identify what strategies have worked for you before and for others in this type of situation.
- Plan things you can do now that will help if this situation arises.
- Practice dealing with the emotional aspects too, such as learning relaxation techniques.
- Carry out the plans and don't be shy about asking your friends for help.

*"For tomorrow belongs to people who prepare for it today." (a well-known African proverb).*

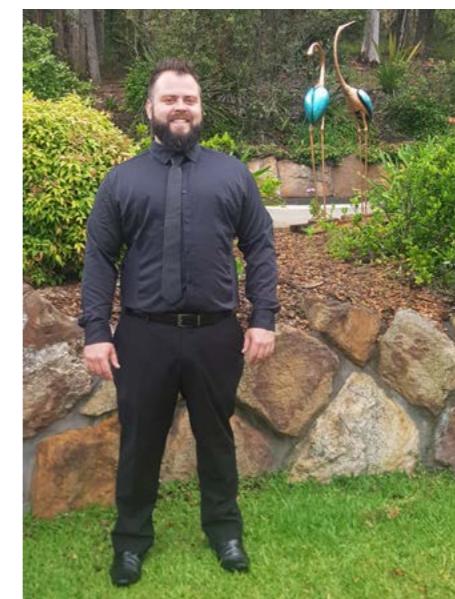


Dr Sue Ferguson is an Honorary Associate Lecturer in the Department of Psychology at Macquarie University.



# The Importance of Hearing Health

Aaron Magee is delighted to be back to good health and serving the local community with independent advice on hearing healthcare. Being 3<sup>rd</sup> generation in hearing healthcare means Aaron does not view what he does as work but rather as a vocation and one he is passionate about. "We are on the cusp of a revolution in hearing enhancement products," explains Aaron, who himself has a low frequency hearing loss. Hearing amplification has gone mainstream with so many products worn in ears to be able to access sound. It is so commonplace now to see products worn in ears that no one gives them a second glance.



Aaron Magee from Direct Hearing Aids.

"What we have learnt from the isolation most people experienced during COVID lockdown was that human contact, connection and communication are essential for a sense of wellbeing," notes Aaron. A recent survey conducted on those who had self-isolated during COVID revealed that talking to loved ones

on the phone, listening to a radio program, watching a favourite movie were some of the activities that brought happiness during this period. All of these activities have hearing in common. The better the hearing the more enjoyment.

With the advent of Bluetooth, technology products are streaming sound directly from the environment and other devices directly into the ear canals. There is no clearer signal than a direct signal which is devoid of interference and background noise. This signal may be from a smart phone, a television, a laptop or any other audio devices capable of streaming sound.

A new device has just been released that is 'made for all' (MFA) technology meaning it can be connected to almost anything that streams sound. This is available to pensioners and veterans through the Hearing Services Program and is fully subsidised. "This month we are offering free trials of the latest MFA products. There is one to suit everyone and that's the benefit of Direct Hearing, our independence means we can offer great choice."

Call Aaron and the Direct Hearing team now on 1800 774 691 to arrange an obligation free trial and be one of the first to experience brilliant sound streamed directly to your ears.



## A home that is quietly big on the little things

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# PLAN AN Outback Adventure



Experience Broken Hill

Eliza Cusack

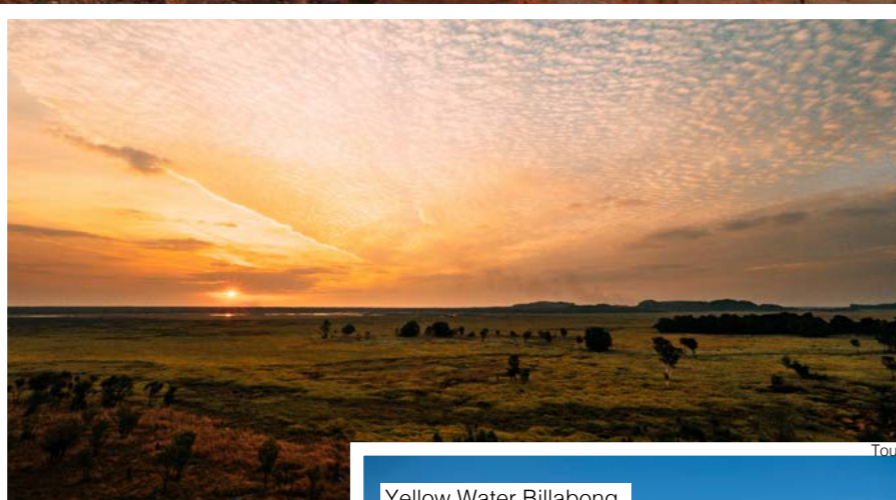
With overseas holidays out of the picture for the foreseeable future, why not take advantage of what Australia has to offer and plan an outback adventure. We have chosen three different types of tours depending on your fitness ability and what sights you are hoping to see.

## KAKADU

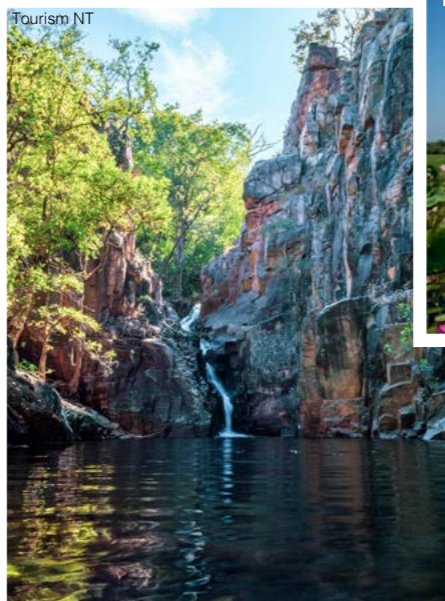
The Northern Territory is home to thousands of native wildlife and species of flora. There is also the opportunity to learn more about the Indigenous people of Australia. If you are looking to rent or utilise your own caravan, camping in the Kakadu National Park is a once in a lifetime opportunity. With lots of campgrounds to choose from across the National Park, there are plenty of options. You can choose from a bush campground or a managed campground with showers and a fire pit for a little more comfort. The list of activities to do is endless, from waterfall walks, to crocodile spotting and Indigenous rock art tours.

## ULURU

Longitude 131° accommodation is one of the country's most celebrated luxury accommodations. Situated amongst the dunes of the desert, the hotel boasts amazing Aboriginal artworks and relics as well as a bar and restaurant. The accommodation is the only of its kind to offer views to both Uluru and Kata Tjuta that can be seen from most of the hotel's lavish rooms. Also, worth noting is that the Northern Territory currently has an incentivised tourism package, Never Before NT Summer



Tourism NT



Moline Rockhole in Kakadu.



