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# Sydney Observer

IN PRINT SINCE 1996

LOCAL AUTHOR  
GIVING BACK

**Mother's  
Day Special**

AUTUMN  
FASHION  
TRENDS

RECOGNISING  
KU-RING-GAI  
ANZACS

**Seniors  
Festival  
Feature**

EDEN  
GARDENS  
HAMPER  
GIVEAWAY



Current Conversations with

**Tracey Spicer**

LOCAL NEWS • HOME & GARDEN • SENIORS • BEAUTY & WELLBEING • TRAVEL • WHAT'S ON



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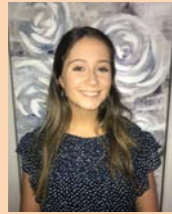


Welcome back to another issue of *Sydney Observer*

**C**hampioning incredible women within the community is always a priority for *Sydney Observer*, and this magazine issue is no different. Our cover and profile for April is Walkley award-winning journalist Tracey Spicer, who delves into the necessary conversations to have with loved ones in the aftermath of the Royal Commission into Aged Care. Our report on the NSW Milk Bank is definitely worth a read (18), as well as the best breakfast-in-bed pancakes (19) in the Mother's Day Special. Local author Mary-Anne O'Connor's new novel *Sisters of Freedom* is coming out this month, a narrative centring on female empowerment. The book is also set to make a tangible difference to women in need within the local community as well (8).

Ku-ring-gai seniors are covered in this issue as well with our Seniors Festival Feature (26-37). NSW Seniors Festival events, advanced fashion, singing for older adults, positive ageing and a financial resources guide – there is plenty to enjoy.

With a School Holiday Fun section perfect for entertaining the kids (44-45), a profile with the ARIA award-winning *Human Nature* (47) and our Local News section recognising the sacrifice and courage of our ANZACs (12-13), this is most certainly a jam-packed magazine. We hope you enjoy.



Isabella

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**BOOKING DEADLINE:** 15<sup>th</sup> of the month  
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47



24

# CONTENTS

- 6. Snippets
- 8. Local News
- 14. Profile
- 16. Education
- 18. Mother's Day Special
- 20. Home and Garden
- 26. Seniors
- 38. Beauty & Wellbeing
- 44. School Holiday Fun
- 46. What's On
- 48. Travel
- 50. 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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## Turrumurra Football Development

The Northern Suburbs Football Association will be submitting a development application in regard to the construction of a 'Home of Football' centre at North Turrumurra Recreation Area. Plans include undercover elevated grandstand seating, new change rooms, amenities and more. For over 60 years the local association has been helping its 30 clubs and over 16,800 players across genders, ages and abilities enjoy the experience of football.

## Northside Radio

Sydney's community radio station north of the harbour, Northside Radio (FM99.3) is based in Chatswood, covering the municipalities of Willoughby, Lane Cove, North Sydney, Mosman and Ku-ring-gai. The station is funded by listener donations and sponsorship from businesses across the North Shore area. The radio station offers Golden Oldies music of the '50s and '60s, drive shows with local guests, jukebox hits and more. Give it a listen today!

## GP Vaccine Rollout

More than 1000 General Practices, including those in the North Shore area, have joined the COVID-19 vaccination program, ensuring efficient distribution of vaccines nationally. "We all know the invaluable work our local GPs do for our community and now we will see them play a vital role in the COVID-19 vaccine rollout," said Federal Member for Bradfield, Paul Fletcher MP. Nearby locations where bookings can be made include Lindfield Medical Practice, Turrumurra Family Practice, Kissing Point Road Family Doctors, Wahroonga Family Medical Practice, Macquarie Medical Centre and more. If eligible in this current vaccine phase, you will be able to view available vaccination clinics and book an appointment online or via phone.

## Cancer Scanner Royal North Shore

Royal North Shore Hospital will soon be home to Australia's first whole-body scanner, expected to be operational by 2022. Seen in the news recently, the scanner machine will capture the whole body in a single quick scan, making it easier to diagnose, assess treatment and track patient progress. There will also be further dedicated research

opportunities. "The TB-PET scanner will revolutionise patient care, as they can undergo their cancer scans in about a quarter of the time they currently take. There is also the benefit of lower radiation doses, which is a great outcome," noted Associate Professor Paul Roach, Clinical Director of Nuclear Medicine at Northern Sydney Local Health District.



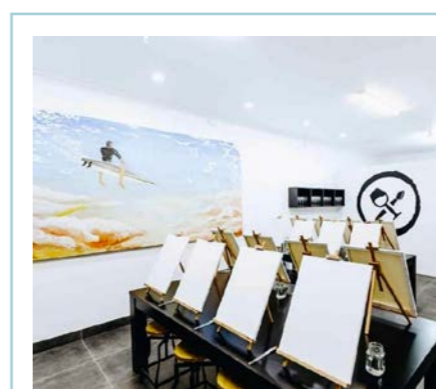
## Phone Recycling in Hornsby

Hornsby Shire Council is calling on locals to recycle their unused old mobile phones. "For years our residents have been the best mobile phone recyclers in the nation, and we want to claim the top position again," Hornsby Shire Mayor Philip Ruddock said. Head of MobileMuster Spyro Kalos describes the project as a major step towards this year's campaign 'Go For Zero' – zero waste, zero hassle, zero footprint. Recycled phones yield a large number of precious metals such as gold, copper, silver and palladium. <https://www.mobilemuster.com.au/>



## Ku-ring-gai Wildflower Garden's History

In 1962, Ku-ring-gai Council set aside 37 acres of bushland near St Ives Showground as a wildflower garden. Sadly, the area was severely damaged by bushfire in 1968. Yet the community came together to salvage the surroundings. By the late 1980s the public were offered educational and interpretive opportunities within the gardens, hence "promoting the study and preservation of native flora and fauna." It has continued to flourish ever since. (*Under the Canopy: A Centenary History of Ku-ring-gai Council, 2006*).



## Paint & Sip East Lindfield

Paint & Sip is taking Sydney by storm, yet not many of these art classes are designed specifically for seniors – until now. Showcase your creativity, socialise and enjoy a guided step-by-step class perfect for senior beginners. The paint tutorial, all materials and a delicious lunch are included. The \$60 class will take place 15<sup>th</sup> April, 11:30am to 2:30pm at East Lindfield Community Hall. To book, call 9424 0836 or email [rhall@kmc.nsw.gov.au](mailto:rhall@kmc.nsw.gov.au)



## Hunters Hill Community Art Gallery

Explore a snapshot of the life and times of Hunters Hill through art at the Hunters Hill Community Art Gallery, inside the Hunters Hill Museum. Depictions of Lane Cove River and Gladesville Bridge, as well as waterfronts and streetscapes of Hunters Hill are featured in the gallery. Artwork can be viewed Monday to Friday from 10am – 12pm. "They're all originals, very famous paintings. Instead of storing them away, why not combine them all and form a gallery?" Hunters Hill Historical Society Secretary Tony Saunders noted.

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Mary-Anne and the book's publisher will be donating \$15 to Hornsby Ku-ring-gai Women's Shelter from each book purchased via the HKWS online shop (<https://shop.hkws.org.au/>).

# Local Author Making a Difference

Isabella Ross

Local author, Mary-Anne O'Connor's new novel *Sisters of Freedom* is coming out this April. A narrative centring on female empowerment, the book is also set to make a real contribution to the local community as well.

*Sisters of Freedom* is a passionate tale of three sisters as they strive for freedom and independence and follow their hearts to unexpected places. Set in the Hornsby/Hawkesbury region in 1902, the novel also follows the story of the Australian suffragettes who fought to gain the right to vote and have a say in the laws that govern them. What the novel really demonstrates is how far women have come, but also highlighting the progress that still needs to take place. "The main character of the book, Frankie, her voice is everything I want to say in a perfect world – it really echoes the strong voices of the suffragettes. The timing is unbelievable, thinking about what has been happening in the news for women. It feels like standing in a cyclone at the moment – but a necessary cyclone at that. Seeing all those people march last month at the justice rallies, it gave me hope for the future," Mary-Anne shares.

"During the research process for the book, it was a real kaleidoscope of emotions, feeling desperately sad for the women of those times. Men could beat their wives, force them to have sex, as minimal judicial action would take place," Mary-Anne notes. "At the end of the book is a timeline showing the progress that has been made, starting with the first women's union in the late 1800s, up until Kamala Harris becoming the first female Vice President of The United States."

Mary-Anne and the book's publisher will be donating \$15 to Hornsby Ku-ring-gai Women's Shelter from each book purchased via the HKWS online shop. This incredible initiative will make a



*Sisters of Freedom* by Mary-Anne O'Connor, published by HQ, is out 7<sup>th</sup> April where all good books are sold. RRP \$29.99

tangible difference to the lives of women in crisis within the local community, something Mary-Anne is very excited to be doing. "To give back like this is really incredible. I always wished I could do more than talk about the issues, so to directly help these women is fantastic."

As Mary-Anne notes, it is important to recognise that the North Shore is not immune to poverty, injustice or domestic violence. "Growing up in Wahroonga, I was next-door to an orphanage that had Stolen Generation Aboriginal children and we weren't allowed to talk about it, not to mention unmarried mothers that were there too. These things happen in our backyard and for so long there was silence. It's time to ask, 'what are we going to do about it?'"

*Sisters of Freedom* by Mary-Anne O'Connor, published by HQ, is out 7<sup>th</sup> April where all good books are sold. RRP \$29.99

# Better Business Partnership

Matthew Wai

Are you the owner of a local small to medium sized business looking to reduce the number of your bills and establish a sustainable business plan? The Better Business Partnership (BBP) might be ideal for you!

With the impact of lockdowns and restrictions still felt, it has been a tough period for local business. That is where BBP comes in. A scheme launched by the Australian Government and Sydney Water in conjunction with Ku-ring-gai, Willoughby and North Sydney Councils, the plan aims to increase and stabilise the sustainability of businesses across the North Shore. It's a free to join program, with registrants able to speak with a specialist to tailor a masterplan seeking the best possible ways to reduce their bills on water, electricity, and wastes. Factors such as addressing community support,

sustainable purchasing and transport are also on the agenda (Ku-ring-gai Council). For more please visit <https://www.krg.nsw.gov.au/Business/Business-support/Better-Business-Partnership>

## Local Businesses Involved in BBP

- St Ives Shopping Centre: local shopping centre in St Ives.
- Kipling's Garage: lively bar, café and restaurant in Turramurra.
- Price's Pharmacy: local pharmacy in West Pymble.
- Hair Traits: hair salon in Pymble.



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# Printmaking on Show at GCS Gallery

Matthew Wai

Ruth Burgess, a leading artist in printmaking and woodcutting, will be showcasing her 50<sup>th</sup> exhibition at the Grace Cossington Smith (GCS) Gallery from 1<sup>st</sup> April – 8<sup>th</sup> May. “Ruth Burgess is a leading force in the Australian printmaking scene and we are fortunate to present her works. It is a dynamic exhibition that engages the viewer through its connection to music and science,” noted the Director of GCS Gallery.

The inspiration for her major work, *The Music of the Planets*, came from the discovery of the astronomer, Johannes Kepler, regarding the planetary motions and sound between planets. By consolidating the imagination from both a scientific point of view and Burgess’ artistic experience, she was able to create something multi-dimensional.

