

# Sydney Observer

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CENTENARY

FOOD & WINE

SPECIAL

SKI SEASON GUIDE

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Cooking up a Storm  
with *MasterChef's*

# JOCK ZONFRILLO

25 Years  
Edition

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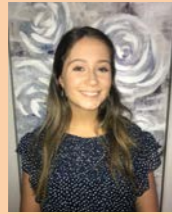
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## Sydney Observer's May Issue has arrived!

Our profile is the vibrant Scottish-Italian chef Jock Zonfrillo who has not only made a name for himself in the food industry but also in Aussie households thanks to his judging role on *MasterChef Australia*. In the spirit of *MasterChef Australia*, Jock also kindly shares with us his favourite dessert recipe – Tarte Tatin (40-41).



The findings from lots of seniors' studies have been published recently, with *Sydney Observer* reflecting on the well-known saying 'age is just a number' (26). Also for seniors is a great profile piece on Ku-ring-gai's Knitting at the Library, which has seen locals knitting for an incredible cause (27). In addition, *Sydney Observer* has some special news to share with readers – it is our 25<sup>th</sup> year anniversary in publishing this magazine (10)! It is a milestone we are so thankful to have achieved, particularly given the impact of COVID-19 on the publishing industry in 2020.

We also have two exciting specials in this May Issue – Travel (37-39) and Food & Wine features (40-46). Whether it's a hinterland getaway, recommendations for the snow season, a guide on cooking with spices or a list of great NSW wineries – there's plenty to enjoy.

Happy reading,

*Isabella*

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Killara	Roseville	Turramurra	Willoughby

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# Sydney Observer

The North Shore's leading independent publisher of local news and lifestyle. FREE monthly issues available across the North Shore and online.



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# SNIPPETS

Photo by Melinda Hoyle | Melrose Lane Photography  
@melroselanephoto @melroselanescapes



## Calling North Shore Photographers

As seen on our lovely Snippets page in every issue, *Sydney Observer* loves to showcase great photography of the local Sydney area. Whether it is a stunning cityscape, the coast or our incredible bushland, photographers of any kind, whether amateur enthusiasts or pros, are more than welcome to send through their favourite snaps! Simply email [editor@kamdha.com](mailto:editor@kamdha.com) to be featured.

## Pymble Station Upgrade

Pymble Station is set to be upgraded in a bid to deliver modern, safe and accessible infrastructure to the community. People with a disability, limited mobility, carers, parents with prams and customers with luggage have been a major focus within the Transport Access Program. "I would like to thank everyone who provided feedback during the planning approval process, so this much needed infrastructure can benefit our local community," commented Member for Ku-ring-gai Alister Henskens.

## HKWS May Breakfast

May is Domestic Violence Awareness Month, and to mark it Hornsby Ku-ring-gai Women's Shelter (HKWS) will be hosting a breakfast at Kiplings Garage Bar on 24<sup>th</sup> May. A range of guest speakers are involved including Mary-Anne O'Connor (best-selling author, profiled in April Issue) and Annabelle Daniel OAM the Chair of Domestic Violence NSW and CEO of Women's Community Shelters. Tickets are limited, so get in quick and let's raise awareness for an important cause, as every woman deserves to live with respect and dignity.

## Free Fruit Local Students

Primary schools and early learning centres across the North Shore can now apply for the chance to receive free fruit for each of their students for a day with Woolworths. The community program was the first national initiative of its kind when it began in 2015, offering apples, bananas, and when in season pears and mandarins to kids instore. Woolworths estimates more than 14,000 tonnes of free fruit have been eaten by kids since the program launched. Schools can sign up via: [woolworths.com.au/fruitforschools](http://woolworths.com.au/fruitforschools)

## Delicious Recipes Gordon Centre

A resourceful foodie recommendation for readers – if you are ever in need of some meal inspiration, Gordon Centre has a great online resource for locals. As part of their online community hub, the village has lots of really delicious recipes to inspire us to create fresh and healthy meals for the whole family. Great tutorials include fish tacos, vegetarian burgers, noodle soup with spicy chicken and even nachos for the kids. [www.gordoncentre.com.au/community-hub/live-deliciously](http://www.gordoncentre.com.au/community-hub/live-deliciously)



## East Killara Home Record Sale

A home in leafy East Killara recently set a new sales benchmark, according to Ray White Upper North Shore. Located on Kimberley Street, the East Killara home is the epitome of luxury family living. The property was sold at auction for \$670,000 over the reserve, breaking the street's sales record selling for \$4.27 million. There is no question that Killara as a whole remains an incredibly popular suburb within the North Shore, often marketed for its affluent suburban lifestyle.

## Hornsby Combats Illegal Dumping

Hornsby Shire Council is set to receive a \$71,000 grant to assist in their mission to stop illegal dumping. Targeted enforcement and educational activities are on the agenda, with residents also encouraged to contact council if they see someone dumping illegally. "Illegal dumping is a serious issue that impacts our environment and ruins the beauty of natural areas, parks and neighbours. Council will follow up reports wherever possible, issue fines and take appropriate action," said Mayor Philip Ruddock.

## Ku-ring-gai Community Grants

Ku-ring-gai Council is offering grants of up to \$5000 to schools, community groups and individuals for environmental projects in the local area. A total of \$50,000 in grants will be offered as a way of delivering community-based projects in local neighbourhoods. Projects that could potentially receive funding include native beehives, bush regeneration work, community gardens, school education projects, wildlife audits and waste and recycling initiatives. Applications are open until 21<sup>st</sup> May 2021. [www.krg.nsw.gov.au/Council/Grants-and-sponsorship/Environmental-levy-grants](http://www.krg.nsw.gov.au/Council/Grants-and-sponsorship/Environmental-levy-grants)



## South Turramurra Playground

Kissing Point Village Green is the latest Ku-ring-gai playground to be upgraded. The new playground opened last month and has been warmly welcomed by the local community. The new playground has accessible play equipment for a range of ages and abilities. "Council is progressively updating and improving numerous playgrounds in Ku-ring-gai, with features that will appeal to a wide range of abilities, in line with Ku-ring-gai's Disability Action Plan," noted Mayor Jennifer Anderson.

## Women's Shed

At *Sydney Observer* we love to showcase some great local initiatives and groups for our readers to consider joining, and the Women's Shed Hornsby/Ku-ring-gai (WSHK) is no different! WSHK is a community-based group that works together with people who are vulnerable in the local community to maximise opportunities and enrich their lives. To keep updated about some of the great work the shed is doing, keep updated via their Facebook page: [www.facebook.com/womensshedHK/](http://www.facebook.com/womensshedHK/)

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# St Ives Show Centenary

Isabella Ross

An iconic event within the community, the St Ives Show run by the St Ives Agricultural and Horticultural Show Society is celebrating 100 years this May. Considering last year's show was evidently cancelled due to the pandemic, organisers are keen to bring the community together in celebration of the major centenary milestone, says the society's secretary Trina Walker.