Yellow Water Billabong

Tourism NT

## BROKEN HILL

Outback NSW is booming with history and sight-seeing. Towns within the NSW Central Tablelands include Bathurst, Cowra, Lithgow, Mudgee, Orange and more. In Northern Outback NSW, Broken Hill is a major highlight! Coach tours are a really handy travel idea for seniors, whether it be coach or train tours. The stress of getting to the destination is set aside, letting you enjoy the journey in comfort and ease. There are lots of coach tours restarting their operations in 2021 – so you have plenty of time to organise for the trip! See the simply stunning rugged landscape, Indigenous rock art, National Parks, art galleries, restaurants, opal mining regions and more.

Sale, directed to keen Aussie travellers. Available until March 31 2021, the Territory is offering travellers a discount of up to \$1000 off already-reduced prices for NT Summer holiday packages. Details can be found at <https://northernterritory.com/promotions/summer-sale>

# Gift Independence

Rejimon Punchayil

We may be getting older, but we still love the magic of Christmas! One of the best things about the Christmas season – besides food and fun – is the opportunity to catch up with families and friends. The next best thing is the exchanging of gifts. So, during this COVID-normal festive season, consider a gift that extends the independence of the recipient.

Gifts that ameliorate physical independence, mobility or self-esteem. When you have older family members visiting, ensure that the experience is convenient. Reviewing the accessibility of the venue for a person with a physical challenge is a great place to start. Consider keeping a height adjustable chair or an aid in the bathroom.

Our best Christmas story last year was that of Mary and John. Mary had trouble getting on, sleeping and getting up from their standard queen bed she shared with John. She had experimented various solutions with little success. John was not ready for an electric home care bed. So, they kept putting the decision off, until their family found a solution in the form of a Christmas present that was acceptable for both. Mary received a full function electric bed in a colour and style of her choice with the perfect mattress,



Freepik

while John got a companion bed of the same style and colour with no electric functions. Mary's sleep improved, but John is now also open to the concept when he needs one.

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## Protect Yourself

Isabella Ross

It is unfortunately the case that our seniors are quite an at-risk group in society when it comes to being victims of crime. Luckily it is the case that older Australians across the North Shore are less likely to be victims of a crime, in comparison to other areas across Sydney. According to The NSW Bureau of Crime Statistics and Research, the Ku-ring-gai, Hornsby, Willoughby, Ryde and Northern Beaches local government areas had considerably low rates of criminal activity between July 2019 and June 2020. Yet it is always better to be prepared and aware.

The Australian Institute of Criminology (2020) notes that older people are at risk of being victims of crime from four main sources:

1. Family members, friends and acquaintances who may assault or steal from them.

2. Strangers who may victimise them.
3. Commercial organisations or 'white collar' criminals who could defraud them.
4. Carers with whom they are in a duty of care relationship, who may neglect or abuse them.

On Police NSW Senior Safety page, they note that "as we grow older, several factors can impact on our confidence and quality of life. Taking a few extra precautions can go a long way to improve your feeling of safety when out in public spaces and at home." Police NSW offer the following safety suggestions for seniors:

### AT HOME

- NEVER let anyone you don't know and trust inside your home.
- ALWAYS secure your home doors and windows.
- DO NOT leave valuables, mobile devices or keys (home or vehicle) in clear view.

- ALWAYS report suspicious behaviour within your neighbourhood to police.

### OUT AND ABOUT

- ALWAYS be alert when travelling on public transport. Find the crowded carriages or sit at the front of the bus.
- ALWAYS try to travel in groups of friends if possible.
- NEVER carry large sums of cash in public.
- ALWAYS carry identification and let someone know where you are going and what time you expect to be home.

### WITH PERSONAL DETAILS

- BE CAREFUL when sharing your personal or financial information such as drivers licence details or date of birth etc, over the telephone or online.
- NEVER give anyone remote access to your online devices.
- NEVER access emails from senders you don't know or trust.



## North Shore Walking Groups

Isabella Ross

### North Turramurra

**Time:** Tuesday 9am weekly

**Speed:** Medium pace

**Duration:** 45 – 60 minutes

With various meeting points, this walking group requires participants to be registered or willing to register with My Aged Care to join. Walk organiser, Kerry can be contacted on [kesilver@chcs.com.au](mailto:kesilver@chcs.com.au).

**Bobbin Head Road, Turramurra, 2074.**

### Wahroonga

**Time:** Wednesday 8am weekly

**Speed:** Medium pace

**Duration:** 60 – 75 minutes

The meeting point for this group is Wahroonga Park opposite Café Patina. Walk organiser, Marinela can be contacted on 0418 224 031.

**64 Coonanbarra Road, Wahroonga, 2076.**

### East Killara

**Time:** Monday and Thursday 7:50am weekly

**Speed:** Medium pace

**Duration:** 45 – 60 minutes

The meeting point for the group is the carpark at East Killara shops. Walk organiser, Fiona can be contacted on 0413 704 555.

**Koola Avenue, East Killara, 2071.**

### Gordon

**Time:** Friday 9am weekly

**Speed:** Slow pace

**Duration:** 45 – 60 minutes

Walking during the school term only, the Gordon Step-by-Step Walkers meet at Gordon Uniting Church. Walk organiser, Roslyn can be contacted on 0411 954 566.

**Corner Pacific Highway & Cecil Street, Gordon, 2072.**

To learn more about any of these walking groups or others in the area visit: <https://walking.heartfoundation.org.au/walking>

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# An Australiana Christmas Table

Isabella Ross

Often it is the case that Christmas-themed decorations are heavily inspired by the Northern Hemisphere. Yet crystal, snowflake and winter motifs don't make too much sense in the warm Aussie climate. Why not embrace our national flora and fauna for this Christmas season's table setting design!



## Centrepieces

Poinsettias are quite common here in Australia, known for their bright red leaves that look like flowers. During the summer holidays is when they commonly bloom, so they are a great centrepiece for the Christmas table – you could even have a lovely Poinsettia pot plant in lieu of a Christmas tree in the home, if short on space.



## Napery

Taking on the Australian flora inspiration, there are some lovely napery pieces that now have unique patterns. Even these ones from Etsy have the Poinsettia-emblem on display – festive yet original! The best part about choosing Australiana-themed napery is that they can be used throughout the year, not just the festive season – money savvy! Opt for a simple tablecloth in plain white or red as this will complement the patterned napkins nicely.