Ruth’s adventure into printmaking is an interesting one. After being nominated by the Australian Government for cultural exchanges, Ruth visited China nine times during the 1980s. Numerous trips to different provinces allowed Ruth to discover a variety of Eastern woodcutting techniques. “I love doing woodcut and that is because it is very tactile. I am very involved with the work myself as I don’t use machines. I use my hands, which is very much an Eastern tradition,” Ruth says. When speaking with Ruth, it is evident that she is excited for the upcoming showcase



Ruth Burgess, *The Music of the Planets* 1<sup>st</sup> April – 8<sup>th</sup> May at GCS Gallery in Wahroonga. The artist will be present 10<sup>th</sup> April between 2pm – 4pm.

of her works. “To be honest it is wonderful to be able to show the work, particularly have a physical audience – but in fact I also just love making the work,” she shares.

And just like any of us locals, one of Ruth’s favourite places is Ku-ring-gai National Park. “We built our house here 50 years ago and planted many bushes and rainforest trees so when we look out, there is a blanket of greenery. It is typical of the North Shore area – the beautiful trees and sandstone. I love Ku-ring-gai National Park and the fact we live in this marvellous botanical area.”

Ruth’s exhibition is undoubtedly a delight for the whole community.



# Community Feedback on Public Spaces

When it comes to our public spaces across the Upper North Shore, we are most definitely lucky residents. Ku-ring-gai Council is exhibiting the public domain plans for Turramurra, Gordon and Lindfield in a bid to seek feedback from the community. This is to ensure such plans align with community needs and expectations.

Mayor Jennifer Anderson said the draft Ku-ring-gai Public Domain Plan is important to ensure the community has local centres that are family focused, well-connected and attractive places to live, work and shop. “Our community wants public spaces that are vibrant, safe, attractive and connected and I encourage everyone to have a say about the three different plans now open for comment.”

These plans are crucial to creating welcoming and inclusive public spaces, with a particular focus on accessibility and safety with new footpaths and street lighting.

All three plans are open for comment until 19<sup>th</sup> April. <https://www.krg.nsw.gov.au/Council/Your-say/Draft-Ku-ring-gai-Public-Domain-Plan>



Heritage Square Gordon, Proposed Future.



Rohini Street Turramurra, Proposed Future.



Tryon Place Plaza Lindfield, Proposed Future.



## Easter Hamper Winner

Sydney Observer is delighted to announce local Lindfield resident Jeanette Russell as the winner of last month’s Easter Hamper competition in conjunction with West Pymble IGA. “It’s amazing to win the hamper from West Pymble IGA,” Jeanette said, noting she will be sharing the goodies with her four adult children and 8 grandchildren, one of whom goes to one of the local primary schools.

Be sure to see page 19 in this month’s issue of Sydney Observer for our current competition, this one being a Mother’s Day Hamper from Eden Gardens.

West Pymble IGA Phillip Mall, 8 Kendall Street, West Pymble.





**SENIOR'S WEEK**



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### Sphinx Memorial Ku-ring-gai National Park

This ANZAC Day consider visiting Ku-ring-gai's beautiful National Park and pay your respects at one of its war memorials. Sphinx Memorial is a sandstone monument created by a returned WWI soldier in the 1920s.

# Remembering our Ku-ring-gai ANZACs

David S. Wilkins from Ku-ring-gai Historical Society

With Anzac Day approaching, let us remember those from Ku-ring-gai who served in World War I, our first Anzacs. In the early days of the Great War, the British commanders were highly critical of the Australian Diggers, referring to them as ill-disciplined and disrespectful. But that attitude changed. In mid-1916, for example, when General Murray of the British Commander of the Empire was told to release some of his force for France, he wrote to the War Office: "I am assuming that you are leaving the three Australian Light Horse Brigades and the New Zealand Brigade with me. Otherwise, I shall be deprived of the only really reliable mounted troops that I have."

Of the 1800 men and women associated with Ku-ring-gai, 300 lost their lives or 1 in every 6. Over 340 were recommended for decorations with nearly 170 actually receiving awards. Those are most admirable statistics of outstanding commitment, service and courage. From that number, just one person from Ku-ring-gai was awarded the Victoria Cross, the highest decoration: Major Blair Wark, VC, DSO, MID, of Pentecost Avenue, Pymble.

From 1916 to 1918 he excelled in command, but it was near the end of the War in September-October 1918 as the Australian Corps breached the near-impenetrable Hindenburg Line and advanced beyond, that his actions led to the Victoria Cross. Over a period of three days, Major Blair Wark led his battalion from the very front, fighting and advancing over an extraordinary 15 kilometres towards the formidable German Beaurevoir Line. His Divisional commander



Charles Robert Windeyer.

concluded later that beyond doubt the whole brigade's success in this heavy fighting was due to Blair Wark's personal gallantry, his tactical skill and extraordinary courage.

Some families had fathers and sons enlist while others kept a son back to run the farm or family business. Some daughters also served. Few families did more however than the exceptional Windeyer family of Turramurra, who had seven serve overseas – four sons, two daughters and their mother. They were employed in various capacities including with the light horse and infantry (Charles), artillery (Humphrey and Richard), the Royal Navy (Guy), VAD nursing (Mabel, Marian and Lois) and ambulance driving (Lois). The youngest of this family group was Guy, who at age 13, travelled to England with his mother Mabel



Mabel Windeyer.



Major Wark.

and sister Marian, arriving a month after war had erupted in Europe. He joined the British Navy and served during the whole war, becoming a midshipman. Charles was the first of the family to enlist in the Australian Imperial Force. He was tragically killed in action during the dreadful advance towards Passchendaele. Their individual stories are fascinating but as a family the Windeyer's national pride excelled.

Lest We Forget.

# What Does Australia Value?

Jonathan O'Dea, Member for Davidson

As we approach ANZAC Day, we might reflect on the importance of the sacrifice and service it commemorates. ANZAC Day does not glorify war. It acknowledges that many men and women believed in our values and way of life so much that they went to war to defend it. Our defence forces, past and present, take on their duty knowing they risk losing their life or acquiring life-long physical and mental damage. That selfless commitment is respected and remembered each ANZAC Day.

We appropriately protect Australia, including the rights and freedoms we value. Australia is proudly the land of the 'fair go', where multiculturalism thrives, and we care about each other. In this past year, the world has been fighting a different kind of war, against the COVID-19 virus. It has been a time of great anxiety and frustration as we adapted to a very different style of living, socialising and working.



NSW has done tremendously well in responding to the virus, and our Chief Health Officer Kerry Chant has been duly recognised for her remarkable efforts, having been recently honoured as NSW Woman of the Year. The community should still heed the expert health advice to wash hands thoroughly

and often, to cover our coughs and to self-isolate where necessary. Please visit <https://www.health.nsw.gov.au/> for more information.

This ANZAC Day we should again pause to remind ourselves what we want Australia to stand for. 'Lest We Forget.'

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Member for Davidson

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Authorised by Jonathan O'Dea MP. Funded using parliamentary entitlements.



# Tracey Spicer

## Changemaker

Isabella Ross

In this April issue, profiling our wonderful seniors has been a great focus. *Sydney Observer* spoke with Walkley award-winning journalist Tracey Spicer AM, in regard to the response of the Royal Commission into Aged Care and her role as a Your Side Ambassador.



Photos: Bec Lewis Photography

### Can you explain a bit about your role as a Your Side Ambassador to our readers?

As Your Side's Ambassador, I'm really keen to start a national conversation about carers, who are Australia's unsung heroes. Almost 70% of carers are women, who are often also juggling work and looking after children. While care is unpaid, it contributes an estimated \$60 billion a year to the economy. We need to give carers as much support as we can. Navigating the aged care system in this country is extremely complex. If I can do anything to help simplify this process – through information, education and conversation – that would be a privilege. We're going through this maze in my family right now.

### I understand exploring some of the challenges people are facing in trying to access quality aged care and assistance is a major focus in your role?

Aged Care is something an overwhelming majority of people will experience, but we don't talk about it enough and we don't talk about it early enough. The Royal Commission has unearthed some concerns and some structural problems with the sector, but how can people take control of their own journey? We want to arm people with enough information to make informed decisions, and to

know what their options are. This has been an incredibly stressful year for families, because of the pandemic. At Your Side, the team works really hard to take some of the stress away from families faced with a system that's needlessly complex. We want to work with government to simplify the process for everyone. Most of us want to age safely, confidently and independently at home. Setting up good home care support and services early from cleaning and gardening to mobility aids and social support can help ensure that. It's important to plan early because of the waiting lists for home care packages. We're going through this with my Dad at the moment.

### As someone who has experienced it firsthand, what are some of the ways people can start these conversations about support and care with ageing parents?

We're fortunate because Dad is comfortable talking about care options. But it's not always so simple to start the conversation. People struggle to cope with change, and a perceived loss of independence. Dad now has support with cleaning and gardening. He's developed quite a rapport with the lovely woman who does the cleaning, so these services also provide company. Here are my conversation tips:

- Approach it gently, it can be a sensitive topic. Listen to their input and what they have to say.

- Explain they may only need a little bit of help and it is not about losing control or independence. It is more just about getting a bit of support and services to help live a comfortable life at home.

- Explain that home and aged care services are also there to help and assist them to lead a more independent, enjoyable and fulfilling life. It can lead to more social activities and broaden friendship and support groups.

- Be patient and understanding. Empathise and let them know you are there for them.

- Create a support team and cheer squad! Each family member and friend play a particular role in your parent's life.

### In the wake of the Royal Commission, do you think it is especially important now to be having these conversations about equity and care?

Absolutely! The stories we heard from the Royal Commission were horrific and heartbreaking. We need to reframe how we view our elders. I'm also concerned about disparaging comments made about elderly people during the pandemic. Australia is a wealthy country, yet we see too many people retiring into poverty. Everyone deserves to age with dignity and respect.

### What are some of the factors about your work that you particularly love?

I've always been interested in the ability of storytelling to change hearts and minds. It's wonderful to be able to use the skills I've acquired as a journalist over the past 30 years to discuss issues around social justice.

### Since this is also our Mother's Day issue of *Sydney Observer*, what are you planning on doing this Mother's Day?

Usually, the kids bring me breakfast in bed, which is simply divine! Then, I'll go to a yoga class, before a family card game. Like a lot of people, we really got back into puzzles and board games during the pandemic.



Tracey with her beloved father Paul and grandfather Jack.

## Tracey's Favourite Things

### Favourite pastime/hobby?

Paddle boarding! We're so fortunate to live in a city with such stunning waterways. I love paddling on Cabbage Tree Bay near Shelly Beach.

### Favourite career moment?

Producing and presenting documentaries about women and girls in Bangladesh, Kenya, Uganda and India, which I've done over the past 25 years. I met the most extraordinary advocates changing the course of history, including one woman from rural Uganda whose actions led to laws against domestic violence.

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

Gender equity and human rights.

### What is the question you're most asked?

"What did you used to wear under the news desk?" I was an old-school sit-down paper-autocue newsreader, so people are always fascinated about whether we wore jeans and sneakers or formal workwear on the bottom half!

### What is the funniest thing you have read about yourself in the media?

That I wear a wig! I have really thick and wiry hair, so it sometimes looks fake. I can assure you it's all my own, and around 80% grey at the moment.