"To the best of our knowledge, the establishment of the St Ives showground site was due to the activities of the St Ives fruit growers, who prior to 1921, had been using Hassell Park on Mona Vale Road as a showground site. Renaming themselves the Northern Suburbs Agricultural & Horticultural Association, the fruit growers held their first show in 1921. The show ceased with the beginning of WWII when the showground was used by the defence force as the 18<sup>th</sup> Battalion, with the show reopening after the war," Trina notes.

"Ku-ring-gai Council showed interest in restarting the show and called a public meeting, with several people in attendance including Mr Douglas Pickering. A committee was formed and Douglas Pickering became President, the show soon growing quickly in size. 'We were amazed at the size of the crowd. We have now realised that in resurrecting the show we have created a monster!' Mr Pickering commented at the time. Even with all the stoppages in-between due to unfortunate circumstances, the show will still commemorate 100 years since the first event in 1921, with the new society hoping for massive success," Trina concluded.

Attractions for this year's show include music, woodchopping, ride on mower racing, carnival rides, a sideshow alley, food



stalls and arts and craft markets. Also, on offer are lots of animal amusements including a petting zoo, pony rides and a reptile display. Be sure to support local and head to this month's St Ives Show for lots of family fun and entertainment.

# Art & Sustainability: Hornsby Retime

Madeleine Taplin

Art has long been used to make a stand, to share a particular message, as well as inform and education society. The 'Retime Project' aims to do just that through their Retime Art Prize Hornsby. Held in partnership with the Hornsby Art Society and Hornsby Shire Council, this original art prize began in 2009 with the aim to stage art made from reused materials. Today, the exhibition focuses on art that showcases sustainability and the environment, provoking both artists and the wider public to think about our personal impact within this area.

Each year a different timely theme is chosen, with this year's theme being *Fast Fashion, Fast Food, Fast running out of natural resources*. "This theme gives artists



the opportunity to express their views on the current challenges we face with consumption, waste and the environment.

Retime has been going for more than a decade and we're always excited to see the fresh faces that enter each year. We can't wait to see how this year's artists will respond to our environmental theme," commented Retime Project Manager, Kathryn Beattie.

The prize features three categories – Mixed Media 3D/Mixed Media 2D, Digital Art-Stills, and Painting, Drawing, Printmaking-each with a first-place prize of \$3000, and \$350 for the runner up. This year will also feature two new categories titled 'The Youth Award,' and the 'People's Choice Award.' Submission's close 17<sup>th</sup> May, with the award ceremony slated to occur 4<sup>th</sup> June. The exhibition will be available to the public at Wallarobba Arts and Cultural Centre in Hornsby from 4<sup>th</sup> to 20<sup>th</sup> June, 10am – 4pm.

# Wahroonga Upgrade Update

Transport NSW is upgrading Wahroonga Station as part of its Transport Access Program (also detailed in the Snippets section). Upcoming work includes footbridge piling work, continued refurbishment of the station toilets, essential road work to the Redleaf Avenue bridge, vegetation clearing and more.

The southbound lane on Redleaf Avenue bridge will be temporarily closed as part of the upgrade. The closures commenced last month and are expected to remain in place until mid-June. Although detours are in place for southbound motorists via Ingram Road or Rohini Street, the temporary changes are quite a hassle.


Although the Wahroonga Station upgrades are a necessary step forward, it does come at a time when local businesses are doing it tough. Still reeling from the effects of COVID-19 on the economy, supporting our small businesses in the community is something we should all keep front of mind. Recently doing a call out on social



Wahroonga Station platform artist impression.

media, the owners of boutique Road Less Taken in Wahroonga asked locals to continue to show their love. "Please continue to make the effort to come into the village despite the disruptions due to the railway bridge closures. We all acknowledge that it can be a nuisance, but it is what it is, and every local business needs your support – especially after the last 12 months! Please make the effort as it is much appreciated."

So, be sure to remember that the beautiful village of Wahroonga is definitely worth a little extra effort to visit. Transport NSW has assured locals that they will continue to keep the community informed with project updates, with further information available on the project website [www.transport.nsw.gov.au/wahroonga](http://www.transport.nsw.gov.au/wahroonga)



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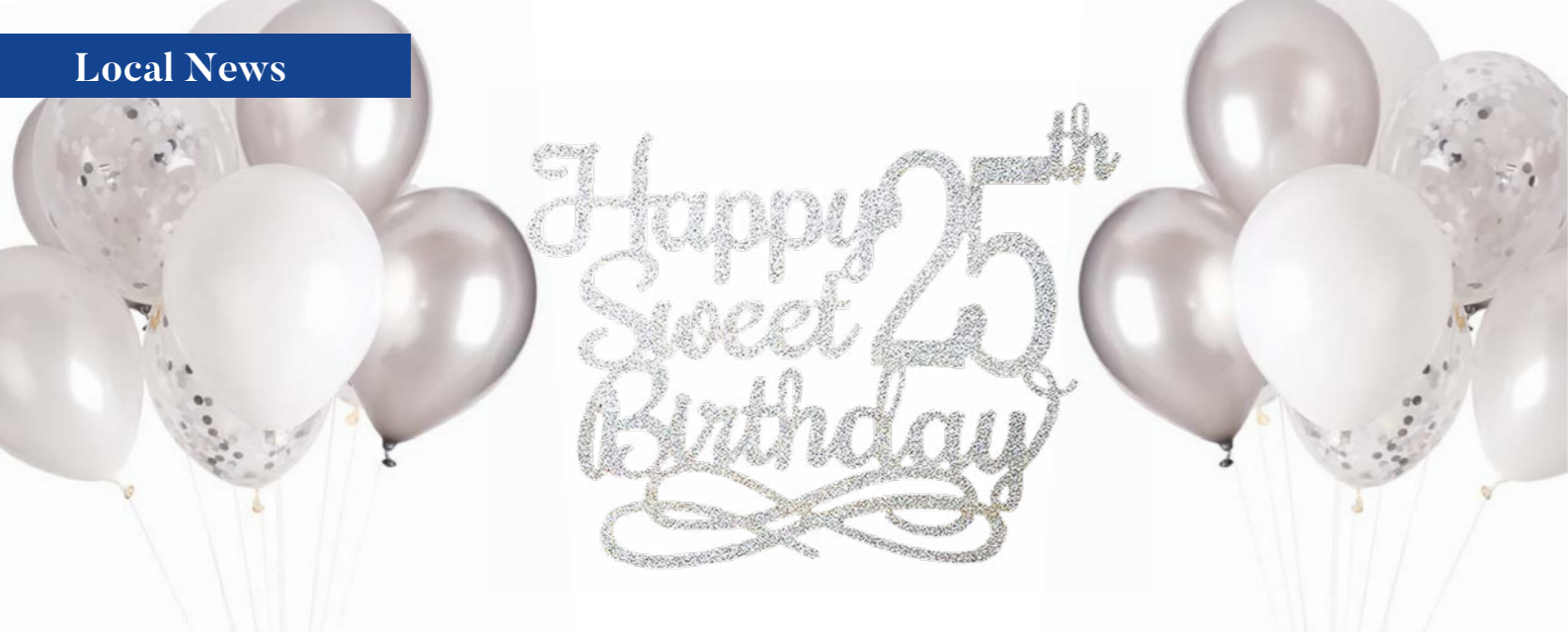
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# Sydney Observer celebrates 25 YEARS

**S**ydney Observer is proud to be celebrating a quarter of a century of publishing – that's 25 years of connecting with the local North Shore area, since 1996. When the magazine first opened in 1996, Sydney Observer was actually known originally as the *Ku-ring-gai Observer* – other than a name change, the onus on keeping the community informed remained the same.

