

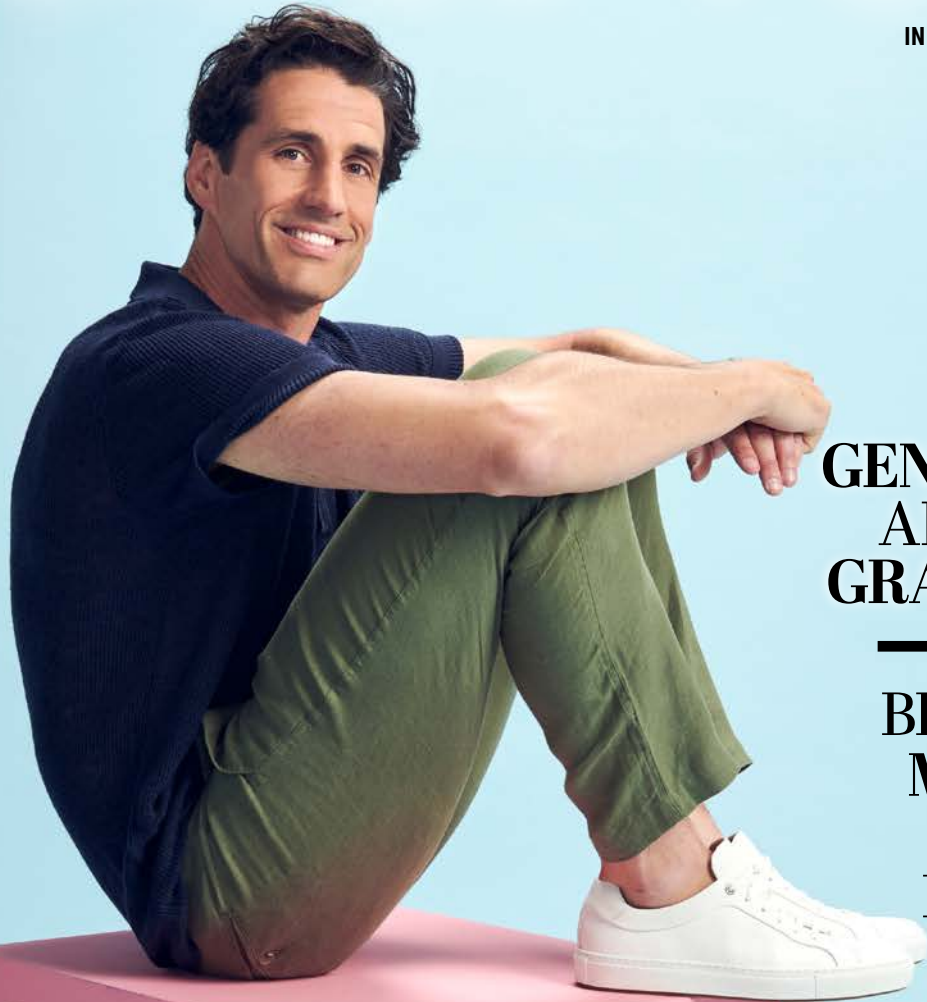
Sydney Observer

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IN PRINT SINCE 1996



**LOCAL
FOOD &
WINE**

**WHAT'S
ON NORTH
SHORE**

**DISCOVER
REIKI**

**THE
GENEROUS
AND THE
GRATEFUL**

**BECOME
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Hello lovely readers
and hello autumn!

Classic Aussie
funny man
Andy Lee is our cover
for March, and we
couldn't be happier
to have him aboard!
(14-15). Our Local
News section is full of original content,
including our profile with the Clean Up
Australia Chairman (13), the incredible
CEO of The Grateful and The Grateful
(10-11) and a run down on the North
Shore's historic love for tennis (12).



Food is a focus for March. With Easter
coming up, it is always handy to know
how to cook the perfect piece of fish, so
don't worry we have you covered! (42).
For seniors, we provide some handy
information on Ku-ring-gai Hornsby Meals
on Wheels along with some virtual and
in-person events ideal for senior foodies (34-
35). We also love to showcase everything
local here at *Sydney Observer*, so we did
a call out for locals to send through their
favourite original recipes with the chance
of being featured in the magazine (44).
There is also a guide for wine lovers too (45).

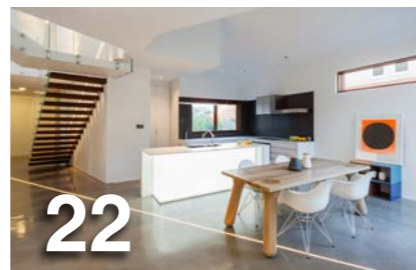
Readers are also encouraged to enter our
two exciting Easter competitions, with
details available in the magazine (8).

We hope you enjoy this issue, just as
much as we enjoyed creating it.

Isabella

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Killara	Roseville	Turramurra	Willoughby

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SNIPPETS



Mudassar Allipexels

Work Begins on Pymble Bunnings

Construction has commenced at the Bunnings Warehouse construction site in Pymble, the new store set to be located at 950 Pacific Highway on the Upper North Shore. The store will be the biggest in the local area, with four levels – a two level carpark and two levels of retail. The business district in Pymble is booming as of late, with Bridge Street and West Street off Pacific Highway home to multiple businesses.

Bobbin Head Cycle Classic

2021 is the 10th year of the Bobbin Head Cycle Classic, one of the most exciting annual events for local cyclists! The Bobbo serves to raise funds for Lifeline and many other charities. There are four different courses to choose from welcoming all different kinds of cyclists. Registration fee varies from \$40 - \$130, depending on the course's length, which makes it an affordable event for everyone! The Bobbo will take place in Turramurra, Karuah Oval 28th March between 6am – 3pm.

The World's Greatest Shave

The World's Greatest Shave is back again. It is taking place this year from 10th-14th March, with the event raising funds for the Leukaemia Foundation. Donate your hair for good and be a superhero! Join the group of extraordinary superheroes to save the world from blood cancer. Every single day, 47 Australians will learn that they have a blood cancer. Signup for the biggest world shave or donate now:

<https://worldsgreatestshave.com/take-part>

Lions Club Turramurra Doing Good

Lions Club of Turramurra has been doing some incredible cleaning up work throughout the local community. Recently the club cleaned up approximately 14km of street and bushland across South Turramurra, collecting 6 to 7kg in plastic waste. The club observed trends such as larger roads and bush areas near bus stops having more waste, and creeks having washed up plastic. With Clean Up Australia Day around the corner, (7th March) it is great to see the club's environmental initiative. New members are always welcome.

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

A Makeover for Hornsby Library

A new development is set to take place in Hornsby Library. As per Hornsby Shire Mayor Philip Ruddock, the library will have an entirely new look that will make it even more welcoming and useful to the many people who visit it. There will be a new children's area, new space events and computer sessions. The work will be completed by the middle of 2021. During the periods of construction, the library will be open at 11am from Monday to Saturday and at 2pm on Sundays.



Local SES volunteers needed

There's no better time to join Ku-ring-gai SES and connect with your community. Roles that are vacant for new volunteers include storm operators, community engagement specialists and duty officers. The team is looking for members who are available through varied hours during the day, the night, or both. Put your training to use while learning new skills, serving the community and making awesome friends – win/win!



A Gordon Hidden Gem

Ku-ring-gai Council recently shared a lovely photograph on their Instagram page (@kuringgai_council), showcasing a really nice local garden that many of us don't know about. The bird's eye view shot by photographer Mark Hancock highlights the Secret Garden, Gordon Library. A lovely place to relax and enjoy some tranquillity, it is nestled behind the building, accessible through the library. If you wish to share a shot of a great local hidden gem, you are welcome to email [Sydney Observer](mailto:editor@kamdha.com) via editor@kamdha.com.



Enliven Ku-ring-gai

Love the place you live with a series of pop-up live street events including music, children's entertainment and roving performers. Locations throughout March include Gordon 5th March, (St John's Avenue, 11am – 2pm), West Pymble 13th March (Philip Mall, 10am – 12pm), North Turramurra 20th March (Bobbin Head Road 11am – 2pm) and East Lindfield 27th March (Hughes Place, 10am – 12pm). Drop into one of these Upper North Shore locations to show your support for business by dining and shopping local this month.

Chatswood Parking Chaos Fix

Chatswood drivers will find reading parking signs a breeze with a new scan app. UbiPark developed the app, allowing drivers to scan parking signs with their smartphones to find out more about relevant parking rules. Mayor Gail Giles-Gidney said it aimed to reduce traffic congestion. "The app will provide clarity about the time and cost of parking and provide peace of mind to drivers that they've parked legally." Willoughby Council will work with Transport for NSW to apply the solutions over the next 12 months.



Are you looking for the latest information on retirement living?

The Northern Sydney & Central Coast Retirement Village & Resort Expo

Sunday 21 & Monday 22 March 2021
Hornsby RSL Club, 4 High St Hornsby
10am-3pm both days | FREE ADMISSION

Many different Villages & Resorts!

On display will be the latest resort style developments as well as established villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof. Although it's not essential, you can pre-register to save time by calling 0412 233 742 or visiting our website below.

www.retirementexpo.com.au



International Women's Day Celebrating Locally

Isabella Ross

At a time in history when women's voices are louder than ever, March 8 – International Women's Day (IWD) – is a day to celebrate the achievements of women and champion further action. #ChoosetoChallenge is the theme for this year, as from challenge comes change. People are encouraged to share a #ChoosetoChallenge image on their socials, showing a commitment to challenge inequality, call out bias and foster inclusivity.

Ku-ring-gai Mayor Jennifer Anderson spoke with *Sydney Observer* about IWD and celebrating the achievements of women from all walks of life. "There are so many women to admire and many are unsung. My mother's example was a strong influence in my life. During WWII she trained as a registered nurse because she wanted to make a difference helping others. Although she took some time out of the workforce to be a full-time mother, she returned to her nursing career in Chatswood and Lane Cove during my school years, at a time

when not many married women worked. My mother encouraged me from a young age to volunteer with St John Ambulance and to visit the elderly residents of local nursing homes. This has influenced my choice to serve the community and a desire to make a difference. Having become the longest serving Mayor in Ku-ring-gai Council's 104-year history, I continue to encourage more women to become councillors," Ms Anderson commented. Nominations to become a councillor will open 26th July and close 4th August 2021 through the NSW Electoral Commission's website. Election day is 4th September 2021.



Hornsby Ku-ring-gai International Women's Day Festival

A local initiative raising funds for community charities and organisations, the event is planned by the Rotary Club of Wahroonga, Hornsby Ku-ring-gai Women's Shed, Hornsby Ku-ring-gai Women's Shelter, and Hornsby Ku-ring-gai PCYC. <https://www.hornsbykuringgai-iwd.com.au/>

Date: 7th March
Time: 3pm – 5pm

Where: PCYC, 1 Park Lane, Waitara
Cost: \$10, tickets are essential

EASTER COMPETITIONS

Royal Easter Show Tickets

The Royal Easter Show has x5 family passes to giveaway this Easter to some lucky readers. All you have to do is send us an email via editor@kamdha.com explaining why you wish to win this amazing prize! Be sure to include your details as well in the email so we can contact you accordingly. Entries close 20th March.

Easter Chocolate Hamper

West Pymble IGA has a delicious hamper to giveaway this Easter to one lucky reader. All you have to do is send us an email via editor@kamdha.com explaining why you wish to win this amazing prize! Be sure to include your details as well in the email so we can contact you accordingly. Entries close 25th March (ad page 43).