## Christmas Crackers

Lots of local boutiques and shopfronts offer Australiana-themed Christmas crackers or bon bons. Not only are they really sweet and beautiful, they are also a great way to support a small business this festive season. There are also some DIY tutorials online where you can learn how to make your own crackers and add a personalised treat in the middle – chocolate never goes wrong! This could also be a fun activity to do with the kids during the holidays.



## Table Setting

Christmas is often characterised by food, family and fun. Even though this year may be a bit different in terms of celebration, there is still opportunity to mark the occasion with a nice lunch or dinner. The table setting is always a fun way to show some Christmas spirit. Gold is a lovely accent to make the table setting pop. Myer has a great range of brass-plated cutlery. Name tags are also a nice way to not only avoid seating confusion but also add a personalised touch. Simple is always preferred, such as these ones shown – just a bit of cardboard and some ribbon will do the trick!



# A Happy Hanukkah Table

Isabella Ross

Hanukkah, otherwise known as the Jewish Festival of Lights, is an incredibly special time in the Jewish calendar. With an abundant Jewish population on the North Shore, *Sydney Observer* think it's important to not only have a table setting guide for Christmas, but for Hanukkah as well!



## Napery

As shown in this image, the cutlery, dinnerware and placemats are things to consider when designing your Hanukkah table. Keeping with the colour theme, silver cutlery will perfectly suit the table. Even using a silver placemat will really make the space sparkle, with retailers like Pillow Talk and Adairs having a good range. Another accent to use is some napkin rings – very classy and stylish.



## Table Setting

Like Christmas is characterised by red and green, Hanukkah celebrations are often centred on a blue/white/silver colour theme. Keeping it traditional, take inspiration from this colour palette for your table setting. White tablecloths are easy to find and incredibly versatile. How you can 'spice it up' is with a statement table runner, with online retailers Etsy and Amazon offering lots of options.



## Centrepieces

Seen as one of the most enduring and respected symbols in Judaism, the Menorah, a nine-branch candelabra, is the perfect centrepiece. Even though Menorahs are traditionally gold, there is more variety on offer these days. Interestingly, sterling silver Menorahs have been growing in popularity – so the choice is completely up to you. If you want to add a bit more character to the table's design, you can consider an all-white floral arrangement or some candles.



## Personalised Favours

Latkes (potato cakes) and Sufganiyot (doughnuts) are two traditional finger foods served during Hanukkah to guests. Something that has really boomed in popularity are Hanukkah cookies, often in the shape of iconic Jewish symbols. These Star of David cookies are a great touch to add to the table, a thoughtful party favour for your guests and/or family to mark the special occasion.

# A Sustainable Festive Season

Eliza Cusack

While the festive season is a time for family, delicious food and endless celebration – it is important to also consider how to celebrate in a more environmentally friendly way.

## RECYCLABLE GIFT WRAP

Household waste on average increases by 30% during this time, with non-recyclable wrapping paper being a top contributor. This year try to go for recyclable wrapping paper as a simple alternative that will end up in waste. When searching for your gift wrap, steer away from anything that has been decorated with glitter and foil or paper with a shiny laminate as you won't be able to recycle these types of material. Consider also purchasing a paper-based tape as opposed to plastic sticky tape. There is a wealth of online stores selling wrapping paper with beautiful patterns and prints. Our favourite this season is the biome Earth Greetings Christmas Wrapping paper which can be purchased on their website. The gift wrap is made from 100% post-consumer recycled paper and features unique Aussie prints.

## BIODEGRADABLE CHRISTMAS TREES

A Christmas tree is traditionally the centrepiece of most homes during the festive season, with plastic trees being the most common choice. This year consider purchasing an eco-friendly tree. These varieties better decompose and leave a lighter carbon footprint behind. Having a real tree as opposed to a plastic one has a huge range of environmental benefits, particularly in the way that natural trees are able to convert carbon dioxide into organic matter through photosynthesis. These trees are 'reusable' in a sense as after the Christmas season, you are able to remove the needles off the branches and use it as compost for your garden. There are also several services where your tree can be picked up from your home and will either be recycled or put back into the land. In terms of decorations – no need to buy new ones every year, just stick with what you've got – money savvy and not wasteful!

*This year try to go for recyclable wrapping paper as a simple alternative.*



## Reducing Food Waste

1. Make space ahead of time in your fridge and freezer to allow for leftovers.
2. Give leftovers to your guests that they can take home.
3. Consider investing in reusable containers as opposed to plastic ones.
4. Double check all use-by dates.
5. If you are hosting a large group for Christmas, contact organisations such as OzHarvest who can redirect your unused food to those who need it.

Dilyara Garifullina/Unsplash

Caley Dimmock/Unsplash

# Skill Up Over Summer

School-leavers and job seekers are encouraged to get involved in the NSW Government's Skilling for Recovery program. The program offers coverage of a range of industry areas, with something to suit all. "There are more than 100,000 fee-free training places available for people in NSW as the workforce looks to reskill, retrain and redeploy in a post-COVID-19 economy," NSW Premier Gladys Berejiklian said.

This year has been catalysed by great job precarity, with Australia's unemployment rate increased to 6.9% in September 2020. With a lack of job opportunities on the market, job seekers are encouraged to upskill, ensuring they are of greater value to a future employer. "We need to provide opportunities that help people find their feet during these uncertain times. That's why we're delivering practical, bite-sized and fee-free training opportunities this summer," noted Minister for Education Sarah Mitchell.

<https://education.nsw.gov.au/campaigns/summer-skills>



# Organise Your Next Farmstay

Let us re-introduce you to Mowbray Park Farmstay – the perfect escape for families just 60 minutes from Sydney, 9km from Picton.

This historic 1822 property has lodges with well-appointed ensuite rooms, country cottages or large multi room lodges for groups or family gatherings. Their all-inclusive tariff includes your accommodation and supervised farm activities each morning including pony rides for the little ones, animal nursery, feeding, milking, damper making, whip cracking and much more. Try the optional Natural Horsemanship Experience in the afternoon, then swimming, tennis, canoeing, archery, fishing and more. What is a Natural Horsemanship Experience you ask? The experience includes a demonstration with explanations, tuition and a trail ride, being able to admire the stunning scenery of the area while riding a well-trained horse.