There is no denying that 2020 was a tumultuous time for all, with the effects of COVID-19 testing our limits. To survive through a pandemic, not to mention the last 25 years is something we are incredibly grateful for – continuing to spread positivity and share local stories for our readership. *Sydney Observer* is published by Kamdha Pty Ltd, a boutique magazine publishing company located on Sydney's North Shore. Since the beginning, Kamdha's three flagship titles *Sydney Observer*, *SydneyHome* and *Shore Life*, have each covered local news and features. Over the decades, *Sydney Observer's* readership has expanded to over 100,000, spanning across the Ku-ring-gai district and its surrounding areas.

"As a premium publication *Sydney Observer* acts as the voice of our community, providing quality local and lifestyle content. To be in business for 25 years takes hard work and dedication – we are grateful to the whole North Shore community for supporting us every step of the way, not to mention our wonderful advertisers too," said Geeta Kumria, *Sydney Observer's* publisher.

To see the magazine become what it is today is an incredible achievement, something the entire team past and present, is immensely proud of. Thank you to our readers!

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Website: [sydneyobserver.com/](https://sydneyobserver.com/)  
Instagram: [instagram.com/sydney\\_observer/](https://instagram.com/sydney_observer/)



## Ku-ring-gai Heritage Festival

**L**ocals are welcomed to explore Ku-ring-gai's rich history as part of the inaugural Ku-ring-gai Heritage Festival. Taking place until 19<sup>th</sup> May, local history will be brought to life with walks, talks, virtual tours and other great events.

Each of the Ku-ring-gai library branches will be hosting a digital display featuring historical photographs relevant to the North Shore area. A special Mother's Day afternoon tea in the gardens of Eryldene in Gordon is also on the agenda, with the heritage-listed home also open on the last three Sundays in May. Ku-ring-gai residents can try their hand at some croquet in Killara. Another must-do is the guided heritage walk through Ku-ring-gai Wildflower Garden presented by the Aboriginal Heritage Office.



"Our area is known for its natural environment alongside our significant heritage. The Festival events really bring to life all aspects of Ku-ring-gai's history and give a human perspective on why our area is such a great part of Sydney," noted Mayor Jennifer Anderson. For full details visit [www.krg.nsw.gov.au/heritagefestival](https://www.krg.nsw.gov.au/heritagefestival)



**Ku-ring-gai HERITAGE FESTIVAL 2021**

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**Ku-ring-gai Council**

## Help shape the future of Ku-ring-gai as a Net Zero Community

How do you think Ku-ring-gai should reach zero greenhouse gas emissions by 2040?

Is it green energy, smarter transport or waste solutions?

Have your say online or face-to-face in May.

- Take the online survey
- Net Zero Communities Evening,

Thursday 6 May 6pm to 7.30pm  
Greengate Hotel Killara.

Register now at [oursay.org/netzero](https://oursay.org/netzero)





## SUPPORT North Shore Markets

Isabella Ross

Markets are a great way to support the local community, small businesses and get to know the people in your neighbourhood – not to mention a fun day out for the family!

Here on the Upper North Shore, we are blessed to have some extraordinary markets in the local area – Turramurra, Gordon, Chatswood and Lindfield just to name a few. As noted by the operators of That Great Market Lindfield, “supporting your local markets does so much. It keeps our small Aussie businesses going, gets us out of our houses into the fresh air and helps us to be more sustainable and environmental through awareness, education and our buying choices.” So, get down this month to one of these great markets – who knows what gems you will discover!

### TURRAMURRA PRODUCE MARKET

The North Shore’s fresh produce and gourmet weekly market, offering delicious and wholesome foods. Every Wednesday 8am – 1pm.

[www.facebook.com/turraproduce/](http://www.facebook.com/turraproduce/)

### FAIR TRADE MARKETS CHATSWOOD

The popular Fair Trade Markets offer unique and handmade gifts that when bought, support trade justice for the artisans, workers and farmers who make the products. 8<sup>th</sup> May 10am – 4pm.

[www.willoughby.nsw.gov.au/Home](http://www.willoughby.nsw.gov.au/Home)

### GORDON MARKETS

Running for over 25 years, Gordon Markets are operated by local Rotary Clubs. Stalls include furniture, antique items, clothing, books, plants and more. 9<sup>th</sup> May, second



Sunday of the month 8:30am – 2pm.

[www.turramurrarotary.org.au/markets/](http://www.turramurrarotary.org.au/markets/)

### IN STYLE TURRAMURRA MARKET

This is a monthly market including an eclectic collection of quality stalls, including fashion, handbags, jewellery and homewares. Saturday 12<sup>th</sup> May & Sunday 13<sup>th</sup> June, 10am – 3pm.

[facebook.com/instyleturramurramarket/](https://facebook.com/instyleturramurramarket/)

### THAT GREAT MARKET LINDFIELD

A local community market, offering beautiful products, gourmet food and live entertainment. 16<sup>th</sup> May and 20<sup>th</sup> June, third Sunday of the month, 9am – 2pm.

[www.thatgreatmarket.com.au/](http://www.thatgreatmarket.com.au/)



## National Sorry Day

Matthew Wai

In Australia we have come to understand that acknowledging the realities of our past is the first step in achieving reconciliation. National Sorry Day provides an opportunity for this, ‘turning sentiment into action’ ([humanrights.gov.au](http://humanrights.gov.au)). It is also a day that shines a light on the Stolen Generation, where predominantly during the time of 1910 – 1970, the forcible separation of Indigenous families occurred.

In 1998, the first National Sorry Day was held, with the aim to reconcile the pain and suffering that First Nations people have experienced. Sadly, Aboriginal and Torres Strait Islander children are still 10.6 times more likely than non-Indigenous children to be removed from their families, according to Reconciliation Australia. Even in contemporary society, the gap still exists. Held on 26<sup>th</sup> May, National Sorry Day is a time to acknowledge and emphasise the voices of Indigenous people.

### Great Resources or Initiatives to Get Behind

• **The Aboriginal Heritage Office:** a joint initiative by local councils, the office aims to protect Aboriginal heritage across the local area, developing long-term management reports to ensure preservation and education.