A Local's Guide: Killara

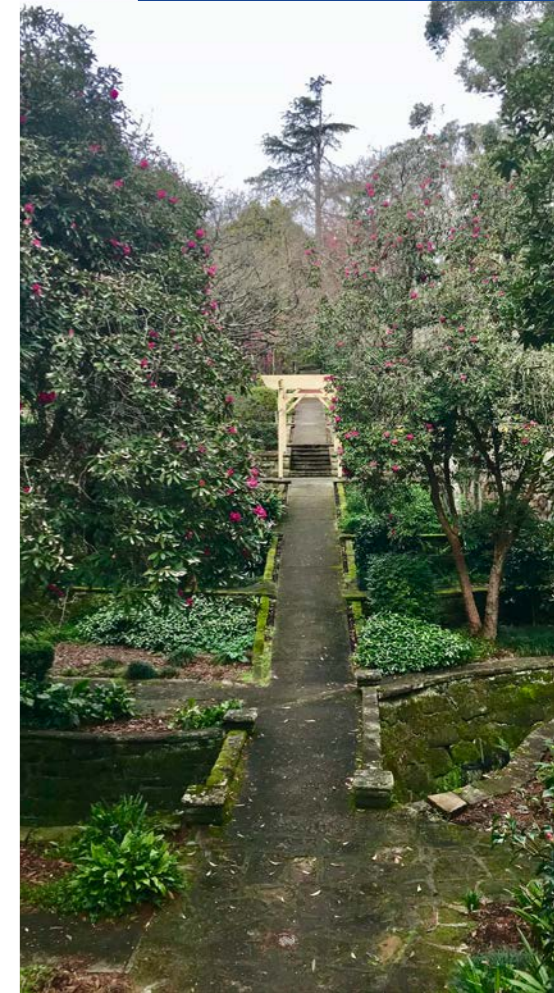
Matthew Wai

Killara is one of the most popular suburbs along the North Shore, thanks to its community-orientated residents and quiet environment when compared with other spots around the area. An Indigenous word, Killara is defined as 'permanent' or 'always there', as well as often being described as 'a lush haven', 'a quiet retreat', or an area of 'solid respectability' (Ku-ring-gai Historical Society).

OUR RECOMMENDED HIGHLIGHTS

Killara definitely doesn't lack agricultural or environmental space! Killara is an ideal place for a walk in a patch of gorgeous green scenery. Swain Gardens is located at 77 Stanhope Road, and it is what is referred to as a hidden gem by many. It contains a picnic area in the park, including a walk surrounded by lush greenery. Greengate Hotel on Pacific Highway is also an excellent location for dining and gatherings with your friends and families. The occasional music performance is

always great too. If you are also into art and exhibitions, Maya Emporium may be another ideal local spot to check out. Located opposite Greengate Hotel, Maya Emporium is a spectacular gallery showcasing Indian arts. Killara Bowling Club is another great community hub to get involved with. Located at 6 Arnold Street on the east side of Killara Train Station, it attracts many locals. There are various times for different sorts of competitions at the club, so make sure to check out their website before heading over.



Everything for Seniors

Wednesday 21 April, 10am to 2pm

Free event – Everything for Seniors Day 2021

Turrumurra Uniting Church Hall and Turrumurra 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 krq.nsw.gov.au/seniors Ph: 9424 0836





CEO of GG, Carmen Platt and some of the team doing what they do best.

The Generous and The Grateful

Isabella Ross

The Generous and The Grateful (GG) provide furniture and other essential household items to those in need, assisting some of the most vulnerable people in the community. *Sydney Observer* was delighted to speak with CEO and founder of GG, Carmen Platt.

The social enterprise was first established in Macquarie Park in 2017, given there was a clear need for household goods in a hurry. “I think having this realisation that there are people that live rough in their own home, struggling behind closed doors was what prompted GG. The things they lack are all around us. We deliver stuff people really need. The quality of the goods, the way we connect to them and the feeling we leave people with is that they are seen, and matter,” notes Carmen. The concept of kindness is really at the heart of GG, highlighting the impact a little care and compassion can have on someone. “The ultimate goal is for everyone to live their best life – making sure people have what they need in a dignified manner increases the chances of them surviving what they are

going through. It’s actually kindness that leads to self-esteem and dignity.”

Even amid a pandemic, GG was still able to achieve a significant amount of good for the community: 122 tonnes of items redirected from unnecessary landfill, 489 empty rentals turned into safe and inviting homes, around 1300 people assisted, all in 2020 alone. “We were tempted to close the doors as a largely volunteer-run organisation, until we realised that when locking down at home, many people don’t have a safe home to do that in. Our work was therefore more important than ever before. We rapidly pivoted and found a solution that would also protect our donors, volunteers and recipients. We received temporary usage of a warehouse thanks to a developer in Macquarie Park – both of our warehouses are donated to us for temporary usage, spaces that will be demolished in the future but are currently vacant. So, we use that space to create amazing social good,” explains Carmen.

Even though the numbers from 2020 speak for themselves, Carmen remains adamant that it is the individuals within the statistics that she focuses on. “We are proud of the big numbers, but what

we are prouder of are the individuals that make up that 1300 people assisted. That is what I’m most proud of – each of the people we have been able to help.”

One example centre of mind for Carmen is a man named Mike that GG recently assisted. He had been living in his car for over five years and his caseworker had helped him into accommodation he could afford. “We do the work through the caseworkers as they are the experts on managing the needs of these people. Often, they used to manage furniture, yet caseworkers shouldn’t be wasting their time and energy on furniture when we can help, as there are so many other factors like employment and trauma recovery. Mike came to the warehouse, wanted to help with the lifting, moving and transport, choosing the pieces he wanted. He emailed us photos of his new apartment all set up beautifully and he was so thrilled. But it was the last sentence in his email that brought a tear to most of us: ‘now finally after years my kids can come and stay again.’ It makes me cry just thinking about it! It took a few different people, services and support – it wasn’t furniture that we delivered him – it was his family together again.”

This incredible philanthropic commitment is why Carmen has been named the Ryde Citizen of the Year 2021. “I will always be proud of being the founder, and my beautiful co-founder Davida joined me soon afterward. But the organisation is so much more than it could have ever been with just the two of us. We have a can-do team that bring their muscles and their minds. It’s not just mine or Davida’s organisation – we are the product of so many people. It is GG’s award, I just got to stand up and receive the pretty flowers and the accolade – I’m so proud to be the founder of GG but I can’t take all the glory, it takes a team.”

To keep up to date with Carmen Platt and The Generous and The Grateful, visit <https://www.generousandgrateful.com.au/>

DONATIONS GG IS IN NEED OF

“We are always desperate for fridges and washing machines, 10 years and younger that are working. They are the items that every household needs, especially if there is more than one person. It can be really difficult to find enough. So – people who have a spare fridge in their garage or laundry that is only used in case of entertaining, that could be used to feed a family in need. If anyone hears of people renovating, up-sizing, down-sizing, assisting seniors into care, that is the time fridges and washing machines often become available.”

“Understand what we do and why and having conversations with people about helping people in need. Quality and clean donations are key – ‘better than nothing’ items don’t necessarily improve a life very much. We are here to make people’s lives a lot better quickly. We also always welcome volunteers as well!”



Ryde Citizen of the Year 2021 recipient Carmen Platt

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The North Shore's Love for Tennis

Isabella Ross

With tennis on the brain last month amid the Australian Open, *Sydney Observer* has been reflecting on the North Shore's love affair with tennis. According to Tennis Australia, the sport commenced as a popular backyard pastime and social affair across Australia in the mid-1870s and Aussies have been in love with it ever since. Follow us as we uncover the history of tennis within the Ku-ring-gai area, along with showcasing the past and present of some of our favourite local tennis clubs.



Lindfield Tennis Club

The Lindfield Tennis Club on Russell Avenue opened 9th March 1907. Tennis had been popular in Australia for a number of years, but there was a surge of interest in the sport at this time, especially given the recent win of Norman Brookes of Melbourne at Wimbledon in 1907. Many of Ku-ring-gai's large homes had their own tennis courts and tennis parties were common. (*Under the Canopy: a centenary history of Ku-ring-gai Council, 2006*). The club remains open today, with natural grass tennis courts and membership enquiries welcome from intermediate to advanced players via enquire@lindfieldtennis.com. Organised matches, social events, welcome days, adult coaching and mixed social play all take place regularly at Lindfield Tennis Club. 11 Russell Ave, Lindfield NSW 2070



Killara Lawn Tennis Club

Three tennis courts were constructed in 1909, with The Killara Tennis Club founded soon after. The first singles championship was played in 1913-1914. (*The Railway came to Ku-ring-gai, 1991*). The prestigious Northern Suburb's Lawn Tennis Championships were actually held at Killara and attracted many well-known players in the early to mid 1900s. The club today has six synthetic grass courts, with night tennis also available. Located in the picturesque heart of Killara, members can also enjoy a drink after a match at the historic clubhouse, its seats and viewing balcony overlooking the courts. 8A Arnold St, Killara NSW 2071



Roseville Lawn Tennis Club

Initially known as the Roseville Bowling and Recreation Club, the land between Bancroft Avenue and Recreation Avenue was set aside for sporting activities in 1916. The original Tennis Club House opened in 1916, a mixture of tennis and bowls incredibly popular with locals. (*The Railway came to Ku-ring-gai, 1991*). With a rich history behind it, the club rebranded and was named Roseville Lawn Tennis Club in November 1972. Promoting tennis at all levels in the community, the club welcomes new players of all standards, focusing on social play and competition. *Sydney Observer* ran a great profile story on the club in the October Issue 2020 (available online). Boasting 6 artificial turf courts and a two-storey spacious clubhouse, the club offers a true sense of community. 1 Recreation Ave, Roseville NSW 2069



Clean Up Australia

Pip Kiernan, Clean Up Australia Chairman.

Isabella Ross

3 80,000 + ute loads of rubbish removed. 36 million hours of volunteer time donated. 18.3 million Australians getting involved over the last 3 decades. These are just some of the incredible figures to come as a result of Clean Up Australia, founded by Ian Kiernan AO. In its 31st year and with Clean Up Australia Day on 7th March, we spoke to Chairman Pip Kiernan about how people can get involved on the day and beyond.

Could you tell our readers a bit about the #steptocleanup pledge?

#steptocleanup is all about encouraging our volunteers to make changes to their everyday behaviours. We have some great everyday Aussies making pledges – one is vowing to only buy second-hand clothes in a year, others are saying no to single-use plastic water bottles. It's a way for Australians to think about what they can do beyond Clean Up Australia Day. We don't want a small group of people doing things perfectly, rather it is about the majority doing their small bit which collectively has a greater impact.

What are some habits you would suggest to those starting their sustainability journey?

Don't be overwhelmed and think you have to revolutionise your life – there are little things you can do. Start thinking about



what you are buying, such as reducing overpacked items like fruit and vegetables. Saying no to single-use plastics is a big one too. Making choices as to what we buy sends a very strong message to manufacturers and supermarkets – we cannot underestimate the huge influence the consumer has. For further tips, I would recommend our Buy Recycled platform: www.cleanup.org.au/buyrecycled

The statistics associated with Clean Up Australia are just incredible. Reflecting on its legacy, I can imagine it's a very proud moment?

To be the nation's largest community-based environmental event is a really proud moment and it's thanks to our volunteers. Australians

continue to want to get involved and do something practical for the environment. Plus, they care about their public places.

As a North Shore local, what are some of your favourite spots?