*Tracey Spicer AM is the Ambassador for Your Side. Call the friendly team at Your Side on 1300 134 332 or email [customercare@yourside.org.au](mailto:customercare@yourside.org.au) for any advice or information on Home Care Packages. If you are a carer that needs support call 1800 422 737.*

*Keep up to date with Tracey on Instagram @tracyspicer.*



# Ready, Set, READ!

Madeleine Taplin

The 2021 Premier's Reading Challenge has just begun, with students from Kindergarten up to Year 9 encouraged to take part in the challenge, reading between 20-30 books for leisure. This year's challenge is focusing on diversity and representation, showcasing the works of many Indigenous authors and illustrators. Having said that, if you are struggling to get started, here are some great books suggestions.

**LEVEL K-2**

What little one doesn't love food? *The ABC Book of Food* by Helen Martin and Judith Simpson, is sure to be a hit, combining their love of food with learning the alphabet! If you are looking for a laugh, check out *Macca the Alpaca* by Matt Cosgrove or *Waddle Giggle Gargle* by Pamela Allen.

**LEVEL 3-4**

*The Accidental Princess* by Jen Storer has been a hit with readers, bringing out their

creativity and imagination! If you like dogs, *Race to the Finish* by David Harding is a good option, as it will also get the kids thinking about right versus wrong.

**LEVEL 5-6**

*Alice's Adventures in Wonderland* by Lewis Carroll is perfect for those looking for a classic. Interested in a bit of Aussie history? Check out *Along the Road to Gundagai* by Jack O'Hagan, which takes the words of the iconic Australian song to tell the story of young soldiers in World War I.

**LEVEL 7-9**

*Bridge to Terabithia* by Katherine Paterson is a story of friendship mixed with a little bit of fantasy! This magical journey will be sure to impress even the toughest of kids. Ever wondered what it might be like to live in a post-apocalyptic world? Then *Divergent* by Veronica Roth is right up your alley. If you are looking for something a little more realistic, check out *Becoming* by Michelle Obama. The story of how a young girl from Chicago became one of the most powerful women in the world is sure to impress.



## World Immunisation Week

Matthew Wai

As we've all come to know, immunisation and vaccination are the key to halting the spread of deadly diseases and viruses – this is why it is more important than ever to raise awareness of vaccinations during this year's World Immunisation Week.

World Immunisation Week is an annual event presented by the World Health Organisation (WHO) to promote the importance of vaccinations worldwide in the last week of April. According to WHO, there are approximately 20 million children worldwide that are unable to access routine vaccinations, leaving them vulnerable to diseases such as tetanus, diphtheria, measles and polio. It does appear that the majority of Australian parents are hearing and acknowledging the expert advice coming from scientists and immunologists, as for the first time our national coverage vaccination rate among 5-year-olds is above 95% (December 2020).

The 2021 theme for World Immunisation Week is – 'vaccines bring us closer.' This is in terms of shortening the gap between people, both in the sense of current physical distancing, the closure of borders and also from a socio-economic privilege standpoint. With the recent arrivals of the COVID-19 vaccines in Australia, be sure to follow the latest news and check your eligibility through <https://covid-vaccine.healthdirect.gov.au/eligibility>



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# Milk Bank: The Gift that Keeps Giving

Madeleine Taplin

**M**other's Day is fast approaching, and everyone is on the hunt to find the best gift to show their appreciation for the women in their life. But for some mothers, the best gift they can receive is the optimal health of their newborn babies. This gift is now possible thanks to the help of 'Milk Bank', a joint partnership between NSW Health and Australian Red Cross Blood Service. The Milk Bank helps to provide pasteurised donor human milk to vulnerable premature babies when maternal supply is not sufficient for the nutritional needs of the infant.

Dr Tim Schindler from the Royal Hospital for Women has praised the work of Milk Bank, which has so far recruited 450 donors and fed 1538 babies in New South Wales alone. He commented, "it's really amazing, because we know there are so many benefits from having breast milk, particularly in protecting these babies from very serious diseases." Currently, all NSW Neonatal Intensive Care Unit (NICU) hospitals are able to order milk 'on demand' as they would with blood, significantly reducing the stress of mums and improving the rates of survival among premature babies.

Katherine Burn, a first-time mum to twin boys, noted that the Milk Bank program has been a life saver to those with kids in



the NICU. Katherine has engaged with the program in another way – donating. "I have an oversupply of milk, so I love to see it go to other mums who need it. We are all on different journeys," she said.

To help out this Mother's Day, visit <https://www.milkbank.com.au> for donation details.

# The Best Breakfast-In-Bed Pancakes

Courtesy of Café Delites

**S**poil mum, aunty, grandma, sister, or any maternal woman in your life, with these delicious fluffy pancakes – perfect for a breakfast-in-bed – or brunch if a sleep-in is desired!

### Ingredients

- 2 cups plain flour
- ¼ cup granulated sugar or sweetener
- 4 teaspoons baking powder
- ¼ teaspoon baking soda
- a sprinkle of salt
- 1 ¾ cups milk
- ¼ cup butter
- 2 teaspoons pure vanilla extract
- 1 large egg

### Method

1. Combine together flour, sugar, baking powder, baking soda and salt in a large bowl. Make a well in the centre and add the milk, slightly cooled melted butter, vanilla and egg.
2. In the well, whisk the wet ingredients together before slowly folding them into the dry ingredients. Mix until smooth. If the batter is too thick (i.e. doesn't pour off the ladle nicely) then add a few extra tablespoons of milk.
3. Heat a non-stick pan over low to medium heat and add some butter to the pan. Pour ¼ cup of batter into the pan and spread out gently into a round shape.
4. When the underside is golden and bubbles appear on the surface, flip with your spatula and cook until golden on the other side. Repeat with remaining batter.

Serve with honey and berries – delicious!

Tatiana Rodriguez/Unsplash



# Win a Mother's Day Hamper!

**E**den Gardens is giving away a beautiful Mother's Day Hamper to the value of \$200 for one lucky reader. All you have to do to enter is send us an email via [editor@kamdha.com](mailto:editor@kamdha.com) explaining why you wish to win this amazing prize in 25 words or less! Be sure to include your details (name, address, phone number) as well in the email so we can contact you accordingly. Entries close 20<sup>th</sup> April.



# It's Time to Pamper Mum

Anne from North Shore Aesthetics

### What is on offer to local mums this Mother's Day?

North Shore Aesthetics have 3 fabulous Mother's Day offers for Sydney Observer readers. Please quote OBS01 when you make a booking.

For \$450 you get (Valued at \$850): our Signature North Shore Aesthetics Facial, an Aspect product and an eyelid and eyebrow lift with our Ultraformer III. Hollywood Lift for \$500 (Normally \$800). This is a fantastic treatment to get rid of fine lines, an alternative to injectables.

Fat Freezing is the best way of getting rid of bulges of fat that you can't move with diet and exercise. Our offer is 'buy 1 fat freezing and get 1 for FREE.'

### What do you love about having a business on the North Shore?

Janeen and I have lived in the North Shore for 14 years and love it. Our mission is to ensure that people look and feel their best. We are strong advocates of ageing gracefully, looking for alternatives to injectables and surgery, non-invasive treatments where people can see an immediate result but with ongoing improvements. Also, our TeslaChair for incontinence is an incredible treatment and we are proud to say we have changed the lives of so many of our local clients who suffered from incontinence. We have always loved the community on the North Shore and often our clients have become friends, as when they're in Gordon, they pop in for a cup of tea!

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Rhododendron lochiai

## A Different Rhododendron

Brian Roach

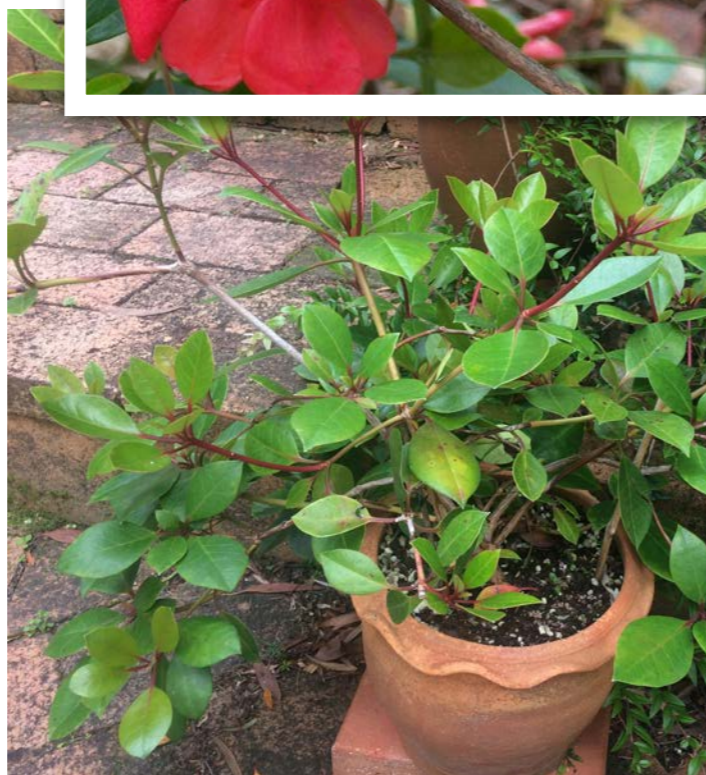
There is no doubt that when most gardeners think of Rhododendrons, they have in mind those large and flamboyant flowers that adorn the shrubs to small trees that come from many parts of the world, particularly Asia. There is no denying these plants put on a wonderful display around the Northern parts of Sydney and especially in the Blue Mountains during spring.

But did you know we have our very own native Rhododendron?

This unique plant is endemic to a small region of Cape York, yet it absolutely flourishes in Sydney given the right conditions. *Rhododendron lochiai* has proven over many years to be quite hardy if grown in a fairly shady spot with good drainage and ample moisture. Quite large, red bell-shaped flowers put on a stunning display from late spring, through summer and into autumn. It only grows to around 1m high and no more than 1.5m wide in our part of the country. It has lovely dark green, glossy leaves with new growth being quite striking with very red stems. Not only does it do well in the right location in the garden, but it also has proven to be a very good pot plant provided it's kept in a sheltered position and certainly protected from a westerly aspect, particularly in summer.

This plant can be propagated quite readily by taking cuttings of the firm, new growth with very fine roots developing in a couple of months. It is certainly the type of plant that can be repeated around the garden in those sheltered spots and it certainly has the 'wow' factor when in flower! I have to say I've never seen one for sale in general nurseries and even specialist native plant nurseries rarely have them so you might have to do a bit of researching to get one of these delightful Aussie gems.

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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# Laundry Room Tips & Tricks

Matthew Wai

**O**ften needing to run like a well-oiled machine, here are some organisational tips and tricks for your home laundry.

**Laundry Baskets:** If you are not looking to majorly renovate your laundry room, a slight change of items can certainly go a long way. Baskets are vital, so a sorted hamper with different sectors will be making your next laundry run hassle-free! Purchasing a couple of baskets from your local homewares store and labelling them accordingly (such as one for whites and one for darks) is another option.

**Washing Machines:** It is important to look for a washing machine that suits your needs. Whether it is top or front load washing machines, it is important to note that some options are better for others, such as those with chronic pain or who are older in age.