[www.aboriginalheritage.org/](http://www.aboriginalheritage.org/)

• **The Healing Foundation:** a national Aboriginal and Torres Strait Islander organisation, the foundation partners with communities to address ongoing trauma, particularly when it comes to Stolen Generation survivors.

[healingfoundation.org.au/](http://healingfoundation.org.au/)

• **Reconciliation Australia:** the lead body for reconciliation in Australia, they inspire all Aussies to build relationships, respect and trust between First Nations and Non-Indigenous people.

[www.reconciliation.org.au/](http://www.reconciliation.org.au/)



## ‘Tuesday Tea & Tours’ at Leisure Lea Gardens

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

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# JOCK ZONFRILLO

## on Passion and Resilience

Isabella Ross

Bringing undeniable passion and energy to his role on *MasterChef Australia*, Scottish-Italian chef Jock Zonfrillo has not only made a name for himself in the food industry but also in Aussie households. *Sydney Observer* got the chance to speak with Jock about all things food and *MasterChef Australia*, where his love for food began and the incredible resilience of the hospitality industry.

**W**ith *MasterChef Australia* back on our screens, it has been incredible to see the calibre of contestants taking part in the latest series. “It feels great to get back in the *MasterChef* kitchen, and this year we have fresh home cooks who are walking into the beginning of their food dreams. It’s a different feel for us, compared to last year’s Back to Win contestants. The stakes are high.” And with an incredibly busy filming schedule, finding time for family continues to be the number one priority for Jock. “I don’t have much time for myself when *MasterChef* is on. Nobody teaches you how to find that balance when working in hospitality as well. You get carried away with the passion and creativity of being a chef, and you forget to take those breaks for yourself. Whatever time outside the kitchen is absolutely spent with my kids – the diary is tight. I love to try and keep Saturday and Sunday free so I can be present with the family and roll around the carpet with them like an idiot!”

Those who are familiar with Jock’s work would know that a cause close to his heart is celebrating Australian ingredients and Indigenous self-determination. “I think it’s one of the drivers for me coming to *MasterChef* as a judge was making sure we highlight Australian ingredients that previously might not have been a focus. The *MasterChef* garden is full of native plants and the pantry is stocked full as well – the contestants are reaching for these ingredients and obviously they know my



*MasterChef Australia*: Melissa Leong, Jock Zonfrillo, Andy Allen.

passion for that so I’m sure they bear that in mind too! More importantly using them in a way that is respectful, delicious and mindful of where we are – they’re thinking about inclusion while they are using those ingredients, representing the food of Australia,” he shares.

Jock’s famed restaurant *Orana* was known for showcasing Australia’s modern gastronomic identity through the use of Indigenous ingredients. Sadly, the restaurant was forced to close its doors in 2020 due to the impact of COVID. “To only have one customer per four square metres, it was impossible. *Orana* was such a small restaurant, so it was unachievable to trade. Now we’re assessing our options, as we’ve had some offers to open something in Melbourne or Sydney. It’s a tough time for the hospitality industry. We’re still seeing an approximate 40% work force of what used to be there – finding hospitality staff is a key issue for all businesses currently. Yet the foundation of the industry is resilience.”

When asked what sparked his interest in pursuing a career as a chef, Jock’s childhood tale is a delight to hear. “Around 11 or 12, I wanted to buy a special pushbike that was ridiculously expensive. I asked mum and dad for Christmas, but they just said, ‘£6000 for a pushbike you’ve got to be kidding me. If you want one of these bikes, go get a job and for every pound you earn we’ll match it.’ The paper round money wasn’t going to cut it, so I ended up at a local restaurant washing dishes for cash in hand. After a couple of weeks, one of the chefs couldn’t come into work, so I was put on the veg station. I was so captivated by the kitchen, being a cog in the machine – it was like drugs. From that day on I knew that was what I wanted to do.”

Jock’s passion for the food industry has continued to flourish ever since, from the early days to present and evidently into the future.

“My love for food has never waned, it’s been the anchor throughout my life, the one constant through thick and thin.”

*MasterChef Australia* airs Sunday to Thursday at 7.30pm on Channel 10. To keep up to date with Jock visit his Instagram [@zonfrillo](https://www.instagram.com/zonfrillo).

## JOCK’S FAVOURITE THINGS

### Favourite takeaway dish?

Fried chicken.

### A favourite childhood meal?

Lasagne. I always used to look forward to it because there were extra helpings. As a kid I always gravitated to my Italian roots food-wise rather than the Scottish – what is more compelling, mince and tatties or lasagne?!

### Favourite dessert?

Apple Tarte Tatin (for Jock’s recipe see pages 40-41)

### Favourite pastime/hobby?

Scuba diving.

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

The other day I read on social media that I died of cancer...

### What is the question you are most asked?

‘Where does all the food go?’ I’m always asked how I don’t put weight on and the answer is truly a mystery!



# Is tutoring the only way to succeed?

Matthew Wai

Across Sydney, tutoring has become somewhat of a staple in the lives of students, particularly those going through the HSC. But what a lot of parents are asking themselves is the following – will my child fall behind if they are not tutored?

Classrooms across the country have remained quite traditional in their approach to learning, often following the Direct Teaching Approach. This refers to a teacher-directed way of learning, with a teacher standing in front of a classroom and presenting information, expecting students to pay attention and swiftly comprehend new ideas and concepts. A portion of students may be able to accomplish this. Yet we have to understand that all of us have varying capacities when it comes to absorbing information. To compensate, this is why many parents select tutoring as an alternative method in learning.

Statistics have shown that students often do improve with tutors' help when it comes to grappling concepts better. Tutoring as a learning and teaching method is a lot more in-depth compared to traditional classroom teaching. This is undoubtedly why many parents are paying additional fees for their child's extra learning. Tutors utilise a smaller scale than the classroom, meaning they can pay more attention to their tutee where it sees fit. When the relevance of tutoring becomes questionable however is if the sole purpose is not to understand the information but only achieve a carbon copy of what HSC markers are looking for. According to the Australian Tutoring



Association (ATA), approximately 25% of Australian students are receiving some form of academic support (Cluey Learning, 2019), the ATA further noting that the tutoring industry is valued as over \$1 billion and growing. With this in mind, it is important to remember that even though tutoring is one way to achieve success, it is not the only way for a student to succeed in their studies.

## NAPLAN Shifts from School Comparisons

Isabella Ross

Schools across the state will be undergoing NAPLAN tests throughout May, an important education milestone given last year's tests were cancelled due to COVID-19. In the lead up, the *My School* website where NAPLAN data is available to parents and educators has recently been updated in terms of how test data will be presented.