Wendy Whitley's Secret Garden in Lavender Bay, it's truly magical. I also love Milson Park in Kirribilli – my dad, the founder of Clean Up Australia, lived there for 40 years and there is a wonderful memorial for him that North Sydney Council and the Sydney Flying Squadron organised. The local community have done a beautiful vegetable garden there as well.

To get involved and receive a free starter clean up kit visit: www.cleanup.org.au

Andy Lee and the

Ultimate Test

Isabella Ross

TV and radio presenter, podcaster and all-round nice guy, it is no wonder that Andy Lee continues to be among Australia's most popular media performers. We sat down with funny man Andy to get the downlow on The Cube, what got him started in the industry and some of his favourite things.

Wholesome entertainment for all, Channel 10's *The Cube* has a simple premise but is the ultimate test. Contestants are placed in a small, enclosed 4m x 4m x 4m perspex cube, to take on deceptively easy tasks. With Andy as host and 140 cameras set up around the cube to catch all the action, it is no wonder it was a delight to film. "There were lots of fun moments, ideally most were when we were filming so that's a relief!" he laughs. "With 140 cameras around, when on my lunch break there would be plenty of little videos of me chewing, which is something for the editors. Honestly, the person who designed and made the cube itself should get the biggest round of applause! They tried to import it from Germany, but then with COVID it didn't work out that way, so we can officially say the cube itself is 100% Australian made. Plus, I'm a

sucker for skill games, memory tests, puzzles – I love it and get addicted to them really easily," Andy notes.

Even better, multiple international formats of *The Cube* have proven popular across the globe.

"Hamish and I first saw the Chinese version of the show actually when we were shooting our *Gap Year Asia* back in 2013. As soon as I saw it, I loved it. For those who don't love the sound of my voice, the good thing is you could probably watch it without the sound and still find it as intense, as we did when watching the show in China!"

One particular favourite venture with fans of the duo were the *Gap Year* series, featuring the boys' escapades across locations like the US, Asia, Europe and South America. "We took a lot of risks on our *Gap Year* TV shows. Life-threatening risks that at the time I thought were hilarious but now I'm not so sure," he chuckles. Memorable moments include travelling along 'the world's most dangerous road' 4500 metres high in the Bolivian mountains or taking part in an Amazonian bullet ant glove ritual. It was the destinations however that Andy appreciates most. "I loved going to Bosnia with *Gap Year*. Growing up, we saw Bosnia as a war-torn country during the early '90s, with its cities under siege for years. You could still see remnants of war there, and they were rebuilding the city which was incredible to see. Seeing how lovely the people are, especially since going through such atrocities, that was kind of one of those good lessons in life where I'm pretty grateful for where we grew up. Smaller problems that I might have in Australia are incomparable to a civil war."



Mostar Bridge, Bosnia where Hamish and Andy completed the iconic bridge jump.

With an incredibly successful career spanning over two decades, it is interesting to know that the media industry was not always centre focus for Andy. "Interestingly no – I would have loved to be a batsman for Australia, but I just wasn't a good enough cricket player. Then I was going to be an accountant but that obviously didn't work out! Hamish and I just love talking to everyday people, and we've really gone down that road. We started on radio when we were 22 and at that age, we didn't feel like anything was a risk. It was our own stupid naivety that sheltered us from being too worried about consequences when we were young." Yet sometimes it is the risks we take that have the biggest rewards.

The Cube airs on Wednesdays at 7.30pm on Channel 10. To keep up to date with Andy Lee check out his Instagram @andytomlee.



Andy's Favourite Things

What is the question you're most asked?
"Where is Hamish?"

What is the funniest thing you have read about yourself in the media?
You know I once read on a podcasting news site, that we were getting close to a billion listens. I thought that was very funny but way off. I'm grateful for how many people listen, but I don't think it's all of China.

A career highlight?
I would say being knighted by Bono on stage at our final radio show in 2010 with thousands of people watching.

A subject or cause close to your heart?
Challenge – I've been working with them for quite some time, they help families and children who are living with cancer.

What are you most proud of?
Probably my friendships. I've got really great pals and I feel lucky, from school and university friends including Hamish, to more people I've met along the way. I'm really grateful I have a lot of good people around me.



Aboriginal Bush Medicine by Haylee Mills.

ARTEXPRESS is back for 2021

Celebrating the incredible artistic achievements of the HSC class of 2020, ARTEXPRESS 2021 is now showing. The exhibition, predominantly showcasing at the Art Gallery of NSW in Sydney, features a great selection of Visual Arts students' artworks. Evidently 2020 was a challenging year for all, and for many HSC students, creativity was a way to cope with the stress and uncertainty. There are a range of expressive forms on display, including ceramics, collection of works, drawing, graphic design, painting, photo media, printmaking, sculpture, textiles and more.

Haylee Mills was one of the 23 public school students whose works feature in ARTEXPRESS. Haylee's series of paintings titled, 'Aboriginal Bush Medicine,' required her to research traditional bush medicines and connect with the local Aboriginal community over the protocols of representing the knowledge on canvas. "I didn't expect it at all (to win) as I'm not very open about my art. As a light-skinned Aboriginal person you don't get acknowledged a lot. I'm heavily accepted in the community, but I express my feelings about my Aboriginal culture through art and dance," she said.

According to Education NSW, 8,617 works were submitted for the 2020 HSC across NSW, with 48 outstanding artworks selected to be on display in the exhibition. "Creative pursuits can provide great comfort in difficult times and it is our hope that this year's cohort found solace in their artmaking, as well as a sense of defiance," Art Gallery of NSW Director Dr Michael Brand said. "We are delighted to share their work with the thousands of visitors who look forward to this annual exhibition, which has become one of our most popular."

<https://www.artgallery.nsw.gov.au/insideartexpress/2021/>

Contemplation of Space by Anabel Burrows



Aussie Book Recommendations

Nishtha Verma

The Dry

Jane Harper is the author of international bestsellers and one of her most well known novels is *The Dry*. It is a multi-award-winning Australian novel, exploring fictional crimes that occur in a drought-stricken town in rural Victoria. This novel has won numerous awards which includes the Crime and Thriller Book of The Year as part of the British Book Awards in 2018. Even more impressive, is that the book's recent film adaptation has surpassed \$16m at the Australian box office! So, people who love a good crime, thriller or mystery read, mark my words you do not want to miss this splendid novel.

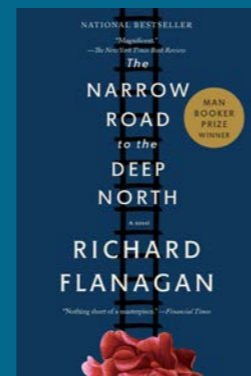


A Fortunate Life

Get ready to immerse yourself in this autobiography by Albert Facey which was published in the year 1981. From his birth, till the Second World War, Albert Facey kept a comprehensive diary, detailing his experiences as a private at Gallipoli during WWI and the complicated return to civilian life. While reading, you will take a deep look at every stage of his life and by the end, it will capture your heart. This book is recommended for all, especially during the lead up to ANZAC Day, as we recognise the sacrifice, hardship, friendship and love that defined Albert Facey's journey.

The Narrow Road to the Deep North

Fiction lovers – attention, attention! I have an incredibly interesting novel to recommend – *The Narrow Road to the Deep North* by Richard Flanagan. This is a story of war, a love affair, guilt and mateship, following the life of the book's main character Dorrigo Evans. Acclaimed Australian novelist Thomas Keneally described the plot as, "a grand examination of what it is to be a good man and a bad man in the one flesh and how hard it is to live after survival." The book truly takes you places without moving your feet! So, get ready to indulge yourself in this rollercoaster ride and who knows you might get addicted to this page turner.



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New Local Principals



WAHROONGA

The new Principal at Prouille Catholic Primary School is passionate about using technology in the classroom. “I am a tech head – I’m really into digital technologies and ICT,” said Genevieve Smith, who took over as Principal at the Wahroonga-based school in Term 1. Ms Smith said that the world has changed since most parents were in class, and schools needed to move with the times. “Teachers don’t need to teach content anymore because it’s accessible to everyone from their device,” she said. “We need to embed skills such as collaboration and teamwork instead into learning.”

FORESTVILLE

The new Principal at Our Lady of Good Counsel in Forestville believes that every child deserves to feel included in the classroom. Fiona Dignan, a veteran teacher of 28 years said that the school caters to all learners, from gifted and talented children to those with disability. “Inclusion is bigger than diversity,” she explained. “Diversity is being invited to the party – but inclusion is being asked to dance. It’s about making sure that we understand each of our learners. It’s the mindset that this child belongs in this school and is part of our community and we will therefore meet your needs,” she said.



CHATSWOOD

The new Principal at Mercy Catholic College in Chatswood, Brenda Timp, understands better than most the challenges facing young women. “I am passionate about ensuring children are ready for the challenges of the adult world, because I have a real understanding of what that means,” said Brenda Timp, who worked in the mining sector for twelve years before becoming a teacher. Ms Timp also brings twenty years’ experience as an educator to the role at Mercy. Ms Timp said that she planned to increase practical opportunities for students at Mercy to meet women working in a range of fields of work.



CHATSWOOD

The first order of business for the new Principal at Our Lady of Dolours Catholic Primary School is simple – to make sure no child feels left out. “I’m very much about inclusive education,” said Marco Ianni. “We need to cater to the needs of all students in a school that allows everybody to participate and make a contribution.” Born in Sydney, Mr Ianni attended Catholic schools and received a Master’s degree from the Australian Catholic University.



PENNANT HILLS

When Michael Hopkinson started as Principal at St Agatha’s Catholic Primary School, he couldn’t wait to get started. The experienced teacher of 35 years brought with him a keen interest in new technologies and a passion for student-centred learning. “Every decision that’s made in the school has the student at the centre – I’m really passionate about the social and emotional wellbeing of the student,” he explained. “I want learning to be engaging and exciting across the curriculum for all students.”

Need help to start university?

Matthew Wai

Here are *Sydney Observer’s* top tips for newcomers initiating their tertiary education.

1. It is essential to consider the best degree for yourself, as you will be spending a fair amount of time and money. You want to select something fulfilling to make your university life as colourful as possible!
2. Make sure you are considering a degree that you are capable of. Try not to choose a subject or field that you are unfamiliar with, potentially making you lose interest over time, ultimately resulting in poor results.
3. Take some time to compare courses in different universities. Have a look at the campus and the facilities’ environment to determine whether it is the suitable place for you.
4. Finally, get focused early! Do not loosen up or start relaxing because it is your first year! Unlike high school, the pace of learning at university fluctuates. Once you start falling behind, it may not be easy to catch up.

ART NORTH
2 to 25 March 2021

An annual exhibition celebrating the imagination and creativity of HSC 2020 Visual Arts students from schools in the Ku-ring-gai and Hornsby district.

Please check the gallery website for updates on any changes to gallery opening times



Harmonies from Space, Woodcut, image size 47x42 cm, paper size 98 x 65 cm

RUTH BURGESS
The Music of the Planets
1 April to 8 May 2021

Through the medium of large format multi-block woodcuts, engravings and poetry, Ruth Burgess explores the wonders of the universe.

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SECONDARY | CHATSWOOD | WAHROONGA

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



Take Charge of Your Finances

When it comes to organising your finances for the first New Year quarter, there are a few key factors to consider. Take charge of 2021 with these 5 handy money tips, *Courtesy of CHOICE.*

1. SAY NO TO WATER WASTAGE

“Start 2021 by hunting down water wasters in your home,” says CHOICE consumer advocate Julia Steward. “In our independent lab testing, sadly we find some appliances will do significant damage to your water bill and the environment. Washer Dryer Combo machines are some of the worst for water waste.” Keep in mind that Sydney Water has a got a great deal in terms of combatting water wastage. Do you have leaking taps, toilets or showers? For a \$33 call out fee, their plumbers can help with indoor tap leak repairs, leaking outdoor tap replacements, minor toilet leak repairs and more.