**Room for Drying:** Doing some laundry can be a frustrating activity particularly when there is poor weather. For those who don't have a dryer or just prefer to air dry, it is integral to have a space in the laundry room or garage for hanging.

**Light and Bright:** Since many of us are not blessed with enormous laundry rooms, it is always better to stick with a lighter paint colour in small spaces in order to make the area appear bigger. Beige and white, aqua and white or even a 1:4 black and white colour theme often work well in terms of laundry design.



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## Wall Plants are all the Rage

Isabella Ross

**F**or those who have ample space on their walls but not so much in the home, there are plenty of ways to incorporate some greenery vertically. In previous issues of *Sydney Observer*, we have readily discussed vertical gardens, but here are a few additional varieties to consider for your home.

Staghorn ferns are quite an extraordinary plant that make a very impactful statement wherever they are placed. These ferns mimic the appearance of an antler's horns on a plaque, with giant bright-green fronds shooting spectacularly from the centre of the plant. They are best attached to pieces of timber or even attached to trees in the front or backyard. Staghorn ferns flourish best in natural light with no direct sun exposure – with this in

mind, it is therefore possible for these beauties to grow indoors – just make sure to look after them accordingly. For further information on how to look after these and where to purchase, look to your local garden retailer.

Whether kept in the bathroom hanging on a redundant towel hook or on the coat rack as shown in one of the images, hanging planters are both an efficient and stylish way to showcase your plants. Hanging baskets come in such a range of sizes and styles, with rattan still in its trendy phase.

Another really sweet idea perfect for the entry to a shed or greenhouse is this clever Horticultural Pin Board. With room to put your gardening essentials and a delightful seedling in its infancy, it is a great way to create a thoughtful design piece.



Peg & Board





# Home Improvement: Bookshelf Edition

Madeleine Taplin

Throughout the pandemic, home improvements and re-decorating have become an incredibly popular way to utilise free time. Now that Australia is returning to a new COVID-normal, it is likely that you have styled the majority of your house, but chances are you forgot about one of the staples of the home – the bookshelf! Here are 4 ways to stylise and organise your shelves to fit perfectly with your new post-pandemic house.

## ALPHABETICAL

For individuals who like order, this style is for you! Start by organising your books into alphabetical order, either by author or by title. For a streamlined look, aim to have the beginning letters of the alphabet at the top of your shelves, and work your way down. You can either do this in a zig-zag manner, or in a left-to-right fashion.

## SIZE

Books nowadays come in all different shapes and sizes. However, if styled correctly it can bring depth and interest into the shelves. Start by organising your books into 'similarly-sized' piles. Place the largest books at the top of your shelves



and closest to the outside edge. If you have smaller compartment style shelves, try and fill each compartment with the same sized books, and allow them to get smaller as

the shelves come down. If you have longer shelves, work your way inwards starting with the largest books on the edges, and ending with the smallest in the middle.

## COLOURS

Organising your shelves by colour is aesthetically pleasing but requires massive amounts of work. Start by placing all your books on the floor and separate them into the major colour groups. Ultimately the order of colour is up to you, but I would recommend starting with white on one end, and black on the other. Fill the in-between as you see fit, making sure that the colours look good side by side! Another option is to only display books of a certain colour palette, as shown in this brown/warm-toned bookshelf image.

## PERSONAL MEMENTOS

Adding personal mementos and trinkets is an excellent way to make your shelves more personalised and home-like. These could include candles, ceramics, trophies, collectables and more. These mementos look good when spread throughout the shelves, and when placed in front of the books. This allows both elements of the shelves to shine with your personality!

# Interior Deep Dive: Renewed '70s

Isabella Ross

An era of incredible design, a 1970s interior was characterised by wallpaper, bold colours, funky furniture, shaggy rugs and lots of wood. Now is the perfect time to renew your love for the '70s by modernising this interior theme for a 21st Century home.

When it comes to wallpaper, think warm tones and geometric patterns. Nowadays, a block pattern wall can be jarring, so to refresh, consider selecting a wallpaper design and framing it as a picture or getting it wrapped onto a canvas. By showcasing it as an artwork, the pattern will be a perfect pop of colour without being considered gaudy.

Sculptural furniture has certainly made a resurgence, with a highlight on craftsmanship, unique shapes and crisp lines. A flatpack dining table isn't going to cut it – instead the focus is on all things wood. Whether it is the low and lengthy lounge or the mid-century modern chairs, there are plenty of fun furniture examples that have a nod to the flower power period.

Another fundamental aspect of the '70s was the introduction of open-plan living, as living spaces connected to the dining room increased in popularity during this decade. The trend remains apparent today, with a vast number of homeowners and designers hoping to achieve the same flow of space. Something that many of us had in our homes were linoleum floors – often in the kitchen and laundry. Now, the patterns used previously are probably quite outdated to embrace in the modern day – however there is a way to spice it up! Linoleum flooring can be purchased from multiple retailers, including The Tara Dennis Store in Wahroonga. The prints are definitely edgier but still a great way to pay homage to the '70s – perhaps best in the study or laundry.



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## Eden Gardens Sustainability Market

Listen to experts cover topics such as creating a backyard oasis for wildlife, how to design a resilient garden for today's changing climate, and how to grow your own produce successfully in small spaces. Also on offer are workshops and stalls. Contact the centre via email: [curator@edengardens.com.au](mailto:curator@edengardens.com.au)

**Date:** 10<sup>th</sup> April  
**Time:** 9:30am – 3:30pm  
**Where:** Eden Gardens, Macquarie Park  
**Cost:** Free

## NSW Seniors Festival Comedy Show

There is nothing quite like having a good chuckle. The annual NSW Seniors Festival Comedy Show will be taking place in the CBD, offering punters a barrel of laughs and a stellar comedic line-up. <https://www.seniorsfestival.nsw.gov.au/events/nsw-seniors-festival-comedy-show>

**Date:** 13<sup>th</sup> April  
**Time:** To be confirmed  
**Where:** Sydney Town Hall  
**Cost:** Free

## Travel Journals Workshop

From beginners to the accomplished, tutor Malcolm Carver will inspire those wanting to use pencil, watercolour and pen to produce travel journals. This is especially perfect for artistic seniors, transforming travelling memories into pieces of tangible art. Contact the centre via email: [artcentre@kmc.nsw.gov.au](mailto:artcentre@kmc.nsw.gov.au)

**Date:** 17<sup>th</sup> and 18<sup>th</sup> April  
**Time:** 10am – 4:30pm  
**Where:** Ku-ring-gai Art Centre, Roseville  
**Cost:** \$320



## Create an Easy Care Garden

Join Easy Care Gardening and learn how to design and curate your garden so it's easier to look after. Simple modifications can really help older Aussies stay living at home independently, so discover more in this webinar. <https://www.hornsby.nsw.gov.au/lifestyle/events/library-events/Learn-How-to-Create-an-Easy-Care-Garden>

**Date:** 14<sup>th</sup> April  
**Time:** 2pm  
**Where:** Online via Zoom  
**Cost:** Free

## Meal Planning 101

Discover how to plan your meals in a way that will improve your health, save the environment and not break the bank! In this webinar, people will be encouraged to use available, sustainable, seasonable and local produce to avoid overbuying. Contact Hornsby Council via email: [waste@hornsby.nsw.gov.au](mailto:waste@hornsby.nsw.gov.au)

**Date:** 19<sup>th</sup> April  
**Time:** 12pm – 1:10pm  
**Where:** Online via Zoom  
**Cost:** Free

## Walking Basketball

As part of Seniors Week, Walking Basketball is a low impact and social game. No experience is required, and the game caters to all ages and abilities. <https://www.ryde.nsw.gov.au/Events/Listing/Seniors-Festival-Walking-Basketball>

**Date:** 15<sup>th</sup> April  
**Time:** 10:30am – 11:30am  
**Where:** Morrison Bay Park, Putney  
**Cost:** Free

## Everything for Seniors Day

Everything for Seniors Day is an indoor expo, where local clubs and community organisations will showcase all of their active, fun, social activities happening within the Ku-ring-gai area. <https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Everything-for-Seniors-Day>

**Date:** 21<sup>st</sup> April  
**Time:** 10am – 2pm  
**Where:** Turrumurra Uniting Church Hall and Turrumurra Seniors Centre  
**Cost:** Free



## 'Tuesday Tea & Tours' at Leisure Lea Gardens

At Leisure Lea Gardens Retirement Village in Marsfield, we're open 7 days for viewing and hold regular Open Days, where you can meet our friendly residents. Now, we've introduced a new service for those considering the move to a retirement village – "Tea & Tours" every Tuesday at 10am! We'll serve you a scrumptious Devonshire Tea, show you the homes available and explain all the facilities and services for residents onsite. Please feel free to invite your family members too – we want them to feel reassured that at Leisure Lea Gardens, you will be well-cared for.

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## Old People's Home for 4 Year Olds

Isabella Ross

The Emmy and AACTA award-winning *Old People's Home for 4 Year Olds* returns for a second season this month on ABC. The intergenerational experiment aims to see if uniting young and old can improve the health and happiness of older adults, with incredible results seen in the first series. *Sydney Observer* spoke with one of the series' experts, Geriatrician Dr Stephanie Ward.

**A major concept discussed in the experiment is – “you can't reverse old age, but you can reverse frailty.” Can you elaborate?**  
A lot of people think it's all downhill with age. What we show in the experiment is that this is not always the case, and there are things we can do to improve our health, including how frail we are.

**What is different in this season as opposed to the last?**

In the first series, the participants were residents of a retirement village, with some in aged care. In this season, we have actually included people who are still living in the community in their own home who are experiencing loneliness. This was a group we thought really was worth engaging in an experiment with.

**Loneliness is quite common for our older population. Why do you think this is?**

There are a few reasons why. One is because of loss – loss of partners, friendship circles, purpose, structure and family. Being socially isolated is also a risk factor for being lonely, not to mention it's also recognised as a risk factor for dementia, yet it's potentially modifiable.

**It's a very timely period to be airing the series, in the wake of the Royal Commission and the effects of the prior lockdown on seniors' wellbeing...**

Absolutely. It's about having these important conversations, reminding us how society should be – to live in a multi-generational way and look after our older adults.



**What were some of the key takeaways from the experiment for you?**

We measured our participants' wellbeing based on categories such as mood, walking pace, physical strength and activity levels, balance, memory tests, quality of life and frailty. We really wanted to take a broader look at how intergenerational programs can impact health. I won't give too much away in terms of the results, but the day I got to meet everybody again after the experiment was probably one of the best days I've had professionally. It reminded me how special intergenerational contact is and how amazing and articulate older Australians are. It's beneficial for everybody – the seniors, the children and probably the children's parents too.

**As a geriatrician, what sparked your interest to work and specialise in this field?**

It's really rewarding. Working in geriatric medicine, I enjoy the company of older people – they have amassed an enormous amount of expertise and perspective.

Watch *Old People's Home for 4 Year Olds* from Tuesday 6<sup>th</sup> April at 8.30pm on ABC and iview.