The Australian Curriculum Assessment and Reporting Authority (ACARA) noted there are now fewer displays of NAPLAN data in a bid to quell the prior focus on comparisons with statistically similar schools. Instead, there will be a stronger focus on student progress, something which NSW parents have been suggesting for quite some time. In recent years, the New South Wales parent peak organisations have called on NAPLAN to return to its original



stated purpose – providing diagnostic information to teachers, parents and students that informs learning. This is opposed to the spotlight on comparing school performance, which had become commonplace. “We need to have a test that is truly educational in its purpose – in other words, it truly identifies a student's strengths and weaknesses, which guides

educators in their teaching,” said P&C Federation Councillor Susie Boyd.

As local parents have come to understand, even though we are so fortunate to have a plethora of great schools across the North Shore, it does come with a level of competitiveness and elitism. “These changes are being made to help parents and school authorities focus more on how a school is performing in terms of student progress and less on ‘school versus school’ comparisons,” said ACARA CEO, David de Carvalho. “For parents, *My School* helps inform the discussions they have with teachers and supports them in making decisions about their child's education. The child's teacher will have the best insight into educational progress,” Mr de Carvalho concluded.

The NAPLAN Online test window is expected between 11<sup>th</sup> to 21<sup>st</sup> May, with NAPLAN on paper test window between 11<sup>th</sup> to 13<sup>th</sup> May. <https://www.nap.edu.au/home>



## Maths Syllabus Overhaul

Madeleine Taplin

NSW is set to see a flurry of school syllabus changes, particularly in the key areas of English, Science and Mathematics. As part of the NSW Government's major curriculum reform, Education NSW consulted parents, teachers and broader community members to help provide input into the first draft of the Kindergarten to Year 2 English and Maths Courses. The draft comes as a group of mathematics experts are pushing to redevelop the broader maths curriculum following the decline of academic results in the subject. Currently, the average Australian 15-year-old is more than a year behind where Australia's average academic results were in 2003. Leading experts have called for problem solving to be central to the new syllabus. This would urge students to not only learn the content but apply it to everyday life, resulting in skills applicable to a future outside of school.

In a joint statement with other relevant associations, the Australian Association of Mathematics Teachers commented, “we need education systems and curricula that help deliver students to society who are up for such a challenge. Just having knowledge is no longer enough. Instead, the abilities to problem-solve, mathematise and hypothesise are all skills that add worth to acquired knowledge.”

## Consent Education for Schools

Schools across NSW have agreed to help drive community and cultural change around sexual assault by signing a Statement of Intent to strengthen the understanding of consent and harm prevention in the school community. With Sydney's North Shore an amalgam of Catholic, independent and government schools, this important first step will mean evolving change for the entire state education sector.

“The testimonies of so many young people have created momentum on a whole-of-society issue that requires a coordinated response across government and the community,” said Minister for Education and Early Childhood Learning Sarah Mitchell. “Through this Statement of Intent all education systems make a commitment to the young women who have spoken out with such strength: that we will do whatever is in our power as leaders and educators to make sure future generations do not have to give similar testimony.”



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# Banksia Beauties

Banksia vinecentia

**Brian Roach**

Once widely known as 'Wallum' prior to European settlement, our magnificent banksias range across this vast land of ours. The genus contains around 75 different species and is part of the Proteaceae family which includes grevilleas and waratahs. Many of our striking banksias come from the west, but we do have some really great ones on the eastern side of the country.

Undoubtedly the best known of our eastern banksias owes its notoriety to the story by May Gibbs about the *Big Bad Banksia Man*, *Banksia serrata*. I still remember being a bit frightened as a kid by that scary old bloke! But over the years I've come to love that 'Old Man Banksia.' It's a prolific plant through our local bushland and like all banksias, it has an amazing capacity for survival and reproduction. The spent flower-heads or cones are retained on the bush with many containing unopened follicles just waiting to burst open and release its seed after a bushfire. Some old cones will have no follicles while the next one will have plenty. It all depends on which of the tiny, individual flowers that make up a fresh cone have been pollinated. Not only do the follicles need extreme heat to open but many species also need following rain as a further stimulus.

Another wonderful local banksia is *Banksia robur*, the 'Swamp Banksia.' Although it thrives in wet ground, it does not demand that condition to do well in the garden and while *Banksia serrata* grows to a small tree of 5m, *Banksia robur* is more suitable for the garden in growing to around 2m. Another excellent local banksia for the



Banksia serrata

garden is *Banksia spinulosa*. It also only grows to around 2m and in early autumn it is stunning with orange or yellow cones. A dwarf form of this plant is often sold under the name of 'Birthday Candles.'

I simply have to mention a very special banksia that not many people know about. It is highly endangered in the wild with only a few plants left where it grows on the shores of Jervis Bay. A few enthusiasts are keenly propagating *Banksia vinecentia* with the aim of building up the numbers in the wild. Some have even crept into home gardens. I was at the home of one such enthusiast at Milton on the South Coast in late March and took a couple of photos of the collection there – beautiful! To discover more, visit: [www.abc.net.au/news/2020-05-28/push-to-save-banksia-vincentia-from-extinction/12292550](http://www.abc.net.au/news/2020-05-28/push-to-save-banksia-vincentia-from-extinction/12292550)



Banksia robur



Banksia spinulosa

**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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# STORAGE GALORE! Pantry Organisation

Madeleine Taplin

Some would say the kitchen is the heart of the home. It's where the family congregate, where kids might do schoolwork, and where we spend many hours each week preparing delicious meals. With this in mind, be sure to take advantage of every inch of space in order to maximise storage and improve general flow and aesthetics. Here are the tips and tricks you need to ensure organisational bliss in your pantry.

## TAKE EVERYTHING OUT

Sometimes the easiest way to start these projects is to remove everything! Make sure your countertop or kitchen table is empty and start the process of removing everything from the pantry. By placing the contents on the countertop, you can clearly see how much is stored in the pantry, which will come in handy a little later. It also gives you a chance to go through the items and remove anything potentially expired or unnecessary. Finish by wiping down your shelves.

## SORT INTO CATEGORIES

Now that everything is on the countertop, you can start to create categories. Place sweet snacks together, savory snacks together, pasta/rice together, baking essentials together etc. By using this system and keeping things in a particular location specific to its category, this will make future usage a lot more efficient and grocery shopping straightforward, knowing what needs replenishing and what doesn't.

## CLEAR MODULAR CONTAINERS

These containers are all the rage! To make the most of your space, as well as keep food fresh for longer, invest in some clear air-tight containers. Try purchasing containers by the same brand/range, as these will stack and fit well together once placed on the shelves. Try labelling each container with either a washable marker or label stickers.

## EVERYDAY USE

Now that we have categories and space saving techniques implemented, it's time to organise those shelves. When deciding where to keep things, it is always a good idea to consider the popularity of the item and the usage regularity. For example, snacks that might be taken to school are utilised regularly, and therefore should be placed at, or just below eye level in order to optimise visibility. You might only make pasta once a week, and therefore pasta supplies can be placed higher up. Pretty quickly you should see your shelves taking form in front of you.

## FINISHING TOUCHES

Why not try adding some baskets to your shelving space? Placing items such as spices in a basket can really make a design difference. You could also try labelling each shelf to make it that much easier for everyone in the house to grab things on the go. Not to mention, a wine rack doesn't hurt!