2. ARE YOU GETTING WHAT YOU PAY FOR?

The New Year is always the perfect time to get your finances in order – basically doing an audit of your accounts. Are you paying too much for car insurance? Are you really optimising your gym membership? Is that credit card with the travel rewards really beneficial given the current global environment? “2020 was a mess for regular services and contracts,” says Ms Steward. “Now is a perfect time to ask – are you getting what you’re paying for?”

3. CRITICALLY CONSIDER EFFICACY OF HEALTH INSURANCE

It is a completely personal decision as to whether private health insurance is the right thing for you and your family. If it is something that you consider important and relevant to your

health, then certainly make sure your provider is offering you a comparatively good price and cover. Also, make sure you are aware of what you are being covered for in the event of ill-health, as there is nothing quite worse than an unexpected hefty hospital bill.

4. KEEP TEMPERATURES, COOL, CALM, COLLECTED

Summer is hot and winter is cold – such is obvious. What some do not consider however, are the extraordinary bills that can arise when it comes to resetting the temperature in your home. “Typically, our labs suggest a reverse cycle air conditioner is your best bet long term. It’ll keep you cool in summer, warm in winter and pretty good at keeping the power bill in check. If you rent and don’t have air conditioning, you don’t have to stump up for an expensive Dyson fan - our tests this year found some much cheaper department store fans beat out the cult brand. The cheapest option of all is to seal your home and be smart with shade,” noted Ms Steward.

5. DITCH THE UNNECESSARY PRODUCTS

As written about in the December/January 2020 Issue of *Sydney Observer* (Available online, page 21), there are so many shonky products out there not worth consumer’s money. Whether it is dodgy floor cleaner that actually has the same efficacy level as warm soapy water, or unnecessary skincare products such as toner that don’t offer results that reflect the price tag, be money savvy in your decision making.

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Affordable Luxury – Floor Heating

Floor heating systems are among the most efficient ways to heat a room. There is minimal wasted energy, they are low temperature, no dust or noise and the heat rises past you as you are standing on the floor. Bliss!

In bathrooms, the heated floor will minimise mould as the space remains dry. Towels will not become musty and the bathroom will stay looking new for an extended period of time. Bathrooms are usually the coldest rooms in the house, but with floor heating they will be a comfortable and warm space. Also, any heating in other parts of the house will not rush to the bathrooms to create draughts. The floor heating can be installed by tradespeople or DIY kits are available. In most cases an average bathroom would cost around \$750.00 + GST installed, so there is no reason to put up with cold floors in the middle of winter!

ELECTRIC FLOOR HEATING

Floor heating comes in many forms depending on the floor areas being heated. Electric floor heating is designed to be in smaller floor areas such as kitchens or bathrooms and is ideal for renovations. This form of floor heating is an electric cable which heats up when electricity is attached. This heat then warms the surrounding floor. It has little impact on the structure of the building and can be installed in 5mm tile glue, 20mm screed bed, slabs, under carpet and floating timber floors.

HYDRONIC FLOOR HEATING

When you have larger floor areas then it could be worth the investment to install a hydronic floor heating system. These systems utilise energy sources other than electricity as the system needs to warm water which flows in pipes within the floor. Natural gas boilers can be used and also solar electricity. Off grid developments utilise the solar electricity they generate, or



Hydronic heating is a more systemic heating solution.

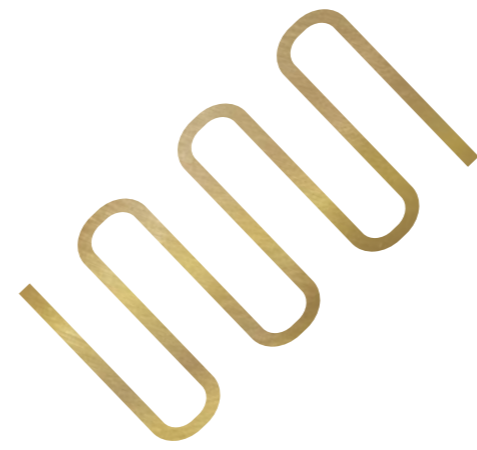
wood fired boilers. Hydronic heating is a more systemic heating solution and will impact the design of the building to ensure there is adequate space for the pipe installation and the plumbing infrastructure which controls the flow of water in the pipes.

It is a good idea to contact a professional floor heating company early in a renovation or building project to discuss options for the project and plan in advance the system which best suits. Most floor heating specialists will provide an initial plan of the heating system with a costing obligation free. All that is needed is a floor plan with dimensions and information regarding the floor construction and the proposed floor covering.

Find more information on www.comfortheat.com.au

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Chorizema cordatum

Tony Martin

Perfect Plants for Shade

Brian Roach

One of the great challenges for suburban gardening is finding plants that are happy in the shade. Many local gardens are in the shadows of our majestic gums, creating problems not only because of reduced sunlight but also with the root systems of large trees robbing the soil of moisture. Contrary to popular belief, there are many native plants that do well in shady spots, ranging from groundcovers to large shrubs and trees.

A particularly good groundcover for these conditions is the prostrate form of *Goodenia ovata*. This plant is endemic to our local, coastal region and with its very bright 'buttercup' flowers against the equally bright green foliage, it really does brighten up a shady corner! A bonus is that it primarily flowers during the summer months when there aren't too many other plants in bloom. It is also quite easily propagated by cutting and even just breaking off a piece of newer growth and popping it straight into the ground might produce results.

One of the first native plants to really capture my imagination around forty years ago was the West Australian Flame Pea, *Chorizema cordatum*. Although it hales from the South West of the country, it does very well over here and is marvellous for brightening up any dark corner in the garden. Its orange, pink and yellow 'pea' flowers are stunning from late winter and well into spring. It normally grows to around 1m high and responds well to quite heavy pruning after flowering. Indeed, that practice is important in maintaining a reasonably compact plant. The only problem I've encountered with this plant is its attraction for snails so don't drink all the beer and put a bit out in a saucer for these gastropods.

A wonderful larger shrub for the shade, growing up around 2m is the Native Indigo, *Indigofera australis*. It has almost lace-like, blue/green foliage and clusters of pinkish flowers from late winter into spring. It also responds well to quite heavy pruning if needed. It generally produces masses of seed after flowering so self-seeding is perhaps an added bonus, depending on how you look at it. They are easily pulled up and potted if extra plants are wanted.



Anopterus macleayanus



Goodenia ovata



Indigofera australis

For larger plants, some of our native rain-forest shrubs or smaller trees should not be overlooked. The Macleay Laurel, *Anopterus macleayanus* is a beautiful small to medium sized tree from the mid-north coast up into Queensland. Its lovely glossy, mid-green foliage is complemented around late spring and early summer by delightful bunches of white, cupped flowers. These are very much sought by our native honeybees.

So, don't despair about your shady garden; think on the bright side.

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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Isabella Ross

When it comes to interior design, there are a few norms or common styling guides we can look to for inspiration – let's call them 'the rules of interior design.' Now it's important to note as always, that 'rules' is quite a rigid word to use, but the purpose is to inspire and show what the pros preach in their own design work.

CHOOSE A HERO

Finding your hero piece is one of the easier interior design rules to follow. Something that surprises, packs a punch and reflects you and your taste. What it should do is not only steal the limelight but also complement the rest of your design. For example – in a hallway, the chandelier could be the showpiece. In a bathroom, a vintage clawfoot bathtub could be your hero. Even in a sitting room, it could be a grand vase in the centre of the coffee table.

THE 60-30-10 RULE

Many of us love some colour, but how do we know what goes with what, what is too much and what is not enough? According to Apartment Therapy (2017), the '60-30-10 rule' mirrors the idea of the classic three – "three colour families are used to add balance and depth to a room." So, what exactly does this mean? 60% is the room's overarching colour. 30% is often seen in textiles or



The 'Rules' of Interior Design

furniture. 10% is where you play around with small pops of statement colour. Most of the time white is a dominant tone seen in most spaces, therefore it will probably be a part of your three. Let's break down the lower middle example image: 60% of the dining room's colour is off white or cream. 30% is rich navy. 10% is the orange seen sporadically in the space.

THE 7 ELEMENTS

Like an excellent meal having the perfect balance of the five taste modalities (sweet, salt, sour, bitter umami), so too is balance needed in interiors. This involves seven elements – colour, texture, light, form, line, space and pattern. It sounds a bit complicated but here is the basic essence of each explained: think of colour

like an energy you bring to a room. Be playful with textures (for example, wooden coffee table, soft fur throw, jute rug). Make sure there are plenty of natural light sources. Form relates to the shape and geometric edges throughout a space (whether in furniture, architraves). Horizontal (wainscoting, tables) vertical (doors or doorways) and dynamic (interesting non-linear lines such as curves) are the ways in which to consider lines. Regarding space, keep in mind both the length, width and height of a room (always leave room for negative space, meaning nothing too cluttered). Lastly, splotches of pattern can make a great statement.

Beacon Lighting

Annie Sloan

Medhat Ayad/Pexels



Galston – Annette and Scott's Garden

The result of an incredible family-run project, Annette and Scott built a vegetable garden in a previously unused area of their property. The couple built all the retaining walls and beds, their son (8-years-old) mixed and poured the concrete for the posts, and they recycled old timber where they could manage. It is a very productive vegetable garden with a great mix of fruit trees, flowers and delicious veggies. "We are so very pleased with the garden as it's given us an unexpected new area to sit and enjoy the sunset. Our son has silky chickens, and the coop is close by together with my potting shed which makes the most social part of our garden," noted owners Annette and Scott.



Sydney Edible Garden Trail

The Sydney Edible Garden Physical Trail is a self-guided agricultural tour showcasing the many ways Sydneysiders are simultaneously creating food security in the urban environment, saving money and being sustainable. For two wonderful days in late March, (20th – 21st March) local gardeners will open their edible private, community and school gardens to the public. A community not-for-profit event, the proceeds from ticket sales will go towards supporting local school and community gardens.

Primarily gardens across the North Shore and Northern Suburbs are taking part in the event, owners sharing their passion and expertise. Tickets are essential for the Sydney Edible Garden Physical Trail with general admission tickets at \$27.40, inclusive for both days. To see a list of all the gardens available to view in real life during the two-day tour, visit: <https://sydneyediblegardentrail.com/gardens/> Gardens are available in a wide range of Council LGAs including Hornsby, Hawkesbury, Hunters Hill, Ku-ring-gai, Lane Cove, Ryde, The Hills and Willoughby. *Sydney Observer* has chosen to highlight a few worth considering a visit.

To purchase tickets, visit: www.eventbrite.com.au/e/sydney-edible-garden-trail-2021-physical-event-tickets-125220256157



St Ives – Karen and David's Garden

This garden is teeming with energy. The vegetable garden includes numerous wicking beds and three large in-ground beds, with the owner's chickens rotated through these three beds to clean up pests and fertilise the soil. Numerous fruit trees, a strawberry wall garden, herb vertical garden and blueberry collection also make up Karen and David's garden, not to mention an incredible composting system. Furthermore, there is a habitat pond for frogs and native fish, native bees and a large rain-garden creek bed to manage storm water (planted with native species) – quite impressive!