There are also camp sites available (unpowered), with shower and toilet facilities. Day visit packages (activities, BYO lunch & optional horse ride), overnight stays, birthday parties self-catered around the BBQ then fun on the farm for the kids – there is something to suit the whole family!

Visit their website, check out on social media, Trip Advisor or just give them a call: [www.farmstayholidays.com.au](http://www.farmstayholidays.com.au) phone 02 46809243 or email [mowbray@farmstayholidays.com.au](mailto:mowbray@farmstayholidays.com.au)

Their all-inclusive tariff includes accommodation and supervised farm activities, including pony rides for the little ones, animal nursery, feeding, milking, damper making, whip cracking and much more.



## Are we there yet?



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 745 Barkers Lodge Road Picton NSW 02 4680 9243



### Gordons Bay, Coogee

The highlight of Gordons Bay is that it is completely sheltered and only accessible via the Coastal Walkway. You can park at either Clovelly or Coogee Beach and then walk along the walkway until you reach Gordons Bay. This secluded oasis might remind you of a European fishing village thanks to the rows of boats that line the bay from the local fishing club. The bay is also a perfect spot for snorkelling and exploring the ocean wildlife thanks to its crystal-clear waters.

## Sydney's Best Secret Beaches

Eliza Cusack

With hot summer days brings enormous crowds to the big beaches of Sydney. Escape the madness this season by adventuring to some of the city's secret beaches where you will find a little slice of quiet heaven.



### Resolute Beach, Ku-ring-gai Chase National Park

This beach is truly a hidden treasure. Only accessible by foot, Resolute Beach is located within the local National Park. Once you are in the National Park you will have to drive to the Resolute Picnic Ground. From there, follow the signs to the beach via the Resolute Loop Trail which involves a small hike to get to the beach. The secluded beach offers amazing views across to Pittwater and the Barrenjoey Headland.



### Collins Flat Beach, Manly

Collins Flat Beach is nestled in a little nook between North Head and Little Manly Cove and offers beautiful views of the harbour. There is even a short waterfall which can be found at the head of the beach. To reach Collins Flat you need to get to Stuart Street in Manly, turn left at the end of the street and then walk towards the pathway that will lead into the bush and in a few minutes, you will find yourself at the breathtaking foreshore.



### Milk Beach, Vaucluse

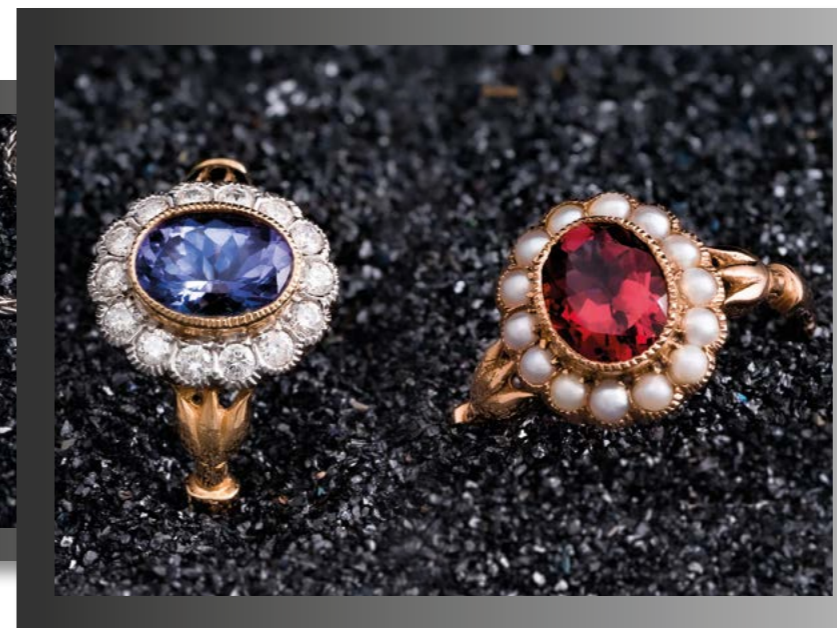
Milk Beach is the perfect beach for when you want to escape the crowds on your day off and enjoy a glorious afternoon in the sun. The beach is located at the base of Hermit Bay which is in the Sydney Harbour National Park. To get there, follow the Hermitage Foreshore Track from Watsons Bay or Rose Bay. If you have time, consider starting at Nielsen Park and embarking on the 1.8km Hermitage Track walk which boasts some of the harbour's most stunning views.



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# The Ultimate Festive Gift Guide



**KitKat Chocolatory Christmas Feast**  
\$25

Nothing says Christmas more than some festive-inspired chocolatey treats! A great bonus for the Christmas stocking. Available via the KitKat Chocolatory Boutique in Sydney or online at <https://www.kitkat.com.au/>



**B-Calm Moisturising Cream**  
\$85

The B-Calm is perfect for skin that is sensitive, oily or breakout prone. Evidence Skincare is an Australian made, cruelty-free, evidence-based skincare range. Available online at <https://www.eskcare.com/>

**Age Revitalising Eye Defence**  
\$88

For loved ones who like to pamper themselves and take care of their skin, this product from Aussie brand Enbacci is a great present! Rich in vitamins A, B, C and E, the apple stem cell infused eye cream improves regeneration and boosts collagen production. Available online at <https://www.enbacci.com/>



**A Tahaa Affair Spinning Carousel Gift Set 380g**  
\$79.95

**Revlon Professional EKSPERIENCE Hydro Nutritive Kit**  
\$59.95



Really nourishing for the hair, these Revlon Professional EKSPERIENCE kits are reasonably priced considering the quality of the products included. A special mention also needs to be made for Revlon Professional EKSPERIENCE Colour Protect and the Anti-Pollution Kits – there is a kit suited to any person and their haircare needs. These products are available at Loop Hair Salon in Paddington.

**Gingerbread House Soy Candle 380g**  
\$54.95



Filling your home with sweet scents, Glasshouse Fragrances' candles are made from soy, meaning they burn cleaner and longer. Let the Gingerbread House candle fill the air as caramel, ginger and nutmeg blend with bourbon vanilla. For a grander gift, opt for the Tahaa Affair Spinning Carousel Gift Set – a vanilla and caramel candle with a carousel that twirls with delight. Both available in store at Glasshouse Fragrances and online at <https://www.glasshousefragrances.com/>

# Look After Your Skin This Summer

Eliza Cusack

During the season of summer, the Earth's orbit brings Australia closer to the sun which means there is an extra 7% solar UV intensity. Australia as a result has one of the highest skin cancer rates in the world. The chance of people developing melanoma before they reach the age of 75 is 1 in 34 for females, and 1 in 24 for males. Follow the following tips to ensure you put your skin first this summer.