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# Seniors' Fashion: Advanced Style

Isabella Ross

“What is age? It's nonsense. I don't even like to refer to that, not because I'm embarrassed about it. On the contrary I am happy that I have lived in this body for 65 years.” This is a quote from our October 2020 profile with Sarah Jane Adams (pictured adjacent), a jeweller, author, influencer, model and ambassador, who also happens to be a senior. For many, age is just a number. Yet when it comes to fashion, it is often the case that seniors are boxed into certain clothing and style expectations.

In comes Advanced Style. Photographer and author, Ari Seth Cohen, is the creator of Advanced Style, a project devoted to capturing originality and creativity when it comes to senior fashion. “I noticed a lack of older people in fashion campaigns and street style sites,” he notes. “I wanted to show that you can be stylish, creative and vital at any age.”

## HOW TO ACHIEVE YOUR OWN ADVANCED STYLE

**Be bold, be colourful:** Nothing says advanced style quite like some funky patterns or colours. As British artist Sue Kreitzman says, “be bold, be adventurous. Don't just wear beige: it might kill you.”

**Wear what makes you feel good:** What is comfortable to one may not



Hadass Haack Photography

be so comfortable for another. That is why it is always crucial to wear something that makes you as an individual feel confident and secure.

**Bring back the vintage:** Where is the fun in letting your fashion favourites from back in the day become dusty in the back of the closet? Whether it is a hat, handbag or piece of jewellery, now is the time to embrace the collection you have and show it off.

To see more incredible examples of style, creativity and stories from the senior set, visit: @advancedstyle on Instagram. <https://www.advanced.style/>

*“I wanted to show that you can be stylish, creative and vital at any age.”*

Ari Seth Cohen



Ari Seth Cohen Photography



Are you considering downsizing or searching for a new home for a friend or family member?

If so, “The Cotswolds” village at North Turrumurra may be a suitable option. Many North Shore residents are looking for a low-maintenance lifestyle and good value for money, while remaining in their local community.

The units are set in low-rise clusters amidst the beautiful gardens and the apartments are located in the main building, close to the dining room, lounge room, pool and administration.

“The Cotswolds” is well run, with a Registered Nurse on-site 24/7, a village bus available for regular shopping trips to St Ives, and offers a range of facilities and social activities for residents who wish to avail themselves of them.

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# Everything for Seniors Day 2021

**K**u-ring-gai is celebrating seniors with more than 40 events for this year's Seniors Festival. Residents aged 55 and over are invited to these events showcasing services, activities and entertainment for older people within the Ku-ring-gai area. Highlights include excursions to the Blue Mountains, Eryldene and Bahai Temple, plus lots of activities such as art, robotics and card games. Council is also hosting three webinars that can either be watched at the Council Chambers with morning tea supplied or at home online. Bookings and more information at [krg.nsw.gov.au/seniors](http://krg.nsw.gov.au/seniors)

Ku-ring-gai's Everything for Seniors Day will be held at Turramurra Uniting Church Hall and Turramurra Seniors Centre on Wednesday 21<sup>st</sup> April. The free community event will give older residents and their families an overview of local activities and services specifically for older residents.

Nearly 50 community organisations, clubs and groups will be there to offer information, advice and 'come-and-try'

activities such as chair yoga, walking football and dancing. There will be stalls where you can chat to home support staff and talks by professionals about other health-related services. Talks can be heard both online as a webinar and in person on bushfire preparation, family history research and Dementia Friendly Communities. Entertainment will be provided with music recitals from a variety of cultures. A delicious lunch catered by Meals on Wheels is available for a small fee. Low-cost coffee, tea and pastries will also be served under cover at the croquet lawn.

The event will be run with health guidelines and protocols in place. For enquiries, get in touch with Ku-ring-gai Council's Aged Services Team on 9424 0000.



# Flourishing through 'PERMA'

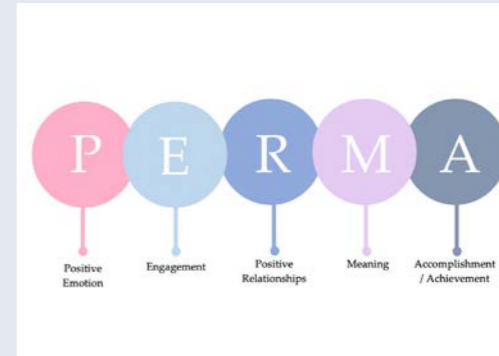
*Dr Sue Ferguson*

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

**A**s well-known psychologist Martin Seligman says, "I'm trying to broaden the scope of positive psychology well beyond the smiley face. Happiness is just one-fifth of what human beings choose to do." These building blocks of wellbeing are described by the acronym 'PERMA', and they help us flourish. These are an important aspect of wellbeing, but they also contribute to our resources and resilience and thus our future wellbeing.

**P** is for **Positive** emotions (happiness, optimism, gratitude, amusement, awe and joy). So, try to think positively about your situation, or list 3 good things that have happened today.

**E** is for **Engagement** or being immersed in a challenging activity. Try doing an activity just for enjoyment, such as playing a musical instrument, doing art, or reading.



**R** is **Relationships** that are meaningful and fulfilling, and provide support when we need it, but also opportunities to give back. Prioritise spending time with the people who are important to you, and/or get back in touch with an old friend.

**M** is for **Meaning** in life and includes having purpose, achieving something, or belonging to something bigger than you. You can increase activities that involve helping family and friends; or volunteering to give your life more meaning.

**A** is for **Accomplishment**, when we achieve something small or large this gives our self-esteem and broader wellbeing a boost. So set an achievable goal (even a small one such as trying a new recipe), work towards it, and succeeding will give you a sense of accomplishment.

South Australian researchers have built on the PERMA model, adding further contributing factors to wellbeing. You can read their useful material via – <https://www.wellbeingandresilience.com/sites/swrc5/media/pdf/permaandcentreoverview.pdf>

**Everything for Seniors**  
Wednesday 21 April, 10am to 2pm

## Free event – Everything for Seniors Day 2021

Turramurra Uniting Church Hall and Turramurra Seniors Centre  
Wednesday 21 April, 10am to 2pm

- Be inspired to join in the exciting activities available in your community
- Discover fun things to do that will improve your physical and emotional wellbeing
- 'Come and try' dancing, sports and exercises
- Find the services that will help you to remain in your home for longer
- Lead fulfilling lives and contribute to your community
- Access expert advice and information

No need to book, just come along [krg.nsw.gov.au/seniors](http://krg.nsw.gov.au/seniors) Ph: 9424 0836



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# National Residents' Survey Results

Over 80% of 4300 residents surveyed in the National Residents' Survey by the DCM Group say they feel physically safer in their village and think they will have a longer quality of life by moving to their village. Two-thirds even believe that they will live longer as a result of the move. No other product or service can deliver these comprehensive positive results amongst ageing Australians, according to the DCM's Chris Baynes.

Village Manager at Living Choice's Leisure Lea Gardens Linda Savage agrees, adding that another recent survey showed that people living in retirement villages were five times more likely to participate in social activities, reported four times better quality of life and a 100% increase in cognitive function.

Linda noted that Leisure Lea Gardens offered an onsite dining room and many health and wellness services, including a



Mimi Hotchkis is one of the many residents at Leisure Lea Gardens who enjoys meals prepared by the onsite chef, Neil Senanayake.

visiting doctor and podiatrist, Zumba classes, gym equipment and activities such as indoor bowls, darts, happy hours and excursions to places of interest. "Living Choice is an Approved Provider of Home Care Packages and can also provide home care services on a user-pays basis. These services include household chores such as cleaning, making beds, laundry and meal preparation, taking you shopping or shopping on your behalf, transport to appointments, personal care such as showering and dressing, wellbeing programs, assistive technology and nursing services."

Leisure Lea Gardens is open 7 days for viewing and also offers 'Devonshire Tea & Tours' every Tuesday at 10am. To find out more, phone 8878 4903 or email [sales@livingchoice.com.au](mailto:sales@livingchoice.com.au)



## Singing Seniors

Madeleine Taplin

For generations, music has played an important role in bringing people together and creating a sense of community and engagement. Recently, we have seen a massive increase in seniors wishing to partake in choral singing, due to the multitude of benefits they receive from this activity. For many elderly people, retirement from their previous occupation leaves them lacking purpose and social interaction. The development of senior singing groups aims to tackle these issues head-on, providing them with a reason to get out of the house, make friends, engage with their local community, and even improve their health.

As stated in the ABC program *Our Dementia Choir*, the brain reacts incredibly well to music, with research and case studies showing the positive psychological effect music therapy can have on individuals with a neurological condition. Further health benefits associated with choral singing include improved memory, lung capacity and posture.

Singing is a real expression of joy, with the weekly rehearsals creating a safe space for members to come and go as they please, socialising with like-minded people and investing their time into an activity that produces wonderful results. Music creates joy and everyone needs a little joy in their life!

To see the ABC documentary series *Our Dementia Choir* visit: <https://iview.abc.net.au/show/our-dementia-choir>

### Local Gordon Choir

**Sing Australia** Gordon is a community singing group based on Sydney's North Shore. The group meets each Friday at 7:15pm at the Gordon East Public School Hall. To get in touch for further information and updated hours amid new COVID-normal restrictions or to join, email: [singaustraliagordon@live.com](mailto:singaustraliagordon@live.com) or visit the group's Facebook Page.

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Bringing people together





# Investing in your Future

Madeleine Taplin

Taking control of your finances is quite the process and can be daunting for those who have retired. Whether it be in regard to future aged care or in-home care, medical requirements or travelling, it is important to have the support you need to keep your financial affairs in order.

### FINANCIAL INFORMATION SERVICE

This free service is provided by Services Australia and affiliated with the Australian Government. It works to provide information, tools and resources to those struggling with financial planning. Call 132 300 and ask for Financial Service Information, where you can speak with a financial professional.

### MONEYSMART

Run by ASIC (Australian Securities and Investments Commission), MoneySmart aims to help all Australians make more informed decisions to lead to greater financial wellbeing. The website offers numerous resources such as online help, information and detailed explanations on common areas of misconception.

<https://moneysmart.gov.au>

### VISIT A FINANCIAL ADVISOR

If you are looking for something a little more specific and tailored to your personal needs, it's a great idea to visit a financial advisor. They can help organise and keep track of investments and advise on what your financial future may look like. Before choosing this option, make sure that the advisor is licensed and a fiduciary to ensure you don't get scammed.

# Seniors: Sleep Matters!

Rejimon Punchayil

As we grow older, we tend to spend more time in our beds. It is crucial to pay extra attention to our pillows, mattress and bed, and as we are getting into cooler weather, there is an opportunity for a review.