Turramurra Lookout Community Garden

Ku-ring-gai Council was instrumental in facilitating the setting up of the garden along with enthusiastic residents in the area. The Turramurra community bank branch of Bendigo Bank was a strong supporter as well. The result is an established and productive garden with dry stone retention walls on the sloping site, a greenhouse, shade house, wicking beds, worm farm system, compost bays and a solar electricity system. Their membership is approximately 50 but growing, with a range of ages and an increasingly diverse array of cultural backgrounds.



Native Flower Arrangements We Love

Isabella Ross



Wattle

Golden wattle, botanical name *Acacia pycnantha*, (as spoken about by our resident gardening and native expert Brian Roach in the September 2020 issue) is Australia's national floral emblem for a reason! Lovely and sunny, there is nothing quite like some yellow blooms to brighten up a space or benchtop. Also, the scent of the golden wattle is commonly used in perfume making. For those concerned about hay fever, interestingly there is little evidence to suggest that *Acacia* pollen actually has an adverse respiratory effect (Australian Native Plants Society Australia). This bouquet on show looks just gorgeous in the watering can – remember that when choosing a vase, be open to unique types of vessels, as it will make a great statement.



Banksia

Arguably one of the most well known Aussie natives, the banksia is available in quite a few colours, including red, yellow, cream, orange and brown. Dried arrangements are all the rage as of late, with many showcasing the iconic conical-shaped banksia. Etsy, eBay and Instagram are host to a range of businesses and florists selling lovely dried bouquets for you to take home and enjoy far longer than a regular fresh bunch. Mix in with some additional foliage, and the end result is something really quite spectacular.



Eucalyptus Gumnuts

Australia is home to some incredible eucalyptus trees. The gumnuts that grow on the many varieties of eucalyptus trees are structurally beautiful and can make quite the statement in a vase. Not to mention the scent is really fresh and woody. One economical idea is when on a walk in our fabulous local bushland or parks, there are often many gumnut twigs on the ground that have already snapped off the tree. Take advantage of these pieces, by taking them on home and have fun arranging your own unique gumnut bouquet (just don't snap off any branches still attached to their tree!)

Leucadendron

Although leucadendrons are endemic to Southern Africa and other parts of the Southern Hemisphere, they are indeed part of the Proteaceae family, which also contains some of Australia's common natives such as grevilleas, waratahs and banksias. This is perhaps why a whole range of varieties from the Proteaceae family continue to be staples in many of the 'native bouquet' arrangements available in Aussie florists. Like lots of other plants, the leucadendron comes in such a wide range of colours and shapes, so there is plenty to choose from for your arrangement.



Rug Trends Perfect for Autumn

Nishtha Verma

Coming in so many different styles, colours, designs, and materials, this season is the perfect time to start researching what rug is right for your taste and interior. The best thing about rugs is that they can be used in any area of the house and they will instantly elevate the space. Have a look at this rug trend guide below for plenty of inspiration:

Shag-style Texture

These dense rugs are super soft and would look great in the living area or any walking space of the house. Softness is its best quality and once placed in the home, it really adds luxury. These shag-style rugs are also ideal for the bedroom, especially for rooms that don't have carpet.



Maximalist Designs

As mentioned in the February Issue, 2021 is the year to embrace the showcase! Be loud and proud and show personality with a statement rug. Whether it is in the sitting room or a nice lengthy piece down the hallway, there are plenty of places in the home that would pack a punch with a maximalist floor design.



Woven Varieties

A really great style of rug, woven varieties made from cotton and rattan are nice and durable, perfect for a kid's play area. Woven rugs are handcrafted on a loom; thus, meaning there is lots of lovely intricate work to appreciate within each individual rug. These rugs are pretty affordable as well, available in different shapes and colours, so you can choose the perfect style for whatever colour palette your room has.



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Southern Cross Care North Turramurra Award Winner

Southern Cross Care's (NSW & ACT) newly redeveloped North Turramurra Residential Care Home has won the prestigious UDIA NSW Award for Excellence in Aged Care. The Awards were held in December last year and are designed to highlight innovation, sustainability, industry leadership and excellence in urban development across NSW and the ACT.

General Manager of Property & Development for Southern Cross Care Adam Fahey says, "the award is a testament to a hardworking team of innovative thinkers focussed on design with the customer and environment at heart. North Turramurra is a great example of inspirational design that complements the landscape, but is also completely fit-for-purpose, putting our residents' needs first."

The care home is situated on a large heritage listed site and bordering

National Park bushland. It's also a leading example of sustainable design and features solar panels, LED lighting throughout and two live plant green walls. The design drew inspiration from the landscape, views and local history. As part of the redevelopment, restoration work was completed on the beautiful and historic Huon House, built in 1895. Huon Park Estate was established by politician and businessman George Bertrand Edwards and his family, and the house will now serve as a meeting place for residents, a planned cafe and overnight accommodation for visiting relatives and friends.

Michael Haslam, North Turramurra resident, says his new home is tailored to all his needs.

"It is a wonderful place to live. Lovely carers, nurses and management. I couldn't ask for a better place. I would

recommend it to everybody." The home has 113 single private suites with private ensuites, some with dementia-specific layouts. Amenities include a café, hairdressing salon, a children's playground, bbq area, library, social and community facilities, family gathering spaces, wellness rooms, extended walking areas, an events room and various meeting and consult rooms. New landscaping and gardens compliment several established trees which were protected from land clearing, providing an environment with physical and psychological benefits for residents, especially those experiencing dementia.

North Turramurra residents have been enjoying the state-of-the-art residential home and making use of the spaces and opportunities for socialisation and meaningful activities. If you would like more information, go to www.scliving.org.au or call 1800 958 001.



We'll support you to live life well.

When living in your own home is no longer an option, you're most welcome to make our home yours and live in safety and comfort. Residential care is a natural next step in life for thousands of Australians every year. With us, your life continues on your terms – you decide when to get up, eat, socialise and relax.

We will arrange the services important to you

Every resident is unique. We'll work with you to create a personal care plan for your exact needs. Those needs will be met by our team of carers, lifestyle officers, spiritual and wellbeing coordinators, registered nurses, and any specialists needed.

Dedicated to quality care

The Aged Care Quality Standards provide reassurance that you will be treated with kindness, dignity and respect. We continually evaluate our training, systems and processes and strive to exceed these standards.

We're for people, not for profit

Southern Cross Care has supported older people in NSW and the ACT for over 50 years. As a not-for-profit organisation, we're solely focused on providing the best care we can.

Experience our service with respite care

You may be able to arrange a short stay in our North Turramurra Residential Care home before making any decision. We'll be happy to arrange this for you, please ask when you call.



North Turramurra Residential Care
402 Bobbin Head Road

1800 958 001
scliving.org.au

Relaxation Corner

Matthew Wai

Furry Friends

Enlighten your day by sharing your everyday life with a pet! Older adults can often feel lonely without company, as studies have suggested. Feelings of isolation and depression can be pervasive traits within some of the ageing population, so in this case, a pet would be a massive boost in mood. By having contact with animals, seniors can see potentially reduced blood pressure and heart rate, not to mention it ultimately boosts the person's mood via the unconditional love from their pet.



Interactive Games

Life does not always have to be revolving around reading and writing. Older people may not be able to do physical activities as

they could when they were young. However, with the aid of interaction gaming consoles like Wii, it can allow them to perform something they have not been doing for a long time! These gaming consoles offer various selections of sporting games, such as tennis, golf and bowling – all of which can be done with minimal movement, meaning circulation is improved but your body won't be compromised or too tired from it.

Music for the Soul

Music is in no doubt, a transformative medium for inspiration. It can also be utilised as a healing tool in assisting older people. According to certain studies, music is one way to reduce stress and anxiety, which also helps with memory recoveries. Music often helps to clarify memories of a person who has Alzheimer's or Dementia. A few recommendations on popular songs from each generation and genres presented by DailyCaring include the following: *The Beatles, Nat King Cole, Frankie Valli and the Four Seasons, and Louis Armstrong*. <https://dailycaring.com/music-seniors-love-top-songs-from-every-generation/>



Building your Strengths

Dr Sue Ferguson

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

We would all like to be the best version of ourselves. However, focusing on our faults or weaknesses can make us feel quite down. What if instead, at least to begin with, we focused on increasing our character strengths (our morally valued personality traits)!



(www.viacharacter.org/) or ask yourself these questions (Positive Psychology, 2020):

- What is a natural ability of mine, something that requires little effort to express?
- What attributes do other people appreciate in me?
- What attributes do I look for or expect in others?

Research suggests certain strengths (such as hope, zest, love, gratitude and curiosity) are more closely linked to wellbeing. However other strengths (such as bravery and self-regulation) are useful in stressful times. For older adults who are living alone, strengths such as curiosity, love of learning, or appreciation of beauty become important. Furthermore, character strengths that contribute to social participation and integration with our community help us manage emotions and difficult circumstances and provide a sense of purpose – all in turn contributing to a greater wellbeing.

Those who use their strengths regularly have lower stress, higher happiness and higher self-esteem over time. So how can we use our strengths more? How about starting with a prosocial strength, such as gratitude, or love (and kindness), or pick another strength you can apply in a way that will help others too. For example, try applying your love of learning to discovering more about how to help others or new volunteering options. For ideas, see Tayyab Rashid's list of 340 Ways to Use VIA Character Strengths: www.actionforhappiness.org/media/52486/340-ways-to-use-character-strengths.pdf

To figure out what your strengths are you can fill in the free Values In Action Character Strengths Survey,

Remember – “the task ahead of you is never greater than the strength within you.” (wisdomquotes.com).



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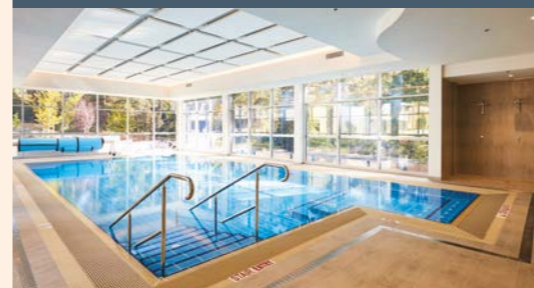
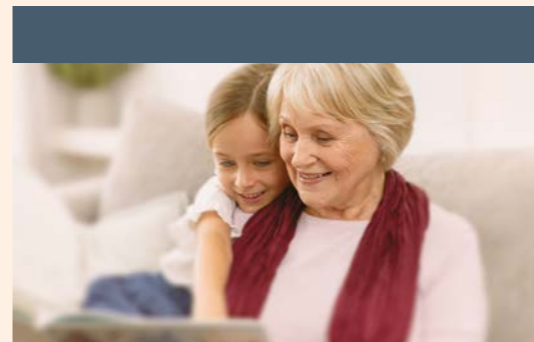
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McQuoin Park Retirement Living

mcquoinpark.com.au
35 Pacific Highway, Wahroonga.





Meals on Wheels
Ku-ring-gai & Hornsby

Meals on Wheels

Meals on Wheels is a three-in-one service – delivering a freshly prepared meal to the doors of seniors in need, providing a safety and wellbeing check as well as social cohesiveness.

According to the Australian Bureau of Statistics, approximately 26.8% (2015) of all older people nationwide live alone. Furthermore, 50.7% (2015) of Aussies aged 65 and over had a disability of some sort. With these statistics in mind, it makes sense that people of this age are more likely to require some assistance with day-to-day life activities, such as meals, chores and transport. Not only does the service allow seniors to stay in their own homes and environment, it also keeps them connected to the local community – win/win! Delicious meals previously on

offer have included lamb kofta with dill and mint, fish fillet, herb crusted beef, and even chicken and leek pie.