### KNOW THE HOTTEST TIMES OF THE DAY

The hottest time of the day in summer is typically between 11am and 3pm. If you're hoping to spend some time at the beach during the warmer days, try to go in the early morning or late afternoon, after 3pm. If you are going in the middle of the day, consider bringing a beach umbrella or tent to protect your skin from the sun.

### START INCREASING YOUR WATER INTAKE

Whilst water intake is very important all year round, summer is especially crucial.

During the hotter days, a large number of electrolytes and water is lost from our bodies as a result of sweating. Drinking more water throughout the day will help to replenish your skin tissue, boost your energy levels and prevent headaches.

### CHOOSE AN EFFECTIVE SUNSCREEN

Consider investing in a separate sunscreen for your face, and one for your body. The Neutrogena Ultra Sheer SPF 50 is a great face sunscreen option thanks to its non-sticky and water-like formula that won't leave you looking greasy. A great all over sunscreen is the Cancer Council Everyday Lotion. It is recommended you reapply your sunscreen every 2-3 hours and after going in the water.

### REGULARLY CHECK YOUR SKIN

The quicker a skin cancer can be identified, the better chance you have of avoiding surgery and other

complications. You can check your skin yourself by undressing completely in front of a mirror and ensuring you have good light. Check your entire body, even spots such as between toes and on the soles of your feet. It is important to monitor any moles you have regularly to see if they have changed or shape and size. You can either choose to go to a specialised skin clinic if you are perhaps worried about a particular mole or spot and there are many clinics located across the North Shore. Alternatively, your local GP is also qualified to do a more generalised check-up of your skin.

A great resource that offers more in-depth information on what types of skin cancer to look for when checking your skin can be found via the Cancer Council: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/check-for-signs-of-skin-cancer>.



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# 2020 Summer Style Watch

Eliza Cusack

BBQ picnics, Havaiana thongs and scorching hot days. Summer is finally here. We break down some of the biggest fashion trends this summer, from the trendy sandal, swimsuit styles that are making a comeback and some of the most unique eyewear trends this season.



## The Chunky Sandal

The bulky sandal is set to be the biggest footwear trend of the season. The versatility of the trend is endless, from buckled faux leather sandals to colourful animal print sandals. The practicality of the sandal makes it easy to take any summer outfit from day to night and can be worn at any event, from a summer picnic, to date night drinks.



The Iconic

## Swimsuit Shapes

High cut swimsuits will be all the rage this season. High cut bikini bottoms and tops are great if you aren't comfortable with showing too much skin. This retro style was an '80s hit and is coming back this summer. High cut swimsuits offer a more full-coverage option and can be accentuated through stylish details. Zippers, ruching and even ruffle detailing can take your poolside look to another level.



## The Eyewear

This summer's eyewear trends are all about trying something bold and new. For an edgy and high fashion look, try to opt for sunglasses with slim frames. For a '70s inspired look, spice things up with a pair of round sunnies. This will give off a retro look inspired by the flower child trend of the hippie era. If you're looking to make a statement, try cat eye frames with black rims or even tortoise shell patterns as they will elevate any outfit.

Cables Melbourne



## Rose Gold Touches

Complementing a variety of skin tones, rose gold jewellery is a great way to accessorise an outfit, further exuding a summer glow. Whether it's necklaces, rings or bangles, there are lots of options. Cables Melbourne at St Ives Shopping Village has some gorgeous pieces to consider – definitely worth a look!

# NORTH SHORE AESTHETICS

GORDON VILLAGE ARCADE

LOOK AND FEEL YOUR BEST

Janeen and Anne will welcome you at North Shore Aesthetics. They believe that everyone should look and feel their best and will go the extra mile to ensure you get outstanding results.

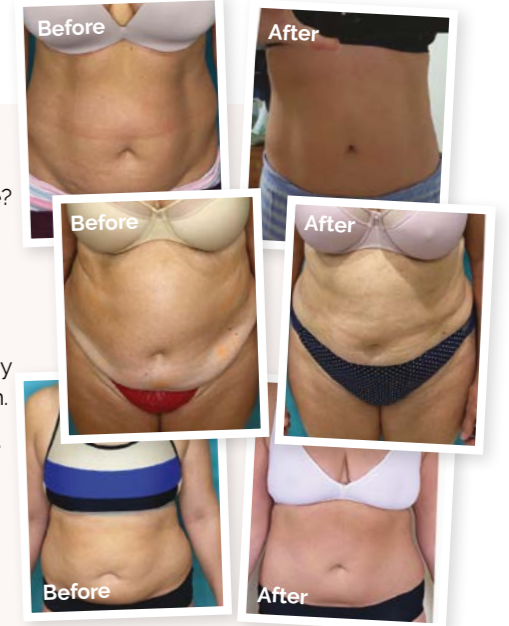
Not only do they use leading edge technology to maximise the results but they personally do all the treatments themselves.

## FAT FREEZING AND TESLAFORMER DUO

Are you struggling to eliminate stubborn fat that is resilient to diet and exercise? At North Shore Aesthetics in Gordon, you can transform your body with the incredible Duo Body Transformation Treatment. This two-part treatment consists of:

- **Cooltech Fat Freezing Treatment** – cryolipolysis technology is used to target stubborn fat deposits. Once frozen, the cells experience fat cell death. Your body will process the dead fat cells and eliminate them through the lymphatic system.
- **TESLAformer** – After this treatment, you will go on the TESLAformer which is functional magnetic stimulation (FMS) that burns fat and builds muscle.

This duo treatment delivers outstanding results, and North Shore Aesthetics is one of the few clinics offering this combination in Australia! They've packaged up a very special offer so you can get the same results too!

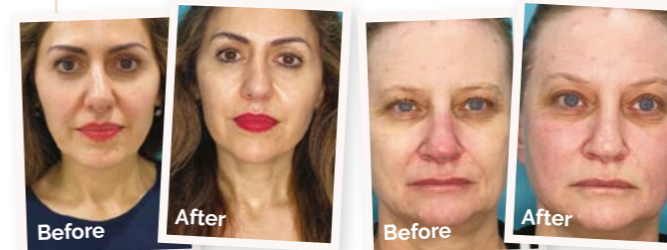


### SPECIAL DECEMBER PACKAGE

Book Fat Freezing for \$1000 & get 2 half an hour sessions on the TESLAFormer for FREE (valued at \$900)

## ULTRAFORMER - NON SURGICAL FACE LIFT

If you are between 40- 75 and all the firming creams and serums in the world don't seem to be doing much, it could be time to try North Shore Aesthetics' non-surgical facelift. The treatment tackles sagging skin at three levels below the surface of the skin, or below the epidermis. The UltraformerIII blasts the skin with high-frequency ultrasound to stimulate collagen formation deep beneath the skin and create instant lift and firmness.