Take a good look at your bed, mattress and pillow to start with. When was the last time you changed them? Thanks to constant research, our understanding of sleep and how our body responds to sleep have led to great innovations. Managing and treating pressure is an important role that a mattress can play. Find a mattress and if required an electric bed, that suits your own personal requirement. This is much more than just choosing a set of new furniture. Basic foam mattress, visco elastic mattresses, pressure care mattresses, hybrid mattress, alternating air mattress, pumpless noiseless mattress – the list goes on. Please do not hesitate to seek the assistance of an Allied Health Provider to get some advice on what is best for you. You can also consult an Assistive Technology Specialist who will advise you on the various options available and those that can be trialled. For more information head to [www.comfortdiscovered.com](http://www.comfortdiscovered.com)



# Unpacking the Royal Commission

Last month, the Final Report of the Royal Commission into Aged Care Quality and Safety was released. "When it comes to the crisis consuming our aged care system, the Royal Commissioners are unanimous in identifying the issues of neglect, abuse, indifference and poor leadership," COTA Australia Chief Executive Ian Yates AM said. "My heartfelt gratitude goes to the Commissioners who have worked for over two years to produce these incredibly comprehensive findings. The ball is now in the government's court, and there's no excuse for inaction." The Royal Commissioners noted in the Final Report 148 wide-ranging recommendations, including the following:



- A new Aged Care Act that puts older people first, enshrining their rights and providing a universal entitlement for high quality and safe care based on assessed need.
- An integrated system for the long-term support and care of older people and their ongoing community engagement.
- An Aboriginal and Torres Strait Islander aged care pathway to provide culturally safe and flexible aged care to meet the needs of Indigenous people wherever they live.

- An Inspector-General of Aged Care to identify and investigate systemic issues and to publish reports of its findings.
- A new aged care program that is responsive to individual circumstances and provides an intuitive care structure.
- A minimum quality and safety standard for staff time.

"After 10,000 submissions and more than two years of hearings, a change has finally happened. One of our big focuses was on home care – we told the story of one member whose wife died waiting for home care, only to get a letter a year after her death. The Old Aged Care Act will be torn up and a new one brought in with universal rights to high quality, safe and timely support. Meanwhile we will keep pushing for the money that's needed in the upcoming Budget," noted Ian Henschke, Chief Advocate at National Seniors.

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

# Pregnancy and Dentistry

*Dr Ian Sweeney*

There's an old saying many will have heard that goes, "gain a child and lose a tooth." This belief was supposedly based on the common assumption that when pregnant, you lose calcium from your teeth to give to the developing baby. This theory has been proven to be false and women's teeth should not soften during pregnancy. There are however a number of dental issues that may arise due to hormonal changes when pregnant.

Some expectant mothers may be reluctant to seek dental treatment during pregnancy, fearing that it is not safe to have a routine dental examination and clean. It is in fact absolutely imperative that women maintain their oral health regime during their pregnancy. Be sure to let your treating dentist know you are pregnant though.

The most commonly experienced problem during pregnancy is that of red and swollen gums due to higher levels of hormones which increases blood flow to the gums. Gums can therefore be more sensitive, irritable and swollen. Pregnancy may aggravate pre-existing Gingivitis (inflamed gums) and the huge levels of hormones may alter the body's response to bacteria, enabling plaque to build up on teeth making you more susceptible to Gingivitis. Pregnancy Gingivitis is characterised by gums that appear dark red, swollen,

and bleed easily. Very rarely, a pregnant woman may develop localised gum swellings around their teeth. These localised swellings usually resolve within a few months of delivery, provided all local irritants (bacteria/plaque/calculus) are eliminated. If swelling occurs, it is generally managed at the time by your dentist.

The number of decay-forming bacteria may increase in pregnancy as well. Changes in salivary composition also occur in late pregnancy and during lactation which may temporarily predispose you to dental decay and tooth erosion. This could also be exacerbated by the consumption of foods with high sugar content.

Morning sickness and subsequent vomiting during pregnancy also predisposes towards acid attack on teeth. If you do throw up, it is best to freshen your mouth by rinsing with water and possibly a fluoride containing mouth rinse, rather than brushing your teeth immediately (wait a good half hour before brushing).

The best way to avoid pregnancy related tooth problems is through practising good oral hygiene, including daily brushing and flossing. Ideally, have a dental check prior to becoming pregnant to ensure teeth and gums are in a good state prior to pregnancy, and continue with regular dental checks during the 9-month period. Do remember, treatment can be provided safely during pregnancy without causing harm to the baby.

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.

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# OPTIMISM and how to have a little more!

Sarah Wainwright

One of my favourite and most compelling branches of psychology is *Positive Psychology*. I had the privilege of attending a lecture by one of the founders, Professor Martin Seligman, at Ravenswood School for Girls. Some of the scientific research undertaken by Professor Seligman includes optimism, and more specifically, Learned Optimism.

Optimism is an attitude, a belief that the outcomes of events or experiences will generally be positive. Optimistic attitudes are linked to a number of benefits, including better coping skills, lower stress levels, better health and greater persistence when pursuing goals. Learned Optimism explains that we can change our attitude and behaviours by recognising and challenging negative beliefs and self-talk (Moore, C., 2020, *Positive Psychology*).

## THE IMPORTANCE OF HAVING AN OPTIMISTIC EXPLANATORY STYLE (how you explain and understand events that happen in your life)

**1. Permanence:** optimists tend to view negative events as temporary and changeable. Consequently, optimists also tend to bounce back more easily after a failure or setback.

**2. Personalisation:** optimists tend to lay blame externally when things go wrong (an external attribution style). Optimists are also likely to view positive events as being a result of their own efforts.

**3. Pervasiveness:** when optimists experience failure in one area, they do not let it influence their beliefs about abilities in other areas. It's viewed as specific, an isolated event. (Scott, E., 2020).

## HOW TO BECOME MORE OPTIMISTIC

Professor Seligman asserts that learning to be optimistic is an important way to maximise mental and physical health. It is possible to learn the skills that can help you become a more optimistic person and it is beneficial to teach kids

optimism skills (when children have the mental ability to think about their own thoughts). Seligman's approach to learning optimism is, in part, based on cognitive-behavioural techniques focused on identifying underlying thoughts that influence behaviours, and then actively challenging these beliefs.

## SELIGMAN'S ABCDE MODEL OF LEARNED OPTIMISM

**Adversity:** think about a recent adversity or challenge, related to your health, family, relationships or work for instance.

**Belief:** what type of thoughts do you have when you think about this challenge?

**Consequence:** what behaviour, responses or feelings emerge from your beliefs? Did the beliefs result in positive actions or did they hinder you from reaching goals?

**Dispute your beliefs:** look for examples that prove these beliefs wrong, challenge your assumptions. With practise it will become easier to identify and challenge negative thoughts and beliefs.

**Energised and motivated:** how do you feel after you have challenged your beliefs? Remember times that you have worked hard towards a goal, when you felt proud of yourself, and felt hopeful and inspired to keep pursuing your goals. (Scott, E., 2020).

As I reflect and conclude, my friend Amanda comes to mind. Amanda epitomises optimism, especially in terms of her 'optimism-in-action' – she practices being optimistic with what she thinks, says and does – she chooses optimism!

*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\_*

# SORRY

# What is Your Apology Style?

Isabella Ross

In the February edition of *Sydney Observer*, one of our lovely contributors Sarah Wainwright broke down the *5 Love Languages* by Dr Gary Chapman. Just like understanding the way you communicate and express love, it is also ideal to know what your preferred apology language is as well.

"Relationships, when fractured by a major incident or a minor irritation, the ensuing emotions can often feel insurmountable. It's not just a matter of

will, but it's a matter of how you say, 'I'm sorry,'" Dr Gary Chapman notes in his book *When Sorry Isn't Enough* with Dr Jennifer Thomas. To better understand how to tackle feelings of hurt within a relationship, whether it be platonic, familial or romantic, discover what style of apology works best for both you and your partner.

## THE FIVE APOLOGY STYLES BY DR GARY CHAPMAN

- Expressing Regret:** "I apologise."
- Make Restitution:** "What can I do to make it right?"

- Request Forgiveness:** "Will you please forgive me?"
- Genuinely Repent:** "I'll try not to do that again."
- Accept Responsibility:** "I was wrong."

Like the love language quiz, people are often a mix of five, but each of us additionally have a predominant style.

If you would like to see what apology style suits you or your partner best, feel free to take the free quiz: <https://www.5lovelanguages.com/quizzes/apology-quiz/>

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# 3 Fun Exercises to Try

Matthew Wai

## Barre Class

Barre fitness workouts could be considered an unusual type of training for many. However, it is definitely an interesting one to consider! Barre workouts are a mix of pilates, ballet and yoga. The movement is intended to improve your body core, legs and glutes. Ballet Barre is one of the most common workouts within the category, with lots of classes available across the North Shore.



## Hiking

Hiking is affordable, simple and exciting. Not only do you get a great amount of movement and exercise, hiking also provides an opportunity to explore lots of lookouts as a type of observation reward for making it

to the destination. Depending on your pace of completing the course, the degree of difficulty can vary. Being out in nature also does wonders for an individual's mental health. Ku-ring-gai Chase National Park is a great local area to get started on your hiking journey.

## Go-Karting

If you are pursuing something speedy and adrenaline-driven, go-karting might be perfect for you to try out! Go-karting does come with its risks even when in a controlled environment, therefore, it is essential to listen and follow your supervisor's instructions at all times. Go-karting is a really fun activity you can do with friends and family. The pastime helps participants with concentration, reflexes and core strength. Concord West and Moore Park, along with spots across Greater Sydney and NSW have some fun go-karting tracks to consider.



## Create to your Heart's Content

Isabella Ross

For many people, the act of producing art is a way to destress, explore one's creativity and clear the mind. A study from Harvard Health Publishing (2017), a product of Harvard Medical School, found a strong link between art and wellness. "The beneficial effects of creating aren't dependent on a person's skill or talents," the study highlights. Essentially, it is the process not the product that matters. Interestingly, the research also noted that the ability to create art among those with dementia and other neurological conditions is quite incredible. "Working with a trained art therapist can give them a way to express themselves in a safe environment to help them get to the next stage more at peace," says art therapist Megan Carleton. So, grab a paint brush or a pen and create to your heart's content.

### ART ACTIVITIES TO CONSIDER

**Colouring-In:** For those who don't exactly like to create an artwork but instead bring a piece of art to life, colouring-in could be perfect for you. There are lots of really beautiful colouring-in books at retailers like Big W, with authors such as Johanna Basford and Millie Marotta. Gorgeous themes include World of Flowers, Woodland Wild, Beautiful Birds, Secret Garden and more.

**Painting:** Taking it back to the '80s, *The Joy of Painting* with host Bob Ross was a hit decades before and has been brought back to life via YouTube. If you enjoy a spot of painting, why not follow a free online tutorial from the late Bob Ross, with natural environment portraits ranging from sunsets, mountains and woodlands. Or just go freestyle on your own accord - whatever works best for you.

**Classes:** There's an array of great art classes for locals to consider including offers from Macquarie Community College and Ku-ring-gai Art Centre in Roseville. For those who would prefer a casual class with wine and friends, then Pinot & Picasso could be up your alley! There are franchises in Turrumurra, Neutral Bay, Gladesville, Newport and more.

## Cosy Autumn Wear

Madeleine Taplin

There is a crispness to the air, and from this we know that autumn is well on its way. With plenty of inspiration floating around, this season will pull comfort and style together to create eye-catching pieces.



## Supersized

Inspired by 2020's pandemic loungewear, the supersized trend aims to elevate comfortable clothing into peak design. For the workplace you could look into oversized shirts styled in a 'half-tuck' with slacks or dark denim. Long coats are also a necessity, and perfect for the cooler weather. Look for neutral tones with a pop of colour in the accessorising.