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Annabel James

# What to Sow in Autumn

Isabella Ross

Autumn is known among passionate gardeners as the perfect time for planting. With this in mind, discover some tips and tricks on how to care for your garden this season, along with some sowing inspiration.

The autumn months are known for their characteristically cooler temperatures and moist soil density – a perfect pairing when it comes to transplanting cuttings or getting started with seedlings. Not to mention, planting this season also allows your plants and their root systems to establish well before the hottest and coldest parts of the year. To see optimal results in your garden, a quality soil structure is key along with consistent watering depending on the type of plant. Adding compost to the soil is favoured by many avid gardeners. Backyard compost or worm farms are two great options for utilising your food waste, providing you with a rich soil fertiliser – win/win for the environment and for the success of your garden!

As mentioned previously on [sydneyobserver.com](http://sydneyobserver.com) by one of our resident gardening experts, some pruning may be on the agenda for autumn. Many of us have trees in our backyard, and for the new smaller ones, it is best to follow the ‘Three D’s’ of pruning – remove any dead, diseased or damaged wood as required.

Now, when it comes to deciding what to plant in autumn, ‘About The Garden’ is a fantastic online Australia-specific gardening resource. Each of these recommendations are geared towards the Sydney region, as its climate is temperate. For herbs – coriander, garlic bulbs, oregano, parsley and thyme are great options. For the veggie patch consider broad beans, spinach, green beans and peas. And lastly, for some gorgeous floral blooms look for carnations, cornflowers, daisies, pansies, sweet peas and violas.



# Ku-ring-gai Orchid Society

Established in 1947, Ku-ring-gai Orchid Society is full of passionate orchid-loving members, with monthly meetings held at West Lindfield Community Hall. Even amidst the pandemic, the group has been sharing progress updates on Facebook of their delightful orchids, with some absolutely stunning blooms on display. They are currently in the midst of planning their first meeting in 13 months, so to get in touch or become a member, visit: <https://kuringaiorchidsociety.org.au/membership/>



Markus Spisak/Unsplash

# 3 Bedroom Space Savers

Isabella Ross

Storage is in limited supply for many households, particularly for growing families. Read on to discover some space saving inspiration – 3 tips that are both efficient and aesthetically pleasing.



Forty Winks

## Underbed Storage

Storing linen, blankets and manchester is quite the task for big family households – that is why underbed storage is a key factor to consider when purchasing a new bed. In most furniture shops, these underbed drawers are often available as an ‘add on’ to a variety of beds on offer, with some retailers also offering custom options. Not only is it a smart way to store more paraphernalia, it is also far more clean than storing items on the empty floorspace underneath a standard bed.

## Bay Windows

Many North Shore homes are characterised by their plentiful-sized rooms, so for those who are fortunate to have a bigger bedroom, why not consider incorporating some seating space for under the window. Bay windows are always great, as they are both a design showstopper but also a brilliant storage idea. If a bay window is not an option, you can consider purchasing an upholstered bench ottoman to place under the bedroom window – meaning it doubles as a lovely seat and also a secret storage holder.



Pinterest

## Inbuilt Shelving

Shelving is great, but often it can be quite clunky and take up too much floor area. To maximise on space, why not consider organising with your builder some inbuilt shelving! Niches have become a staple in bathrooms, but there is nothing to stop us incorporating these wall recesses in other rooms too. As shown in the image, if you would like to showcase particularly special ornaments or mementoes in the recesses, you can consider spotlights as well. Photographs, homewares, miniature canvases, candles, sculptures, books – you name it you can shelf it.

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## Swinging '60s Fashion

Madeleine Taplin

There is no doubt that fashion has evolved significantly with each year, but have you ever thought about taking a trip back to the past? Well, now you can! This year's Ku-ring-gai Heritage Festival will feature an exhibition titled *Cavalcade of Fashion Swinging '60s* – showcasing all things fashion and accessories from the era of prosperity and rebellion.

The '60s were all about fashion for fun and breaking away from the exclusiveness of haute couture. The presentation will feature a selection of gowns from the era, including the likes of miniskirts, cocktail outfits, paper dresses, beachwear, nightwear and more. Furthermore, you will hear some fascinating stories of the time and the women who wore these fabulous clothing pieces. Held on 15<sup>th</sup> May from 3pm to 4pm at East Roseville Community Hall, this event is free courtesy of Ku-ring-gai Council, and is definitely one you don't want to miss out on.

Book online at [www.krg.nsw.gov.au/Things-to-do/Whats-on/Cavalcade-of-fashion-swinging-sixties](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Cavalcade-of-fashion-swinging-sixties)



## Thoughtful Mother's Day Gifts

Rejimon Punchayil

Growing old gracefully is the right of everyone. However, as we get older, it appears as though our body is not catching up with our mind. Some tasks get more daunting. Independence comes with mobility and our ability to conduct our daily chores with less dependence on others. Simple solutions like a pick-up-reacher, a key turner, or a tap turner can make a huge difference. Our hesitation to invest in equipment can deprive us from the simple joy of enjoying a good day. Here are some last-minute practical suggestions that can help you celebrate this Mother's Day in a special way.



**Handy Bar:** This is a simple device that will help an older person get in and out of the car. It can be stored in the glove box.

**Jar Opener:** This will please anyone who finds it hard to open a jar. They come in various styles including one that is battery operated.

**Ultra-Light Walking Frame:** This carbon fibre walker with a seat and handbrake will blow your mind! It weighs just under 5kg.

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

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

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

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# Age is Just a Number: Wellbeing Index 2021

Isabella Ross

Studies show that when it comes to wellbeing among seniors, they often outperform their young counterparts in taking the bigger picture into account (Psychological Science Journal). The Wellbeing Index 2021 from YourLifeChoices has shown no different, revealing most older Australians are feeling positive about their mental, physical and financial health.

Approximately 7000 over 50s were surveyed, with the index providing a holistic barometer of attitudes and behaviour among the older demographic. Unsurprisingly, family (53%), diet (49%), relationships (46%) and exercise (45%) were identified as having a major impact in terms of seniors' wellbeing. The survey also found that the vast majority of older Aussies felt younger than their chronological age (70%). Interestingly, one in five said they felt more than 10 years younger. This positive outlook is particularly great to hear, considering that people who feel younger than their chronological age tend to live longer than those who feel older, highlighting a link between self-perceived age and mortality (University College London, 2014).

"The data proves that older Australians are not as mentally and physically fragile as we may otherwise be led to believe. The narrative around older Australians is far too often a negative one. The aim of this inaugural wellbeing index is to dig a little deeper to truly understand how over 50s are really feeling," said YourLifeChoices publisher Leon Della Bosca.