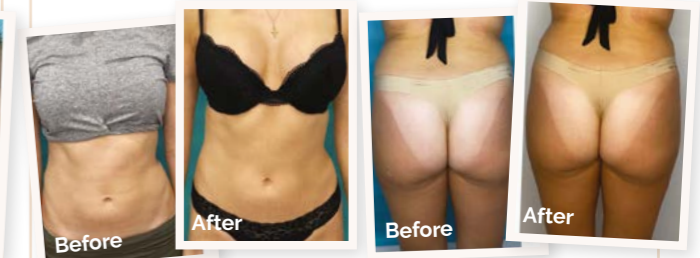
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To get the best results, it's recommended that you have six to eight treatments over a two to three week period.

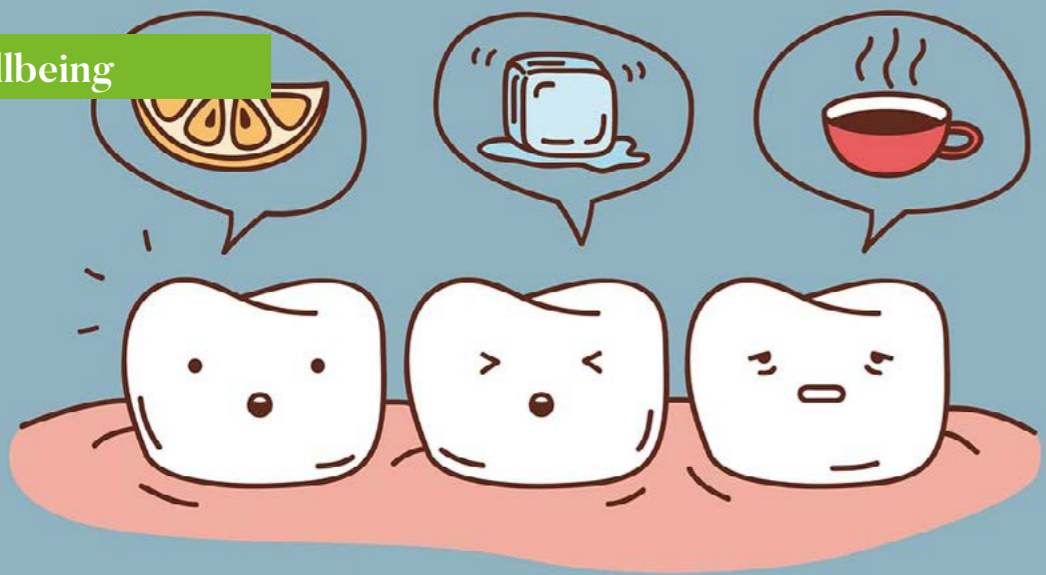


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Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turrumurra.

## What causes sensitive teeth, and how can I treat them?

Ian Sweeney

Do you have sensitive teeth? Do you dread your six-monthly clean because of the cold water? Fortunately, these days we have a number of wonderful products to help reduce sensitivity. One such product is supplies in gel form. The gel is a mixture of two local anaesthetics, lidocaine and prilocaine. It is a topical anaesthetic that is simply applied to the gums to provide gentle numbing during cleaning lasting approximately 20 minutes. This gives the dentist plenty of time to perform the cleaning. It can be applied to all of your teeth or just certain areas to reduce sensitivity during cleaning. As it is only topically applied it is suitable for most patients.

### WHY ARE YOUR TEETH SENSITIVE?

Sensitive teeth are typically the result of worn tooth enamel or exposed tooth roots. Other factors such as cavities, a cracked or chipped tooth or tooth grinding, toothbrush abrasion and acid erosion may also cause tooth sensitivity. If you're concerned about sensitive teeth, your dentist can properly diagnose the cause of the problem. Depending on the circumstances, your dentist may recommend:

- **Desensitizing toothpaste.** A strong toothpaste that will help to desensitize teeth after several applications.
- **Fluoride.** Your dentist may apply fluoride to the sensitive areas of your teeth to strengthen tooth enamel and reduce pain. They may also suggest the use of prescription fluoride at home.

- **Desensitizing or bonding.** In more severe cases, exposed root surfaces can be treated by applying bonding resin to the sensitive root surfaces. Local anesthetic may also be required in extreme cases.
- **Surgical gum graft.** Exposed tooth roots may be covered by a small amount of gum tissue can be taken from elsewhere in the mouth and attached to the affected site. This procedure covers the affected root surface, protecting the exposed roots thus reducing sensitivity.
- **Grinding.** Tooth sensitivity may be due to tooth grinding or clenching. Severe grinding may actually bend a tooth, causing some of the weaker enamel to fracture from the tooth, exposing the underlying sensitive dentine. Nighttime splints can assist in preventing this.
- **Abrasion.** Overzealous toothbrushing, or the use of medium or hard toothbrush bristles will wear away enamel, again exposing the sensitive dentine.
- **Erosion.** The most common cause of erosion is by acidic foods and drinks.

Remember, the festive season will not be very festive with a toothache, so act now to avoid unnecessary pain and discomfort over the festive season.

“Let our family give your family a reason to smile.”

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.

## 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 Turrumurra 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.

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Nicky Lloyd/Getty Images

# Combat COVID-fatigue and contemplate COVID-normal

Sarah Wainwright

We navigated our way through lockdown, and we adjusted to various restrictions – social-distancing, hand hygiene and mask-wearing. Now we need to adapt to a COVID-normal way of life. A toll has been taken on physical and mental health, leaving many people feeling fatigued. Moreover, a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress can lead to burnout. Burnout reduces productivity, leaving you feeling increasingly exhausted, helpless and cynical. Burnout can also make you more vulnerable to illnesses like colds (helpguide.org., 2020).

As reported on ABC Radio Melbourne, Christine Morgan, CEO of the National Mental Health Commission said, “one of the real challenges is we haven’t had any real respite from it. Fatigue comes from a number of factors and emotional fatigue is a very real condition.” Furthermore, research from the Australian National University showed three in five people felt anxious or worried about the pandemic, along with increases in loneliness and declines in life satisfaction (K. Silva, 2020).