## Bridgerton-esque

Following the success of the hit Netflix show, this year is all about playing with puffy sleeves and floral 'Tuscan-style' patterns. Placing flowy fabrics at the centre, *Bridgerton*-esque fashion is all about movement, feminine features and a bit of décolletage. If fully puffed sleeves aren't your cup of tea, try going for a more toned-down style and look for sleeves that are partially fitted.



## Cut Outs

The cut-out trend is well and truly back and in full force. The 2021 Milan Fashion show cemented that this daring yet subtle trend is here to stay, with designers such as Valentino opting to work in this realm. Knits are where the cut-out style shines best, with a focus on off-the-shoulder, backless or plunging neckline designs, all whilst staying cosy for the cooler weather.

## Flared Denim

It was considered fashion forward last year and it is certainly in again this year. Flared jeans have been recycled from the '70s, reigning supreme once again. Skinny jeans are out, meaning choosing a denim cut with a bit more shape such as flare or straight legged appears to be far more popular these days. When it comes to the wash of denim however - the sky is the limit! Opt for a shade that will suit the occasion or yourself best.



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# Fun Indoor Activities

## Kid's Cafés

A fabulous idea popping up across the Sydney basin are kid's cafés – essentially indoor play café centres designed specifically for the little ones. **TADA Kids Café** in North Ryde and **Vitaland Kids Café** in Rhodes are two fun options. If the kids want to exert some energy, consider **Moving Bodies Centre** in Mount Ku-ring-gai or **Kids World Playland**.

## Craft at Home

On a wet and miserable day, there is nothing quite like staying home and doing some DIY craft. Whether it is some colouring-in and painting, or making homemade cards or bookmarks, there is something for all. For the older kids, some baking could be the perfect afternoon activity.

## A CBD Day Trip

The Australian Museum is a great destination for the whole family, with exhibitions on offer for all ages and autumn school holiday programs. Another highlight to see is the Australian Geographic Nature Photographer of the Year. Other classics include Madame Tussauds, SEA LIFE Sydney Aquarium and WILDLIFE Sydney Zoo, with family passes for the trio available.

# Fun Outdoor Activities

## The Canopy Playground Lane Cove

Climbing ropes, a bridge, slides for different ages, along with sand and water areas – The Canopy Playground in leafy Lane Cove is great for the school holidays. There are shade sails and seating areas too. The best part for parents is that after some family fun at the playground, you can visit nearby Eat Street for lunch.

## Swimming

For those who love outdoor pools, you can't beat Ku-ring-gai Fitness & Aquatic Centre in West Pymble. If ocean swimming is more your style, there are plenty of lovely spots nearby. Woolwich Baths, Balmoral Beach, Resolute Beach in Ku-ring-gai Chase National Park or Northbridge Baths are all family-friendly spots, perfect for the last warmer autumn days.

## Autumn Fruit Picking

When it comes to this fun family idea, it will consist of a daytrip given the vast majority of fruit picking locations are outside of Greater Sydney. Whether it is Lake Macquarie, Bilpin, Central Coast or Canoelands (past Glenorie), it is worth doing some research into seeing which orchard has the produce perfect for you. Common autumn fruit on offer include strawberries, tomatoes, apples, pears and stone fruit. Do keep in mind that recent floods may have impacted crop numbers.

# Local What's On Youth

## Pizza and Painting Day

Get your creative on! You will be painting on canvas while eating pizza for lunch and enjoying all AWOL Youth Hub has to offer. Price is inclusive of all materials and lunch. For ages 11- 18.

**Date:** 6<sup>th</sup> April  
**Time:** 10am – 2pm  
**Where:** AWOL Youth Hub, Gordon  
**Cost:** \$10

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Pizzas-and-painting-at-AWOL-Youth-Hub](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Pizzas-and-painting-at-AWOL-Youth-Hub)

## Movie and Popcorn Day

Grab your comfy clothes and sit back and relax to a movie on our giant screen while you munch away on some delicious popcorn. The Youth Hub facilities will also be in full use. For ages 11-18.

**Date:** 8<sup>th</sup> April  
**Time:** 10am – 2pm  
**Where:** AWOL Youth Hub, Gordon  
**Cost:** \$10

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Movie-and-popcorn-at-AWOL-Youth-Hub](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Movie-and-popcorn-at-AWOL-Youth-Hub)



## Junior Wildlife Keepers

A hands-on day for animal enthusiasts to learn all about keeping native creatures in captivity, kids will learn all about animal housing, feeding and handling. Lots of contact with captive reptiles and invertebrates will take place. For ages 6-12.

**Date:** 16<sup>th</sup> April  
**Time:** 9am – 4pm  
**Where:** Ku-ring-gai Wildflower Garden, St Ives  
**Cost:** \$70

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Junior-keepers](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Junior-keepers)

## Day Camping Experience

Join Ku-ring-gai Wildflower Garden for a special day camping experience. They will be pitching tents in their special Bush Campground and enjoying a day of adventures and challenges. For ages 6-12.

**Date:** 12<sup>th</sup> April/19<sup>th</sup> April  
**Time:** 9am – 4pm  
**Where:** Ku-ring-gai Wildflower Garden, St Ives  
**Cost:** \$70

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Bushcraft-and-camping](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Bushcraft-and-camping)

## First Aid Youth Course

This one-day course provides youth with the skills to administer first aid in a variety of situations. Successful participants will receive a Nationally Recognised Statement of Attainment in First Aid.

**Date:** 14<sup>th</sup> April  
**Time:** 9am – 4pm  
**Where:** Gordon Library  
**Cost:** \$100

[www.krg.nsw.gov.au/Things-to-do/Whats-on/First-aid-course-at-AWOL-Youth-Hub](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/First-aid-course-at-AWOL-Youth-Hub)

# Hello from Mowbray's Farmyard Friends



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## Sydney Writers' Festival

It is great to see Sydney Writers' Festival back doing what it does best – showcasing the prowess of the written word, talented writers and celebrating creativity. Sydney will be bestowed upon by some of the country's best writers, authors and journalists. An abundance of seminars, Q&As, keynote speakers and workshops will also take place. For the full line-up visit: <https://www.swf.org.au/>

**Date:** 26<sup>th</sup> April – 2<sup>nd</sup> May  
**Time:** Varies

**Where:** Across Sydney  
**Cost:** Varies



## Beginner Pottery Classes

In this series of 3 classes, you will learn wheel throwing, trimming and glazing basic cylinders. The classes are relaxed and perfect for beginners. The finished fired pottery you make will be yours to keep, with options including bowls and plates, mugs, vases and more.

**Date:** 7<sup>th</sup> April, 14<sup>th</sup> April, 21<sup>st</sup> April  
**Time:** 5pm – 7pm  
**Where:** Crows Nest  
**Cost:** \$180  
<https://classbento.com.au/beginners-wheel-throwing-pottery-classes#reviews-threshold>



## Victorian State Ballet *The Little Mermaid*

A performance for the whole family, the Victorian State Ballet's interpretation of *The Little Mermaid* promises magnificent costumes, colour and expert dancing. This much-loved story by Hans Christian Andersen will be brought to life – an underwater world inhabited by myriads of sea folk and lively characters.

**Date:** 10<sup>th</sup> – 11<sup>th</sup> April  
**Time:** 2:30pm/7:30pm (10<sup>th</sup>), 2:30pm (11<sup>th</sup>)  
**Where:** The Concourse, Chatswood  
**Cost:** \$48 onwards  
<https://theconcourse.com.au/victorian-state-ballet-the-little-mermaid/>

## St Albans Pioneer Trail Run

A run for all ages and abilities, this event aims to raise funds for the St Albans Bushfire Brigade. Options include the Pioneer Trail (25.38km), K9 Trail (11.07km) and the Wee Woofa Trail (2.7km) which is a great one for families, with pooches allowed too! Also on offer are markets, stalls, a jumping castle for the kids and plenty more. Keep in mind that recent floods may impact this event.

**Date:** 17<sup>th</sup> April  
**Time:** To be Confirmed  
**Where:** The Village, St Albans  
**Cost:** Free entry, donations encouraged.  
<https://www.stalbansrfs.org/>

## North Ryde eFun Run

The 2021 North Ryde eFun Run for Mental Health will be raising money for Australian Rotary Health, Macquarie University's Centre for Emotional Health Cool Kids Program and more. This year due to COVID-19 restrictions the Fun Run will be a virtual one, meaning you can walk or run a distance of your choice over the week, asking friends, family and work colleagues to sponsor you.

**Date:** 18<sup>th</sup> April – 25<sup>th</sup> April  
**Time:** Varies  
**Where:** Location of Your Choice  
**Cost:** Adults \$25, Students \$15, Children \$10  
<https://www.northryderotary.com/>

## Sydney Comedy Festival

For an experience full of laughs and entertainment make sure to come along to one of the numerous stand-up shows as part of Sydney Comedy Festival. With a line-up of the nation's finest, some of the high-profile comedian acts include Tom Gleeson, Joel Creasey, Geraldine Hickey and Fiona O'Loughlin.

**Date:** 19<sup>th</sup> April – 16<sup>th</sup> May  
**Time:** Varies  
**Where:** Across Sydney  
**Cost:** \$20 onwards  
<http://www.sydneycomedyfest.com.au/>



**Tickets:** <https://theconcourse.com.au/human-nature/>  
**Dates:** 8pm Friday 23<sup>rd</sup> April, 2<sup>pm</sup> Saturday 24<sup>th</sup> April, 8pm Saturday 24<sup>th</sup> April  
**Where:** The Concourse Chatswood  
**Cost:** Starting from \$95.

# Human Nature on the North Shore

### Isabella Ross

**A**RIA Hall of Fame inductees, *Human Nature*, are returning to bring together 3 decades of performances for an intimate acoustic concert series at The Concourse. *People Get Ready* will see the group perform original hits, Motown classics and more. *Sydney Observer* spoke with band member Phil Burton about the upcoming concert, along with his excitement to be back on stage and his favourite spots across the North Shore.

**I can imagine you're excited to get back up on stage next month...**  
Absolutely! Since March 2020, we've only done 6 shows. So, to be leaping back into lots of shows this year for April and May is really exciting.

**What can audiences expect from the show?**  
These shows that we are doing at Chatswood are very unique – it's acoustic and stripped back. If you're used to a *Human Nature* show, where there are plenty of bells and whistles,

this won't be it. What you are going to get is a lot more of an intimate show. We will be telling the stories of our career as well as singing of course. We can't wait!

**Having the group dominate the Las Vegas strip for over a decade and living in the US during that time, was the transition back to Australia last year quite challenging?**  
It was more of a transition than my family and I were prepared for. We just thought it would be 'kids go to school, get new furniture, unpack' and that's it but it was a lot more than that! Trying to settle yourself into a life you haven't lived for over 11 years is a challenge. We are enjoying it now though.

**Looking back what is one of your favourite memories of touring as a group?**  
In the middle of 1997, we went on tour supporting Celine Dion and Michael Jackson throughout Europe. We were 22 to 23 at the time, and to us it emulated the idea of a dream life when you are thinking of becoming a touring musician.

**Human Nature were also presented with a Medal of the Order of Australia – what an incredible achievement! How did it feel to receive the accolade?**  
Thank you, it was very flattering. It definitely wasn't something we expected or were working towards, but I guess you just hope that you do the right thing and try your best to be a nice person and make a difference in the world. To be recognised for that was really special. I don't think you ever know how long you will be in the business for when you sign up, so to be in our 31<sup>st</sup> year as a group is something we never thought possible.