Freepik



## Victoria Sponge Recipe

Recipe courtesy of Silvana Griffin, Country Women's Association NSW

### Sponge Ingredients

- 250g unsalted butter, softened + extra for greasing pans
- 1 teaspoon vanilla extract
- 1 cup caster sugar
- 4 eggs
- 1/3 cup milk
- 275g self-raising flour + extra for flouring pans
- 25g cornflour
- 1 1/2 tsp baking powder
- 1/4 tsp salt

### Filling Ingredients

- 1/3 cup raspberry jam
- Freshly whipped cream

### Method

1. Preheat oven to 160°C fan forced. Butter and dust with flour x2 deep 20cm round tins.
2. Combine and sift the flour, cornflour, baking powder and salt and set aside. Beat butter, vanilla extract and sugar with electric mixer until light and fluffy, around 5 mins. Beat in eggs one at a time. Stir in a third of the sifted flour mixture, then half the milk, follow with another third of the flour, the rest of the milk, then finally the last of the flour; stir until mixture is smooth.
3. Divide mixture evenly between pans, bake about 30 minutes.
4. Turn cakes out, tops up, onto wire racks covered with a clean tea towel.
5. Sandwich cakes with jam and cream, then dust the top with icing sugar.



## Locals Knitting for Charity

Matthew Wai

With the restart of the Wednesday knitting group in Gordon Library on 5<sup>th</sup> May from 11am to 12pm, we thought it perfect timing to introduce the joys of knitting to locals. Knitting is not just a hobby for many – it is a way to concentrate, relax or learn. As experienced knitting blogger Margie Pearl notes, knitting is great for the mind as by fixing certain mistakes, you are learning. Another great aspect about knitting is that you can create whatever your heart desires – ultimately the satisfaction you gain after accomplishing a garment can be truly rewarding.

Ku-ring-gai Library is re-introducing its *Knitting at the Library* initiative to the delight of the community, particularly our North Shore seniors. The group collects and creates all types of knitting, with the goal to donate all of them towards charity organisation Wrap With Love. "Our generous and talented volunteers, knit, crochet and sew beautiful, warm wraps for those in need. Since 1992 we have wrapped more than 414, 000 people with love and warmth in Australia and around the world to needy countries," the charity tells.

Australia has a lot of history when it comes to knitted donations. During both World Wars, volunteers, often women, would contribute to the war effort by sending knitting items to the Red Cross and Salvation Army. According to the State Library of New South Wales, the Australian Comforts Fund co-ordinated knitting circles and the delivery of much needed socks to WWI troops. To make a difference in the community, discover a new passion and socialise with like-minded locals, be sure to get involved with *Knitting at the Library's* Gordon group. "Those interested in attending should ring the library on 9424 0120 or email [Gordon.library@kmc.nsw.gov.au](mailto:Gordon.library@kmc.nsw.gov.au) to book a spot as there will be limited places due to COVID restrictions. It will be great to get the group back knitting in the library creating rugs for Wrap With Love," commented Gordon Librarian Julie Just.

<https://www.krg.nsw.gov.au/Community/Ku-ring-gai-Library/Groups-and-clubs/Knitting-groups>

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\*Correct as at April 2021. Image is for illustrative purposes only. J005943B

# Accepting the Past

Dr Sue Ferguson

According to the late psychologist Erik Erikson, it is through reviewing our life and wrestling with our past triumphs and regrets that we come to develop acceptance of our past and thus gain wisdom and adjust better in older adulthood. Accepting the past involves developing a positive view of your past, yet acknowledging that you could have done things differently, made better choices, or worked harder. In my research, an accepting view of the past was associated with happiness and an increased sense of meaning. Most of us (about 90%) can identify several regrets, about things we have done or not done. But only unresolved regret (an indicator of lack of acceptance of the past) contributes to reduced wellbeing and increases in negative emotions such as anger, sadness or shame and depression.

Here are some ways research suggests may help us deal with regrets and reach acceptance:

First, if there is something you can do about the regretted situation, then try behavioural repair work. For example, if we do something to hurt or offend someone we can apologise and vow to do better from now on. Second, if there are no opportunities to fix



the regretted situation, then try emotional acceptance strategies such as:

- 1. Goal disengagement:** decide old goals that cannot be achieved are no longer important.
- 2. Downward social comparison:** contrast your regrets with those of other people whose regrets are worse than your own.
- 3. Positive reappraisal:** look for silver linings such as "I learned so much."
- 4. Attempt forgiveness** of yourself and others.
- 5. Practice self-compassion.**

Remember, "it's all right to have a little bit of regret every once in a while. It's when you feel it all the time and can't do anything about it – that's when you get into trouble." Sarah Dessen, *Lock and Key* Novel.



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

# Hearing well can put you on top of the world!

Kamahl, the prestigious world-class entertainer has benefited from the fitting of the latest digital hearing technology which not only restored his joy of hearing music and speech clearly but has given him an edge over those with normal hearing in many circumstances. With all the media attention that Kamahl has been attracting recently, hearing well took on added importance. Thanks to the latest digital hearing technology he is communicating with ease. "I'm on top of the world! I am hearing you clearly, it is wonderful!" shares Kamahl.

As Kamahl needed to communicate effectively he sought the advice of Aaron Magee from the local family practice, AUDiOHEALTH. "Aaron took the time and patience to explain everything to me, so it was effortless and transformational," Kamahl explains. "I am now connected to the world again." Aaron set things up so that Kamahl's mobile calls stream through his hearing devices, giving him clarity and privacy. He also has access to an app on his phone giving him unequalled control. Kamahl mostly enjoys letting the product work automatically for him, in turn enhancing speech and reducing background noise.



Kamahl and Aaron Magee.

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The Gordon Village Arcade

26/767 Pacific Hwy **GORDON**



## PICKLEBALL Perfect Sport for All

Matthew Wai

**R**egular exercise improves brain function and can even protect against dementia in older adults, according to University of Queensland research. “What our research determined was weekly moderate physical activity increased older people’s cognitive function, with women benefiting almost twice as much as men,” noted UQ School of Economics and Centre for the Business and Economics of Health PhD Candidate Sabrina Lenzen.

Pickleball is the latest recommendation for seniors, with many locals who adore playing it. However, with a low profile in the community, what exactly is pickleball? Like tennis, ping pong and badminton, pickleball contains a ball and a paddle (racquet), as well as including a low net in a relatively small court. Pickleball as a sport is incredibly suitable for a wide range of people, as it requires minimal movement compared with other high-impact sports. Like tennis, it can get relatively ‘speedy’ with the court’s back and forth action, allowing players to enjoy a bit of competition and get the body moving with little risk of injury. For North Shore locals wanting to give this sport a go, there are plenty of places in the area where pickleball can be played.