The service is also something for all Aussies to consider – volunteers are always encouraged to get in touch, helping to provide independence and wellbeing to older Aussies and/or those with a disability. Meals on Wheels has a Ku-ring-gai and Hornsby branch you can get in touch with – whether wanting to get involved or sign up for meals.

To donate:
www.mealsonwheelssa.org.au/make-a-one-off-donation-au

To apply as a Ku-ring-gai and Hornsby resident:
meals@kmow.org.au or call 9144 2044.

Compression Socks: is it for me?

Rejimon Punchayil

Discomfort of the legs like leg pain, heaviness, and/or leg tiredness, as well as swollen feet and ankles, can be first signs of venous disorder. Medical compression can help. Medical compression therapy applies a type of elastic device on limbs or other body parts to exert a controlled pressure on them. Thereby, the device squeezes the vein walls together and improves the circulatory rate. Medical compression also helps with reduction of edema (swelling) and recreates conditions beneficial for the healing of chronic inflammatory disorders. By compressing the limbs or other body regions there is improving overall circulation and supporting blood flow back towards the heart.

Do consult your GP or Medical Specialist before you decide to use a compression garment. Make sure you get it from a trained provider who can measure you correctly and supply as per your prescription. If you like to get a free measure and quote, please go to www.comfortdiscovered.com

Senior Foodies

Isabella Ross

Are you a local senior who loves culinary delights, celebrating fresh seasonal produce and expanding your cooking range? If you are, these foodie-centric events could be perfect for you!

Spanish Cooking Demonstration

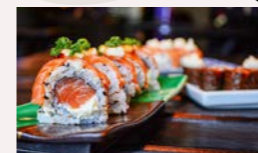
A specially designed event for seniors, Home economist Careen Miller demonstrates some Spanish dishes for you to try on the day and then make for yourself at home. The following week, you will enjoy lunch out at a Spanish restaurant. Meet at Marian Street Theatre car park 10 mins before departure time for the bus to the restaurant. Bookings essential.

www.krg.nsw.gov.au/Things-to-do/Whats-on/Seniors-Spanish-cooking-dem-and-restaurant-visit

Date: 16th and 24th March
Time: 11:30am – 1:30pm | 11:30am – 3:30pm
Where: Northside Community Church, 217 Bobbin Head Road, Turramurra
Cost: \$45



Sushi Making Workshop



Would you like to be able to make sushi like a true Japanese chef? Learn how when Hideo Dekura, chef and cookbook author, shares his secrets. Limited numbers. Bookings essential.

www.lanecove.nsw.gov.au/Community/LoveWhereYouLive/CouncilEvents/Pages/March2021.aspx

Date: 19th March
Time: 10:30am – 12pm
Where: Online via Zoom
Cost: Free

Preserving Food Workshop

Preserved foods such as sauerkraut, kimchi, pickles and more have all made a major comeback in the food industry. In this online Lunch and Learn workshop, Margaret Mossakowska from Moss House will teach you a variety of preserving methods using leftover produce.



www.ryde.nsw.gov.au/Events/Listing/Preserving-Food-Workshop

Date: 24th March
Time: 12pm – 1pm
Where: Online via Zoom
Cost: Free

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A fully refundable \$5,000 deposit, with nothing more to pay until early 2022, will secure your place at Kokoda Residences, buying 'off the plan'. So now is your time to contact Maureen Malouf on 9299 3953 or 0499 411 522.

Sales Suite Open by appointment
37 Alexandria Parade, Waitara

9299 3953 | 0499 411 522

kokodaresidences.com.au

Image is for illustrative purposes only. Correct as at March 2021. 5914A

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Freepik



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

Planning Future Dental Work

Dr Ian Sweeney

As we age it is important to contemplate our future dental needs. Although the basic premise of good dental health is regular check-ups, as we age it becomes more important to have a regular maintenance program in place.

The mouth is a harsh environment. It is wet, acidic and constantly in use – chewing and grinding. With this in mind, it is likely some previously restored teeth may require replacement as they wear out over time.

Dental techniques have become more conservative over the years, however, many ageing patients may have received lots of large restorations that may not last them through their twilight years. Of course, it may be the fillings that are failing. Large fillings placed many years ago may have weakened the remaining tooth structure. Cracks may be propagating through the tooth, which may require crowns to hold the rest of the tooth together. Equally, crowns placed twenty or thirty years ago may now not meet the modern aesthetic requirements. Each of these situations may require some maintenance over a certain timeframe. This timeframe may be short or extended. However, to help you plan your dental needs, it is always a good

idea to at least establish a thought process around your particular timeline.

Not all patients are aware some dental treatment may take many months to complete. If you know or suspect you may require extensive rehabilitation, postponing treatment may interfere with that long-awaited holiday.

Remember, good oral health has been linked to good overall health. Patients with untreated gum disease and inflammation of the gum tissues have a higher risk of heart attack, stroke, diabetes and many other health issues. It is never too late to improve your oral home care habits. Ideally brushing twice a day, flossing and using any other interproximal brushes that may be required, together with a fluoridated toothpaste is the basis of good oral health. Maintaining adequate home care will also ensure you are doing your part to reduce the likelihood of dental work being required in the future.

It is worthwhile discussing your future needs with your dentist so that together you may develop a functional treatment plan that will give you a working knowledge of exactly what is going on in your mouth. Not only will this help educate you as to your current and future dental needs, it will also help you plan for the future.

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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DENTAL & IMPLANT
CENTRE**

**NORTHSIDE
SEDATION
CENTRE**

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

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

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

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- ♥ Whitening
- ♥ Preventive Dentistry
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- ♥ Special Needs
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- ♥ Sedation
- ♥ General Anaesthesia
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- ♥ Anxiety In Dental Chair
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☎ 02 9987 4477

Visit: www.northsidedental.com.au



Don't Leave Home Without

Isabella Ross

Whether it's the perfect autumn dress, a refreshing facial mist, pretty pink lips or a statement handbag, these essentials are a must-have. Treat yourself this month with one of these lovely picks from *Sydney Observer*.



\$19
Baby Rose Gold 101 Ointment Lanolips
 Extreme lanolin hydration meets a dewy pink-flushed tint. For lips and cheeks.
lanolips.com.au/collections/lips/products/rose-gold-101



\$33
Ciaté London Everyday Vacay Coconut Setting Mist
 Ultra-fine face mist with a luminous finish.
www.mecca.com.au/ciate-london/everyday-vacay-coconut-setting-mist/1-042990.html



\$155
Alive with Style 'Caissa' Italian Leather Shoulder Bag Salmon
 Simple but beautiful, this soft Italian leather style comes with two well-sized compartments – not to mention the colour is just lovely! Available at Alive with Style stall at Instyle Turrumurra Markets (ad page 41).

\$399
Ginger Dress Tahiti Print
 Proudly made in Australia, enjoy this season with a versatile cut dress and standout print. Available at Cable Melbourne shop at St Ives Shopping Village.



Wellness Corner

Nishthaa Verma

Vitamin C Face Serum

Vitamin C face serum is safe for most skin types, not to mention it is one of the most hydrating serums. It allows your skin to better retain moisture, and reduce redness and even out skin tone. Since vitamin C promotes collagen production, it also prevents skin sagging and helps to protect against sun damage. We recommend adding this serum to your daily skincare routine – it is best used in the morning.



Hot Lemon Water

Many believe that drinking lemon is the perfect way to start your day. Some people prefer to drink it on an empty stomach in the morning and not only that, drinking hot or warm lemon water

can improve your digestive system as it flushes out all the toxins from the body. Also, it is a good source of vitamin C. To boost your digestive system, consider adding lemon water to your daily routine and feel the difference – all it takes is the juice of half a lemon and a spoonful of honey mixed with hot water.

Epsom Salts

A restorative and soothing practice, an Epsom salt bath is a great way to ease sore muscles. The salts are a compound of magnesium, and for those who know their chemistry, magnesium is great for maintaining energy production and supporting muscle and nerve function. A great big jar of Epsom salts can be purchased from the grocery store for a very good price, meaning you don't have to break the bank for a relaxing experience.



What's Trending? Ask Pinterest

Nishthaa Verma

Highlighting the trends of tomorrow, Pinterest Predicts 2021 Report is showcasing what is expected to be popular among consumers this year among all things fashion, beauty, fitness, food, wellbeing and more.

FASHION: ATHFLOW

Casual is the new fancy these days. All about comfort, the majority of work has gone from office to remote mode, meaning a more dressed down version of work attire. The new athleisure, athflow is all about wearing comfortable but classic casuals – think linen, cotton, flowy shapes, co-ord outfits and even oversized pieces.

BEAUTY: SKINIMALISM

These days DIY's or doing minimal

makeup is a big trend now and for the future. Since lockdown, consumers have become thoroughly more engaged with skincare, ditching the filters and extreme 'Instagram makeup' for a more minimal look. Embracing one's own natural beauty, this is what skinimalism is all about loving yourself the way you are and focusing on the skin as opposed to the makeup.

WELLBEING: MODERN MYSTIC

Modern mystic is a fresh approach to spirituality – believing in manifestation, crystals, signs from the universe and more. It's all about self-love, exploring who you are and wanting the best for yourself. To be a modern mystic is all about channeling some positive energy and visualizing the goals you set for yourself.



Are we there yet?

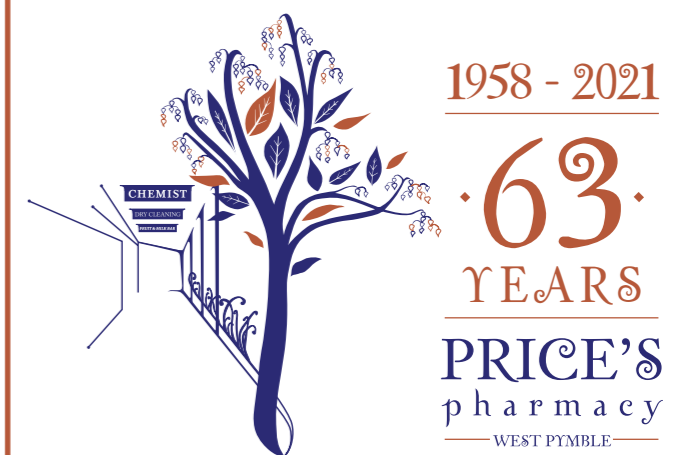


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A Week of Wellness

Matthew Wai

Are you feeling stressed, demotivated or burnt-out? The best way to make a change, is to proactively take a step forward towards your goal each day – here to help are 7 activities and practices you can do to make a difference.



7 activities and practices you can do to make a difference

MONDAY: Time to Move

Most of us on a Monday are on our way to work. To kick start those endorphins, try to take the stairs instead of the elevator, whether in the office or train station. According to some studies, something as simple as climbing up or down stairs can actually strengthen your muscle in the legs and glutes. It is a very obvious affordable activity as well, no expensive gym required.

TUESDAY: Bye Bye Caffeine

A sufficient amount of sleep is always ideal, so not to rely on large amounts of caffeine. If you are a multiple coffee drinker, try and go without one out of the usual 3 to 5, or however many. Side effects to excessive caffeine intake include insomnia, headaches, addiction and even anxiety. Try tea with natural caffeine in it or even a nice matcha latte.