## COMBATING FATIGUE

My friend and Sydney Adventist Hospital Physiotherapist, Jen Finikin reflects, “2020 has presented us with the opportunity to form new routines. The benefits of regular exercise are widely documented and can’t be underestimated in times of change. As well as the obvious improvement to cardiovascular fitness and building strong muscles and bones, exercise is vital for regulating mood. Many of us found ourselves walking daily when that was all we were allowed to do. It has been interesting to observe our relationship with food and alcohol this year. Online sales at bottle shops skyrocketed and takeaway food delivery services have thrived. We need to strike a balance between healthy eating and rewarding ourselves with alcohol or treats.”

## JEN’S TOP HEALTH TIPS

- Walk often: include some hills and stairs to increase the impact.
- If you would rather run, cycle, swim, play a team sport or join a class.
- Exercising in water is a great alternative for those with joint or lower back pain.
- In Sydney we are fortunate to have

a variety of local paths, trails and waterways to make exercise so enjoyable. The ‘outdoor’ component adds a much-needed lift to our spirits!

- You don’t need expensive equipment – try squats, lunges, mini-crunches and modified push-ups using your body weight as resistance.
- Attempt at least two alcohol free days a week, then see if you can stretch that to five. Fix yourself a ‘special’ drink – say soda water with crushed ice and a twist of lemon, to satisfy cravings whilst hydrating you well.
- As the festive season approaches and we can finally see more family and friends, perhaps enjoy the cheese without the crackers on those Christmas party platters!
- Don’t forget to breathe, deeply into your belly – there are multiple benefits.

Preventative practices are still needed and practicing precautions until they become second nature forms them into habits. Ultimately, this is adjusting to life amidst COVID and accepting this new reality (Dr C. Parrish, John Hopkins Medicine, 2020). Finally, enjoy sunlight during the day and 7-9 hours of quality sleep each night!

*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\_*

## Wellness Corner

Eliza Cusack



### Reformer Pilates Craze

When you think of pilates, I’m sure some of the first things that come to mind are bright leotards and Jane Fonda. Reformer pilates is bringing back the ‘80s hit – with a twist. Based on utilising the reformer machine, the workout class offers a huge range of benefits including improving flexibility, balance and overall body strength. The greatest thing about the reformer classes is the versatility of the machine itself, as the springs can be adjusted and increased as you improve with time.

### Rosehip Oil

Rosehip oil is one of the greatest ingredients for your skin.

Derived from the Rosa Canina bush, the oil is full of vital fatty acids and essential vitamins.

Rosehip oil is also known for helping to boost collagen formation, which is crucial for skin firmness. The oil is full of vitamins C and A and can be used either on its own or mixed into your moisturiser for a daily glow. Give the Sukin Rosehip range a go!



### Power of Chickpeas

Chickpea-based products are predicted to be the new health food craze. Chickpeas are an excellent source of fibre and minerals and have been proven to improve digestion and aid in weight management and weight loss as they keep you feeling fuller for longer. Chickpeas are allergen-friendly, packed with nutrients and can be incorporated into your diet in a variety of ways. From hummus to chickpea pasta and even chocolate-covered chickpeas, they are becoming the new superfood.

# Dangers of Buy Now Pay Later

Isabella Ross

‘Buy now pay later’ – The BNPL trope is what numerous payment services such as Afterpay are promoting to consumers. Yet there is concern as to whether these services are leading to greater debt and financial inefficiency.

## FIRST AND FOREMOST, WHAT IS AFTERPAY?

A similar pattern with lay-by, this BNPL service allow the purchase of goods without immediate payment – essentially purchase what you like now and worry about payment later. Roy Morgan Research (2019) has found that young Aussies, aged between 14 to 34, are the biggest market for BNPL services, with 55.9% using them. There are many reasons why Afterpay has boomed in popularity, including immediate gratification or assistance to buy items that initially are not affordable in one lump-sum payment.

## WHAT ARE THE RISKS?

### 1. Late fees

Even though Afterpay’s late fees are capped at 25% of your purchase price, late fees aren’t fun for anyone, so why risk it! This is one of the ways in which Afterpay makes a financial gain. Furthermore, consumers cannot actually choose the particular day that payment is taken from their account. Essentially, if you get paid on a Friday but the BNPL service deducts payment on a Wednesday, you will likely be issued a late fee.

### 2. Loan applications affected

There is evidently a greater drawback compared to late fees – the impact on loan applications. A Finder survey (2019) found that out of 2062 Australians, 73% of respondents didn’t know their credit score. Lenders use a consumer’s credit score to determine whether to lend funds via a loan. Aussies may be unaware of the impact their late payment fees on their outstanding Afterpay balance can have on a credit score, in turn their ability to secure a loan.

### 3. Spending money you don’t have

In the ABS Survey of Income and Housing (2018), 72.8% of Australian households are in debt. If when purchasing a pair of shoes for example using Afterpay, and you don’t have the immediate funds, relying on BNPL can be a dangerous cycle to get into. Spending unnecessarily and impulsively is never ideal, so if you don’t have the money to buy that pair of shoes – best to wait and save.



### Mov'in Boat Floating Cinema Experience

Darling Harbour's new summer sensation, the floating cinema experience is definitely one to try, whether it be via rented boat or pontoon depending on budget.

**Date:** 3<sup>rd</sup> December – 31<sup>st</sup> January  
**Time:** Varies  
**Where:** Darling Harbour Sydney, Cockle Bay  
**Cost:** Pricing starts at \$99  
<https://movinboat.com/>

### Disney's Frozen the Musical

The ultimate family-friendly program on the agenda for summer, *Frozen* the Musical is the iconic adaption of the hit film – a tale of sisterhood, friendship and true love.

**Date:** 1<sup>st</sup> December – 31<sup>st</sup> January  
**Time:** Varies  
**Where:** Capitol Theatre, Sydney  
**Cost:** Pricing starts at \$85  
<https://www.capitoltheatre.com.au/disneys-frozen/>



### DIY Christmas Gift Workshop

Learn how to make natural and organic body care products using aromatics and dehydrated flowers. These products would make great gifts for the coming festival season as well!