**Living locally now, what are some of your favourite locations in the North Shore area?**  
I love St Ives Village – it feels really laid back and isn't this gigantic mega-shopping centre. I also love taking the kids to St Ives Library. Barrenjoey Headland in Ku-ring-gai Chase National Park is great too. Our family did the walk to the lighthouse for the first time recently and it was a great experience.



# Hobart: Australia's Best Kept Secret

Madeleine Taplin

Are you looking for a holiday location rich in history, but one that still offers a multitude of other fun activities and plenty of sight-seeing? Tasmania's capital city Hobart may just be the place for you. Originally a brutal penal colony, Hobart has embraced its history and culture to become one of Australia's most picturesque cities. With warm hospitality, stunning landscapes, and some of the world's cleanest air, Hobart is certainly a great place to visit.

## WHERE TO STAY

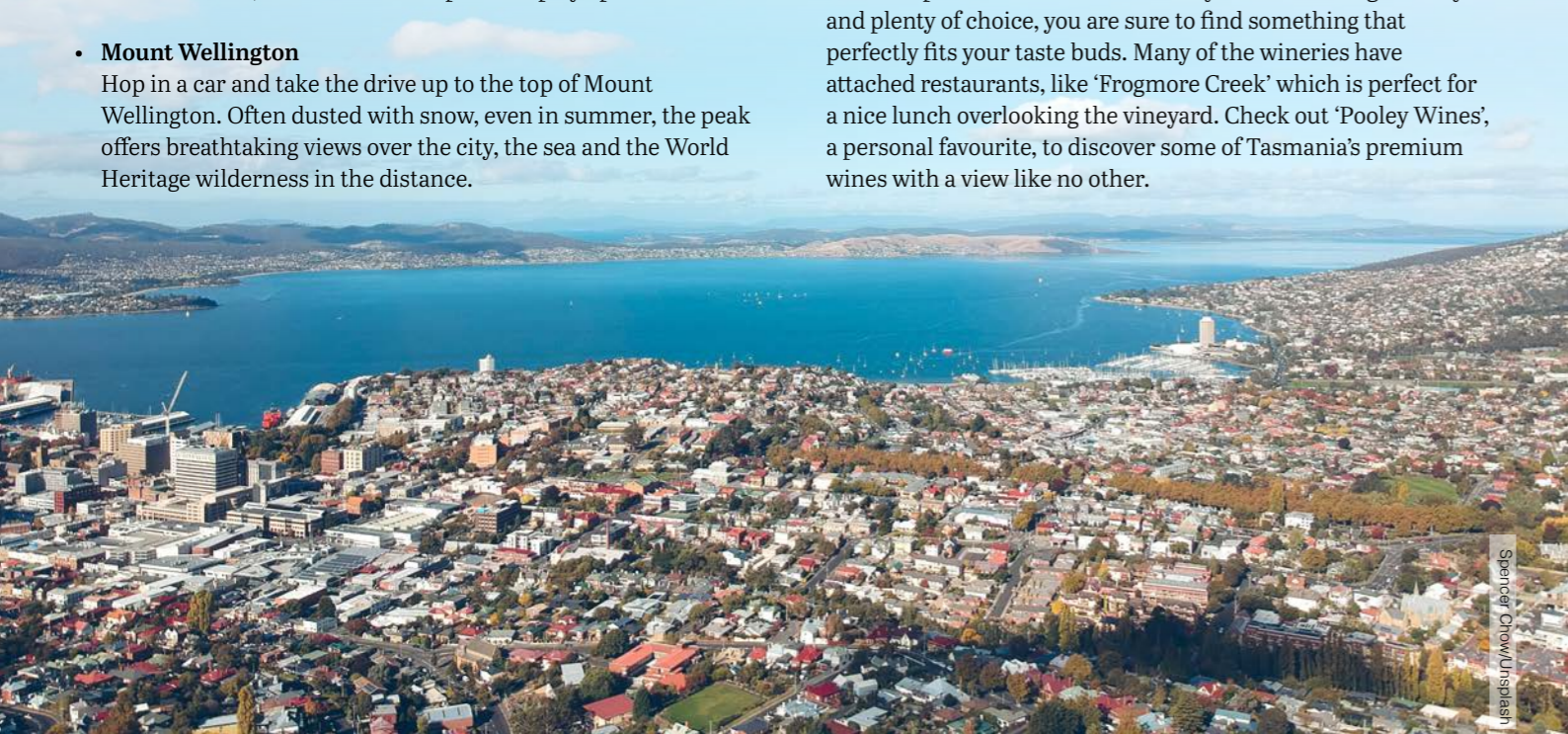
Hobart is all about heritage mixed with storytelling and art. For this reason, you can't go past 'The Henry Jones Art Hotel' with its industrial chic décor, bold local art, exposed beams and a view out to the famous Constitution Dock. If you are looking for something a little more neutral check out the 'MACq on Hotel,' located nearby the prior hotel. Weaving Tasmanian storytelling with sleek, modern rooms, this hotel is sure to suit all.

## WHAT TO SEE


- MONA- Museum of Old and New Art**  
 Accessed via road or the 30-minute cruise up the Derwent River, the MONA is one of Hobart's most talked about attractions. It features a large, provocative private collection of modern art including a funky car, an Egyptian sarcophagus, and more! With a fantastic chic restaurant attached, this is sure to be a crowd pleaser.
- Salamanca Markets**  
 Located just down from Battery Point and Constitution Dock, these markets operate every Saturday from 8:30am. Featuring a mix of local produce, artisan products, crafts, clothing, live music and plenty to eat, there is sure to be something for everyone amongst the 300 stalls. We recommend getting in early for best choice, as most stalls are packed up by 2pm.
- Mount Wellington**  
 Hop in a car and take the drive up to the top of Mount Wellington. Often dusted with snow, even in summer, the peak offers breathtaking views over the city, the sea and the World Heritage wilderness in the distance.



- Vineyard Trip**  
 Take a trip into Hobart's wine country. With stunning scenery and plenty of choice, you are sure to find something that perfectly fits your taste buds. Many of the wineries have attached restaurants, like 'Frogmore Creek' which is perfect for a nice lunch overlooking the vineyard. Check out 'Pooley Wines', a personal favourite, to discover some of Tasmania's premium wines with a view like no other.



Spencer Chow/Unsplash




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Email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

# The Archangel Chamuel

**Kerrie Erwin**

Sometimes we come to a point in life where we need to slow down and reflect on our lives, just to see how far we have come, where we are at and what we have accomplished. Life can often be so busy we forget about ourselves, our needs, work, career, health, love life and our personal relationships. Are we satisfied with what we currently have in life? Are we living at our highest potential, living a life of purpose? Or have we been racing around and worried about everybody else instead of ourselves, making us feel tired, sad and lonely? This is a good time to assess where you are at, what you have learnt and how you

can improve your life's journey for a better, peaceful, exciting reality, with far brighter outcomes.

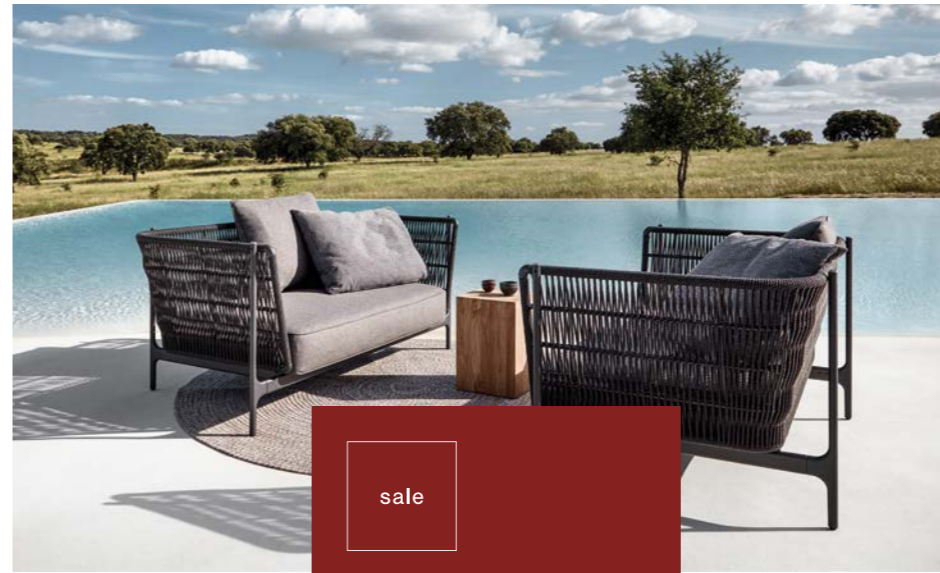
Everybody deserves love and happiness in their lives. If you feel you need change, time to forgive or a fresh start, call on Archangel Chamuel for assistance. This Archangel is known for being the angel of pure love, a powerful source of light and spiritual clarity. Once the Archangel has heard your prayers, you will know it's time to make the change. All the negative energy in your mind that you have allowed to accumulate for far too long, will slowly begin to disappear. This will let new positive thoughts take their place.

**WHAT YOU CAN DO**

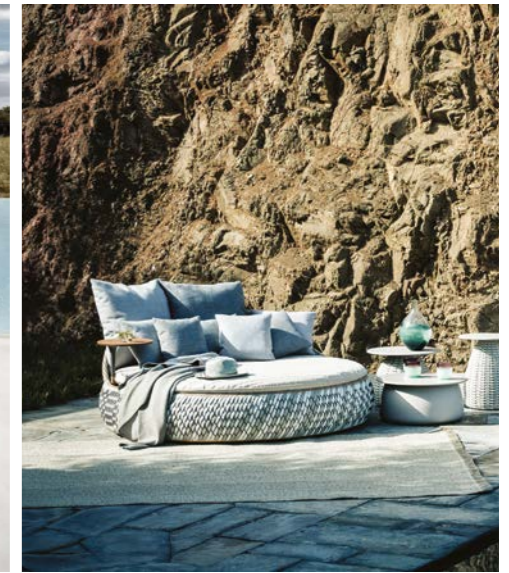
Start by observing your own self-talk, look in the mirror and be aware of what you think. If it's negative – replace it with something positive. As you go about your day be aware of your thoughts and attitude. Positive thinking is not about ignoring the more challenging aspects of life, it's about approaching all situations in a positive and productive way. Once you understand the way the mind works, nothing is impossible.

*LOVE AND BLESSINGS*

Get in touch with Kerrie via <https://pureview.com.au/>



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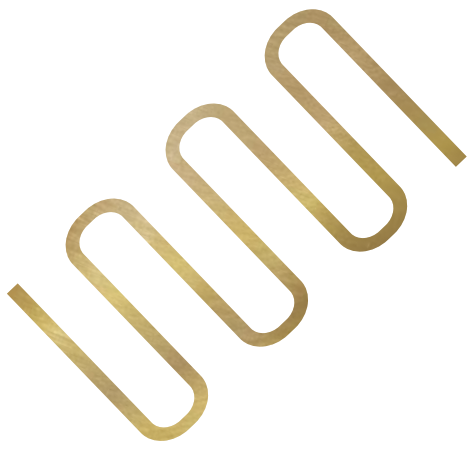
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