WEDNESDAY: Write to Your Heart's Content

Whether you are good or bad at writing, beginning to write a journal can only improve your wellbeing. Start by writing something about your day, things you have encountered, or even ideas and concepts from your thoughts. Writing can also help you to express yourself more explicitly and could function as a stress reliever. So, start sharing your history with your private diary by writing down your legacy today!

THURSDAY: Retail Therapy

It is a Thursday afternoon after a productive week thus far, so why not treat yourself! With many local retailers open later on a Thursday, now is the perfect time to engage in some retail therapy. If you are cautious of your budget remember this – shopping does not have to be an activity of purchasing an item. The ability to window shop is also a way to enjoy browsing without spending a dollar! It is a way to get in some movement via the incidental activity of walking around the shops, not to mention you may find the perfect little gift for yourself.

FRIDAY: A Bit of Socialisation

Socialising is an important aspect of anyone's life, sharing memorable moments with your friends and families. Try initiating or inviting your friends or families over to your place for a board game night or dinner at home – enjoyable and budget friendly. Just remember that if drinking is happening, make sure your loved ones are prepared, because RBT always means you need a plan B!

SATURDAY: Clean Space Equals Clean Mind

Without the concern of having to wake up early, Saturday is a perfect day to sleep in a little. It is a great time to tidy up your room/house with the amount of free time you have. Not only does cleaning satisfy us because of the visibility of the floor again, but a clean environment also ensures a clutter-free mind as well.

SUNDAY: Do Some Good

There are so many amazing community services locally to consider joining, volunteering with or donating, helping to contribute to those less fortunate. This activity can make you contemplate and appreciate what you possess, something we often forget to do in our chaotic lives. Allow yourself to step in others' shoes this Sunday to realise the importance of lending a hand to those in need.

Healing with Reiki

Shobha Ingleshwar



Shobha Ingleshwar is an Accredited Reiki Master & Yoga Practitioner.

Reiki has gained popularity throughout the years due to its many benefits. It clears, cleanses, heals and rejuvenates the client. I have experienced the healing power of Reiki myself, finding it to be an amazing complementary therapy. One can feel peace, clarity and calmness after a 30-minute Reiki session. But what exactly is it?

WHAT IS REIKI?

Reiki is a Japanese technique that originated in the early 20th Century after being inspired by ancient Buddhist healing practices. The word 'Reiki' is made up of two Japanese words 'Rei' and 'ki' – Rei means 'God's wisdom or Divine spiritual energy' and ki is the unseen life force, energy flowing in all living beings. With this in mind, Reiki refers to a 'spiritually guided life force energy.' A

Reiki practitioner channels this spiritual energy into the client during a healing session to break down energy blocks, promote smooth and consistent flow of energy, as well as balancing body, mind and spirit. A subtle energy flows from the hands of the practitioner into the client as they move their hands above or on the client's clothed body and it is this energy that creates relaxation and healing.



In cases of illness, stress, sleep issues, work or relationship problems, lethargy, or blocks in moving forward in life, Reiki is a great practice to consider. Interestingly, clinical studies have shown that Reiki can lower blood pressure, help manage pain from chronic illness and diminish the effects of daily stress. Even better, Reiki is a non-physical contact treatment, thus making it very convenient. Discover the healing power of Reiki today!

Shobha Ingleshwar has been practicing Reiki for the past 15 years, with her business Lotus Holistic Wellbeing. For a 20% discount

on Shobha's services, visit <https://www.lotusholisticwellbeing.org/> or call on 0425 307 544.



In Style Turramurra

AUTUMN MARKET

Saturday 13th & Sunday 14th March
Turramurra Masonic Hall, Cnr Pacific Hwy & Turramurra Avenue
10am - 3pm

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- ample parking
- Covid Registered/Covid Safe

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How to Cook the Perfect Salmon



John Ross is a professional Executive Chef with over 30 years of experience.

John Ross

Given the norm on Good Friday is to eat fish, celebrate fresh produce and easy ingredients by cooking the perfect fillet of salmon for you and your family.

Sebastian Coman/ Pexels



Method

1. Take the salmon out of fridge 10 minutes before cooking – this will get the fish up to room temperature. Dry the salmon fillets with some paper towel, as this helps it not stick to the pan.
2. Heat pan on stove on a medium heat for a couple of minutes before adding olive oil. Season the fish with salt & pepper. Make sure the oil coats the whole pan, so the fish does not stick.
3. Add the fillets skin down in the pan and leave the fish skin down for 4 minutes. During the 4 minutes, it is best not to move, poke or prod the fish. As the salmon cooks, you will notice the colour of the fish change. Cook until the salmon changes colour ¾ of the way up the fish. Flip the fish over to cook for a further 2 to 3 minutes.
4. Depending on your taste or dietary needs, you can add some butter in the pan and lemon juice to coat the fish and add flavour. Rest fish for 1 to 2 minutes in a warm place, before serving with your preferred side dishes.



eastershow.com.au

Easter Fun for the Family

Nishtha Verma

Easter is full of wonderful traditions. Apart from spending time with the family, it is a time full of joy, food, fun and often chocolate! Listed below are a few ways you can spend the Easter long weekend.

BAKING BONANZA

Baking is probably the best way to spend your Easter. Bake delicious treats such as Easter-themed cookies, cakes or your own homemade chocolate eggs! After all, sweet treats are the key to one's heart. Look to these delicious recipes for inspiration: www.taste.com.au/recipes/collections/top-10-easter-desserts



HAVING A BACKYARD BBQ

How about organising a backyard BBQ and spending the loveliest of evenings with your family and friends? On occasions like these, we all look forward to enjoying some mouth-watering food. Instead of enjoying it inside, bring the joy outside and celebrate the last of the warmer weather.



ORGANISE AN EASTER EGG HUNT

This is probably the best game to play when children are around. Hide the eggs throughout the backyard and let them find the yummy chocolate. It is not only fun but also, it's a treat for the adults to watch the kids run around in delight, trying to locate the eggs. Meanwhile, you can sit back and enjoy a sip of tea and let them do the work.

THE ROYAL EASTER SHOW

The Royal Easter Show is absolutely the best. The show is a celebration of Australian culture, from rural traditions to our modern-day lifestyles. It provides a unique experience for everyone! So, do not miss this one, from 1st – 12th April. www.eastershow.com.au/



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"Fresh Fruit & Vegetables"



"Finest Gourmet Meats"

Hi kids, come and see Tony at IGA West Pymble on Easter, Sat 3rd April, between 9am and 12pm for YOUR TREAT! (OPEN ALL EASTER EX GOOD FRIDAY)

SHOP 8, THE PHILIP MALL KENDALL STREET, WEST PYMBLE



Call us NOW on 9498 5224

PLENTY OF PARKING

Celebrating Local Foodies

The North Shore is a melting pot of different cultures and cuisines, and there is nothing we like more at *Sydney Observer* than showcasing local people doing amazing things. For this reason, we are calling all local foodies and home cooks to send us their incredible recipes to be featured in our Food & Wine section of the magazine.

Pasta alla Norma by Marcella Fonte

“My absolute favourite dish which I not only love to make but also eat is my Pasta alla Norma Recipe. This dish reflects a lot about my Sicilian roots – the perfect balance of salty and sweet, wholesome and oh so delicious! Always a crowd pleaser, it can be modified to fit any mood. For those interested in heat, you can add some chilli oil, or layer on ricotta if you're feeling smooth - but any way you serve it, the dish always has perfect balance. A traditional Southern Italian favourite.”



Prep time: 20 minutes

Total time: 1 hour

Serves 6

Ingredients

- 1 ½ packet of Fusilli pasta
- 4 large bocconcini
- 2 bottles tomato passata
- 1 brown onion
- 2 eggplants
- 300g ricotta salata
- 200g fresh ricotta
- Olive oil
- Salt to taste



Marcella Fonte is a local foodie and passionate and upcoming chef. To see more delicious recipes from Marcella, visit her Instagram page [@marcellissima_](#)

Method

1. Chop up eggplant into cubes, salt and sit aside in a covered bowl for about half an hour. You will notice the eggplant will sweat – this is normal. This reduces the moisture in the eggplant and leaves you with a silky and creamy texture.
2. Chop up an onion into small cubes. In a deep pot, drizzle about a tablespoon of olive oil. On medium heat, add in chopped onion and cook for a minute or two, until the onion softens.
3. Add eggplant and stir, add a touch more olive oil (if necessary) so eggplant does not stick to the pan. Cover and let eggplant reduce. When eggplants are soft and have a silky texture, it is now ready to add the sauce.
4. Add in tomato passata, salt to taste. Stir, cover and cook on a low/medium heat for about 30 minutes. Keeping an eye on the sauce and giving it a stir regularly.
5. In a deep pot bring to boil salted water, add fusilli and cook for about 10 to 13 minutes depending on the packet instructions/if fresh or dry pasta.
6. Add 2 tablespoons of fresh ricotta to the sauce and mix well. Break some bocconcini with your hands and add those to the sauce.
7. Once the pasta is al dente, scoop out the pasta and transfer this directly into the sauce (I don't like to use a strainer as I don't mind if some pasta water is in the sauce, it thickens the sauce). If a strainer is easier for you, don't be afraid to add this step.
8. Mix and fold the fusilli into the sauce and serve.
9. Grate some ricotta salata, add fresh basil and a drizzle of olive oil or chilli oil. Mangia!

If you would like your original recipe to be featured in *Sydney Observer*, simply email editor@kamdha.com.



Wine'ing Mindfully

Elyse and Matthew, aka Mrs and Mr Winefluencing

It's Tuesday night, you crack open a bottle of your go-to wine and sip away. But have you ever wondered why that wine is a go-to for you?

So, you have heard of mindfulness, but what about wine'ing mindfully. Wine'ing mindfully is about practising the art of noticing. So, if you are keen to better understand what's behind your wine preferences and even nail food and wine pairings – we have some tips for you. To practise wine'ing mindfully you: sniff & swirl, smell, sip, and sip, and sip again.

SMELL & SWIRL

Some wines will instantly remind you of something you have smelt before. If not, swirling releases the wine's aromas, and you might notice a change in the characteristics and intensity.

SMELL

Nailing specific aromas in a wine can be difficult. To improve, next time you visit the fruit shop pay attention to the scents of particular fruits. It is also helpful to notice

'buckets' of smells, rather than specific ones: does it smell citrusy? Floral? Maybe you get tropical or stone fruit vibes? Can

To practise wine'ing mindfully you: sniff & swirl, smell, sip, and sip, and sip again

you notice red fruits, like strawberry? Or more black fruits, like blackcurrant? It could even be a combination of both! Are there any herbs or spices? When sipping you want to hold the wine in your mouth and notice both the flavours you're tasting and how it feels. Interestingly flavours can differ to what you noticed when smelling!

SIP

Do you taste sweetness, or feel dryness on your tongue? If you notice a mouth-watering feeling, that's the acid.

AND SIP

Now notice how the wine feels in your mouth. Is it light like water, or does it feel big, bold and full? If you notice a grippy or rough feeling on the tongue, that's the tannins.

AND SIP AGAIN

Do the flavours stay with you, or do they disappear the second that sip is done?

The more you notice the better you'll get at picking out the right wine for you. If that fails, reach out and chat to us or others in the wine-loving community!

WHO IS @WINEFLUENCING?

A couple of wine enthusiasts on a journey to better understand and appreciate the art and science of tasting wine. Check out [@winefluencing](#) on Instagram to follow their wine-loving adventures, 'Tuesday Wine' recommendations and for tips on how to keep track of what's what after a weekend of wine tasting.