**Date:** 2<sup>nd</sup> December  
**Time:** 12pm – 1pm  
**Where:** Via Zoom  
**Cost:** Free  
[www.kmc.nsw.gov.au/Things\\_to\\_do/Events\\_activities/Whats\\_on/DIY\\_Xmas\\_gifts](http://www.kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/DIY_Xmas_gifts)

### Willoughby Symphony Orchestra

Celebrate some lovely classical music locally at The Concourse. A one-hour concert for the whole family, celebrate the Christmas season with opera.

**Date:** 5<sup>th</sup> December  
**Time:** 4pm – 5pm or 7pm – 8pm  
**Where:** The Concourse, Chatswood  
**Cost:** Pricing starts at \$53  
[www.willoughby.nsw.gov.au/Events/Christmas-Celebration-Willoughby-Symphony-Orchestra](http://www.willoughby.nsw.gov.au/Events/Christmas-Celebration-Willoughby-Symphony-Orchestra)



### Cannoli and Pasta Making Class

Sharpen your culinary skills with an Italian cooking class. A beginner class, participants will learn how to make pasta from scratch and some cannolis – delicious!

**Date:** 20<sup>th</sup> December  
**Time:** 2pm – 4pm  
**Where:** Salt Meats Cheese, Circular Quay  
**Cost:** \$89  
[classsento.com.au/christmas-cannoli-and-pasta-making-class](http://classsento.com.au/christmas-cannoli-and-pasta-making-class)



### Boxing Day Cruise – Watch Iconic Yacht Race

Sydney Harbour is the place to be on Boxing Day, otherwise known as the time for the Sydney to Hobart Yacht Race. Onboard this cruise you will get front seats to see all the action.

**Date:** 26<sup>th</sup> December  
**Time:** 11am pick up at Wharf  
**Where:** King Street Wharf, Darling Harbour  
**Cost:** \$275, inclusive of cruise, food and drink  
[www.spiritfleet.com/boxing-day-cruise/](http://www.spiritfleet.com/boxing-day-cruise/)



### Tennis ATP CUP

The summer of tennis is coming in January. The eyes of the sporting world will be on Sydney, which is set to host the ATP Cup – a new team competition to kickstart the men's tennis season.

**Date:** 1<sup>st</sup> January – 10<sup>th</sup> January  
**Time:** Varies  
**Where:** Sydney Olympic Park Tennis Centre  
**Cost:** Ticket prices to come  
[www.atpcup.com/tickets](http://www.atpcup.com/tickets)

### Sydney Festival

Each January, the city comes alive as part of Sydney Festival. For the full line-up of exciting activities and events taking place, keep up to date via the link below.

**Date:** 6<sup>th</sup> January – 26<sup>th</sup> January  
**Time:** Varies  
**Where:** Throughout Sydney  
**Cost:** Free  
[www.sydneyfestival.org.au/](http://www.sydneyfestival.org.au/)

## VEGANUARY

# Make the switch to a vegan diet this New Year

Eliza Cusack

Veganism is on the rise in Australia! By definition, veganism is a way of living that looks to exclude all forms of exploitation and cruelty to animals. It promotes the use of animal-free alternatives for the benefit of the animals, humans and the environment. A recent Oxford University study this year found that consuming a vegan diet may be the “single biggest way” to reduce your environmental impact on earth. Cutting out animal products from your diet doesn't have to be difficult and intimidating. Celebrate Veganuary this January by trying these delicious savoury and sweet recipes!

### No-Bake Chocolate Hazelnut Bars

This recipe is a great option for all of the sweet tooths, as it tastes like a healthier version of a Ferrero Rocher!

#### Ingredients

- 100g organic baking chocolate, cut into pieces
- 1/4 cup maple syrup
- 3/4 cup hazelnut or almond butter
- 1 tbsp. pure vanilla extract
- 1/4 cup unrefined coconut oil
- 1 cup shredded coconut
- 2 cups rolled oat flakes

#### Method

Begin by melting the chocolate pieces in a pot at medium-low heat. Once melted, turn off the heat and add in the maple syrup, the vanilla and the hazelnut or almond butter. Finally add in the coconut oil, mixing everything together. Once removed from the heat, mix in the shredded coconut and the oat flakes and stir well to combine. Pour the mixture onto a lined baking tray and flatten the top. You can even add fresh hazelnuts on the top for an extra crunch. Pop into the fridge for at least a couple of hours, and once set, they are free to enjoy!

Julia Androshchuk/Unsplash



### Nourish Bowl

Nourish Bowls are nutrient dense and filled with an array of veggies, toppings and colour. The best thing about these bowls is that they are customisable, so you can add whatever toppings or additions you like!

#### Ingredients

- Chickpeas
- Broccoli
- Carrots
- Sweet potato
- Brown rice or quinoa
- Hummus
- Spinach
- Lemon
- Red pepper flakes
- Salt and pepper

#### Method

The steps are very easy. Simply chop up all of your veggies and roast them in the oven with a little seasoning on top. In a large bowl, serve your veggies with 1/2 cup of brown rice or quinoa, a handful of spinach and a big dollop of hummus. Consider adding avocado to make it extra delicious and season with salt and pepper.





# Welcome to the Year of the Metal Ox

**Kerrie Erwin**

After the reset of the world in 2020, where we took time to pause and reflect, 2021 will be a year of steady change, especially when the world opens up more and more towards the second part. With emotions of strength, determination and being aware and diligent in all affairs, we need to be patient with our dealings with almost everything we undertake. For those ready to rise to their true calling, with great optimism, the path of success will appear in all their undertakings.

This is a good year for people wanting to bring change and balance in their lives, mentally and spiritually, taking responsibility to just get on with what has to be done. 'Nothing gained, nothing ventured' as the old saying goes. Many people will move, get rid of toxic friendships, relationships, old situations that no longer serve them and even go as far to wanting to change jobs, especially if they are unhappy. This will in turn bring more security and

fulfilment for themselves, families and their future. After the big shake up of 2020, people all over the world are now awakening to this new golden energy of change and are starting to take responsibility for what they really want in their lives.

This is not a year to just sit and think after experiencing the worldwide disasters of the last year. It is time to be authentic in all undertakings. For those not wanting to make any changes, it is because they are stuck in their fear-based beliefs and will miss out on this great opportunity. On a positive note and one that is truly needed at this time of healing, 2021 is all about freedom of choice and understanding that we as souls have the power to do this. Time to move forwards out of the old ways and experience a new place in the world. With changes in yourself, your home, your lifestyle and your business, you will look back and see the great benefit, not only to yourself but others around you as well. Life as we know it will be more satisfactory.

*LOVE AND BLESSINGS*



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

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