Monet and Friends Immersive Experience

From the creators of Van Gogh Alive, immerse yourself in the sights and sounds of 19th Century Europe through the eyes of Claude Monet. Monet & Friends – Life, Light & Colour is a multi-sensory experience to entertain the whole family.

Date: 12th March – 6th April

Time: Varies

Where: Royal Hall of Industries, Moore Park

Cost: \$45

premier.ticketek.com.au/shows/show.aspx?sh=MONET21

Sydney Moonlight Cinema

Whether it is new releases such as *Promising Young Woman*, *The Dry*, or classics like *Mamma Mia*, *Kill Bill* or *La La Land*, Moonlight Cinemas has got a jam-packed program for March! Celebrate the start of the warm autumn weather and enjoy a movie under the stars.

Date: Sunday, Tuesday, Wednesday, Thursday, Friday, Saturday

Time: Gate opens at 6:30pm (film starts approx. 8pm)

Where: Centennial Park

Cost: \$20

<https://www.moonlight.com.au/sydney/centennial-park/program/>

HAMILTON, Musical

Featuring a musical score that blends hip-hop, jazz, R&B and Broadway, *HAMILTON* has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre – a musical that has had a profound impact on culture, politics and education.

Date: 17th March – onwards

Time: 7:30pm

Where: Sydney Lyric Theatre, Pyrmont

Cost: Price varies

<https://www.sydneilyric.com.au/hamilton/>

In Style Turramurra Market

This local market is a weekend must-do! Goods on offer include Australian and Italian leather bags and wallets, clothing, jewellery, cards, candles, floral arrangements and more.

Date: 13th – 14th March

Time: 10am – 3pm

Where: Turramurra Masonic Hall,

Cost: Free

<https://www.facebook.com/instyleturramurramarket/>

Living Simply Workshop, Baking & Cooking

The workshop will discuss how to store food in your pantry, fridge and freezer so you have all the ingredient on hand to cook and bake from scratch. They will talk about all kinds of cooking and baking including family meals, soups, lunchboxes, bread, biscuits and cakes.

Date: 16th March

Time: 6:30pm – 7:30pm

Where: Online via Zoom

Cost: Free

www.krg.nsw.gov.au/Things-to-do/Whats-on/Living-simply-workshop-baking-and-cooking

Bushwalk series Blackbutt Creek

Ku-ring-gai Council is proud to host their bushwalk series. Blackbutt Creek has some of the tallest Blackbutts, along with majestic Turpentines and Peppermint bushland. The track follows the creek along the reserve, home to numerous endangered flora and fauna species.

Date: 11th March

Time: 9:30am – 11:30am

Where: St Johns Avenue, Gordon

Cost: Free

www.krg.nsw.gov.au/Things-to-do/Whats-on/Bushwalk-series-Blackbutt-Creek



Isabel Allende, The Soul of a Woman

As part of International Women's Day, join Isabel Allende, prolific writer and lifelong feminist, as she maps the movement across continents, cultures, and centuries. What we have achieved, and what must we keep fighting for.

Date: 7th March

Time: 3:30pm

Where: Joan Sutherland Theatre, Sydney Opera House

Cost: \$33 onwards

www.sydneyperahouse.com/events/whats-on/all-about-women/2021/isabel-allende-soul-of-a-woman.html



Best Playgrounds on the North Shore

Matthew Wai

Gordon Recreation Grounds

63A Werona Ave Gordon 2072

Gordon Recreation Grounds is a neat and tidy playground that is suitable for all children. It is located within a 5-minute walk of Gordon Railway Station. It even contains an abundant amount of tennis courts available for booking, letting you and your loved ones enjoy a little bit of a competitive tennis session. The park includes benches and shading areas, allowing you to monitor your kids with no sweat and hassle!

Chatswood Oval Park

35 Orchard Rd, Chatswood 2067

Perhaps your kid is quite active, and if so, Chatswood Oval Park may be an ideal spot for them. It includes a skate park where they can learn or practise their skills in skating, and next to the skate park is the wonderful playground area. This park is top-rated and has many visitors during the weekend, which makes it a perfect location to socialise with other families.

Waitara Park

22 Waitara Ave, Waitara 2077

Waitara Park is no ordinary playground but a paradise for little kids. It has an amazon tower containing a few giant swings, meaning lots of entertainment for the little ones. Located next to the PCYC, it also has an outdoor table tennis table for ping pong lovers! It is an excellent area in a quiet neighbourhood with plenty of parking, giving you and your family enough time and space to spend a desirable afternoon in the area.

Allan Small Park

Saiala Rd, East Killara 2071

Allan Small Park is a venue that offers loads of entertainment. The park contains a soccer field, basketball court, tennis courts (in both firm ground and artificial turf) and a children's playground. The playground area is significantly spacious and well-facilitated. Keep in mind that the soccer season is commencing soon; the soccer field may be booked and taken for practise purposes. The basketball court is located beside the tennis courts, plus the court's quiet location is a bonus.

Colour In!





Great Keppel Island

A Capricorn Coast Paradise

Isabella Ross

With borders now open between Queensland and NSW, the time has come to start recommending some incredible spots across the golden state. Brisbane, Gold Coast, Cairns, Sunshine Coast – all are pretty well known amongst Aussie travellers, but how about the Capricorn Coast? A stretch of gorgeous sunny coastline in Central Queensland, the Capricorn Coast is a hit with locals and Queenslanders alike, but now is the perfect time for all Aussies to be in the loop. For an idea of location, the closest inland town that many would be familiar with is the beef capital of Australia, Rockhampton. Now there are plenty of lovely quaint seaside towns along the strip – Emu Park, Kinka Beach, Rosslyn Bay, Yeppoon – but one of its biggest selling points is Great Keppel Island.

The jewel of the Capricorn Coast is none other than this spectacular island, located 15 kilometres off the coast of Yeppoon. Accommodation is limited at Great Keppel, but there are cabins available if you wish to stay. However, the island can be the perfect day trip, as staying on the coast in the seaside village of Yeppoon is probably the easiest option.

Take a kayak tour, rent a paddle board, enjoy a snorkel on the reef, have a classic Aussie lunch at the bar and bistro – there are plenty of things to do for the day. For those who are nature lovers, the island is often described as a 'bird watchers paradise' with over 90 species of birds identified. Not to mention you can sometimes spot some dolphins and whales on the way via the ferry. Keppel

Konnections is the ferry service providing daily return transfers to the island – just book in advanced as it fills up quickly!

Great Keppel Island isn't very touristy at all in comparison with other popular QLD attractions, meaning you will be sure to get a true Queenslander experience for you and the family. Furthermore, you get to see one of the best island getaways on the Southern Great Barrier Reef.



TRAVEL ESSENTIALS

LAUNDRY BAG

Not the most glamorous of recommendations, but a laundry bag is a necessity for any trips planned. It is a great way to organise your suitcase, plus there are plenty of really lovely patterned bags out there to choose from. *Courtesy of Annabel Trends, Big Kooka Laundry Bag*



SILK SLEEP MASK

Whether it is having a cat nap on the plane, sleeping in the caravan or hotel room, it is annoying when the morning sun wakes you up earlier than you had hoped, especially with the Queensland sun! *Courtesy of Peters of Kensington, Silk Eye Mask Robin's Egg*

DISPOSABLE CAMERA

Holidays are a time to capture the love, fun and adventure taking place. Bring along a disposable camera to get some really cool vintage-esque shots for the memory book. *Courtesy of Urban Outfitters Australia, Matte Disposable Camera*



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

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READING**

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

Companion Souls

Kerrie Erwin

Often in the journey of life many of us have a companion soul. These are generally pets that are supportive, non-judgmental, dependable, faithful and extremely loving. I believe our pets are put in our life to teach us unconditional love – not to mention they are very healing!

Ben was a tall man in his early twenties who came for a reading one day. Like most young people of his generation, he had never been to anyone like me before but was curious and had no idea what to expect. No sooner than he had sat down, I quickly began to tune into his energy and a spirit dog came in and telepathically told me her name was Lexy. When I asked Ben if he knew the dog, he started crying and said it was his beloved pet, a border collie that had disappeared. His mother told him he may have been stolen so he used to pray each night for his best friend to come home. As he sat crying, I described the dog in great detail and was able to get a message through. As it

turned out the dog was taken by a man, like his mother had thought and lived her life far away from his home. She said she was happy but missed Ben while still alive and went on to say she often visited Ben in spirit, or through dreams. Pulling himself together, Ben stopped crying, sighed, nodded his head and said it was true as he often felt her near him when he was going through difficult times.

The loss of his dog had caused an enormous impact on his life, emotionally when he was younger as he was always second guessing himself. Now that he had connected to his dog in spirit, like others who have lost loved ones, he was able to find closure after a very difficult period in his life. Just the thought of having his best friend by his side had given him a new lease of confidence to go for the things in his heart he desired.

LOVE AND BLESSINGS

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



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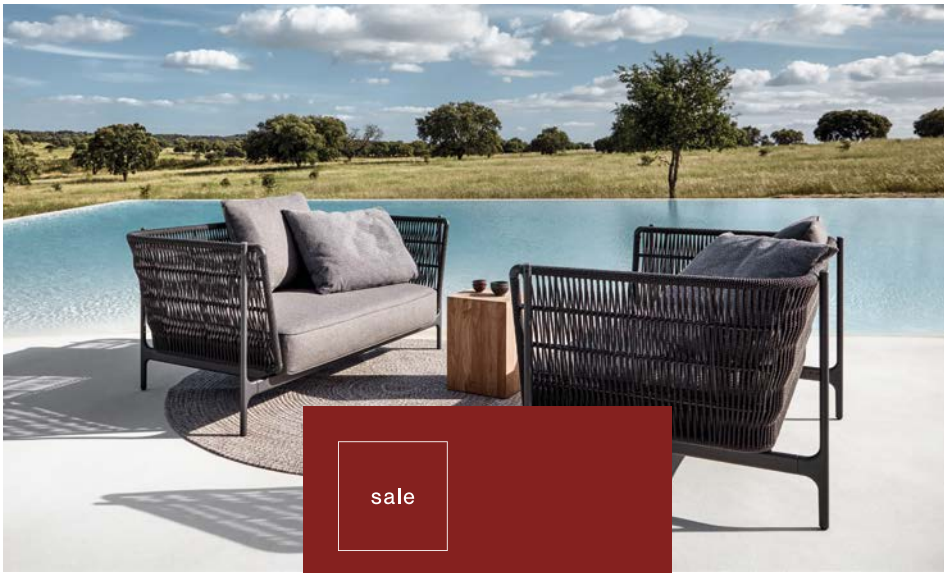
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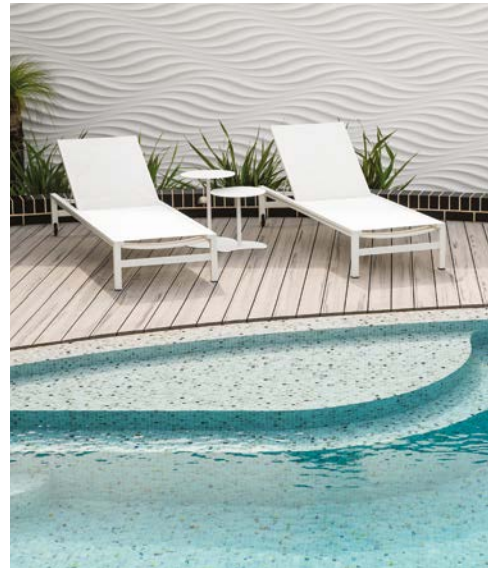
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