### Places to Play Pickleball

- **Hornsby PCYC:** Park Avenue Waitara 2077, Pickleball contacts: Peter Kirkwood ([kirkwood@cpi.com.au](mailto:kirkwood@cpi.com.au)) Kerry Edards ([kedards@fastmail.com.au](mailto:kedards@fastmail.com.au))
- **Ryde Community Sports Centre YMCA:** ELS Hall Park, 109 Kent Road North Ryde 2113, Pickleball contacts: Linda Sleiman ([sleiman0041@gmail.com](mailto:sleiman0041@gmail.com))
- **Wahroonga:** Abbotsleigh Girls School: 1666 Pacific Highway Wahroonga 2076. Pickleball contacts: Jackie Robinson ([jjrobinson@inet.net.au](mailto:jjrobinson@inet.net.au))

## The Morning Tea Making a Difference

Matthew Wai

**C**ancer remains one of the most challenging diseases worldwide. It remains the leading cause of death in Australia, with almost 150,000 new cases of cancer diagnosed and sadly 50,000 deaths recorded in 2020 (Cancer Council Australia). It is important to recognise that the death rate has fallen by more than 24% since 1980, yet there is still more to be done. So how can we make a difference?

Australia’s Biggest Morning Tea on 27<sup>th</sup> May is a great option to consider. By organising a morning tea event of any size, you will be making a pivotal change. “My morning tea is only a small gathering, but I know that every dollar makes a difference,” noted avid fundraiser and Australia’s Biggest Morning Tea host Sandra. Simply register your Biggest Morning Tea event and receive a free host kit to make things nice and easy. With more than 7000 hosts preparing their morning tea Australia wide, join them in spreading awareness and raising much-needed funds for the Cancer Council.

[www.biggestmorningtea.com.au/](http://www.biggestmorningtea.com.au/)



### Morning Tea Curation Tips:

1. **Start with a pinch of preparation:** decide on the guest list and commence the RSVP process. There are lovely pre-made invitations you can either print or send digitally via the Biggest Morning Tea website.
2. **Add a dash of inspiration:** plan the festivities of the event – whether it is drinks and nibbles, a few party games or maybe a nice paint and sip activity in the back garden.
3. **Stir in a big dollop of delicious:** consider the menu and food preparation, whether you would like a potluck style event, fully catered, baked yourself or deliciously store bought.
4. **A splash of decoration:** in your free hosting kit, you will be given some bunting and posters to decorate with – feel free to add your own unique touch as well.
5. **Spread the word:** share some images of your delightful morning tea event on the socials with the hashtag [#australiasbiggestmorningtea](https://twitter.com/australiasbiggestmorningtea) along with a link to donate to Cancer Council.

## A Change in Priorities for Seniors

Madeleine Taplin

**T**here is no doubt that 2020 was an incredibly testing and defining year for all, especially our seniors who were most impacted by the restrictions and health risks. ‘The 2021 Mindset Shift Report,’ written as part of the Australian Seniors Research Series, focuses on how 2020 defined a change in priorities among seniors. Over 5000 older Aussies were surveyed, with the report exploring themes of ambition, change in life perception, retirement plans and thoughts on mortality. The report showed 3 in 4 seniors felt the need to adjust their focuses, choosing to hierarchize things that really matter. What the results highlight is a shift in mindset, with 44% of people choosing to live more in the moment rather than strict planning for the future.

Associate Professor Christina Bryant, Director of Clinical Psychology at the University of Melbourne, spoke of this reprioritisation and adaptiveness that seniors indeed possess. “The shifts identified in this survey are contrary to the



commonly held stereotype that older people are inflexible and stuck in their ways of thinking. It appears that this group of older people have altered their outlook following the hardships faced in 2020.”

Further findings include 52% of those surveyed are looking to save more money and 22% are looking to sort out a will and testament. One thing is for sure, travel still tops seniors post-COVID bucket lists, with 35% still wanting to venture more overseas and engage in some sightseeing.



**For \$70, I can have my Will legally written.**

**Community Wills Day – Wednesday 23rd June**

Cnr Archer and Johnson Street Chatswood NSW 2067  
**Book\* by phone on 1800 337 082 or online at [salvationarmy.org.au/willsdays](http://salvationarmy.org.au/willsdays)**

*\*Bookings are essential*

There is no obligation to leave a gift in your Will to The Salvation Army. If, after taking care of your loved ones, you would like to support our work, please advise the solicitor at your appointment.



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# World No Tobacco Day

Matthew Wai

With more than 100 million people globally considering and attempting to quit tobacco, World No Tobacco Day (31<sup>st</sup> May) plays a vital role in encouraging society to say no to tobacco. The World Health Organisation (WHO) has released a new campaign, *Commit to Quit*. Some of the aims of the campaign include promoting access to quitting services, raising awareness of tobacco industry tactics and empowering users to make successful attempts to quit.

Tobacco is a type of plant leaf that is primarily used in the creation of cigarettes. As we have come to understand, the negative effects of tobacco usage are quite significant, with risks including cancer, lung diseases like emphysema and more. Not to mention the impact cigarette smoke can have on those surrounding us! The number of tobacco users worldwide has significantly decreased over the past few years. According to one study (Tobacco Australia), the Aussie tobacco users' percentage has dropped substantially from 18% to 13% from 2010 to 2019.

The devastating thing is that many of us know someone who has been left to deal with the consequences of long-term tobacco usage. A positive thing to remember however is that results can be seen immediately when quitting tobacco. Initial benefits can include a drop in heart rate and stabilisation in blood pressure, not to mention that within just one day almost all the nicotine is out of the bloodstream. Later down the track in 2 to 5 years, there is a major drop in risk when it comes to heart attack and stroke, with the likelihood gradually decreasing over time. So, take the plunge and give up tobacco today, for yourself and your loved ones.

## Health Corner

Madeleine Taplin



### Armaforce

A powerful blend of herbs and nutrients such as olive leaf, vitamin C and zinc, these tablets target symptoms of the common cold and upper respiratory tract infections. Additionally, these tablets can help to decrease the severity and duration of regular colds, allowing you to be back to your best self in no time at all.



### Echinacea

A personal favourite in my house, Echinacea is a herb that is native to the areas east of the Rocky Mountains in the USA. Commonly used to target

the common cold and other infections, this medication can also be taken to improve the body's immune system. Whilst it works in a similar way to Armaforce, Echinacea has added benefits in that there is no recommended usage period, meaning you can use it for as long or as little as you like. So, when feeling a little run down, see if Echinacea is something that could help you!

### Sambucol Immunity Liquid

Formulated with elderberry and vitamin C, this immunity liquid helps to provide immune support, increasing the body's natural resistance throughout the chilly months. Also including zinc, this liquid is filled with all the vitamins the body needs to remain strong and healthy. Like Echinacea, this liquid has no set period of intake, so can be taken all winter to help reduce potential exposure to the common cold.



# Supporting Local: Zozo Organics

Here at *Sydney Observer*, we love to showcase local businesses that are inclusive and family owned and operated – in comes Zozo Organics!

Skincare is something that is relevant to every age group and gender – it's universal. Most of us are unfortunate to have experienced some sort of irritating skin condition. Itchiness, redness, dullness, signs of premature ageing, pigmentation, inflammation – the list goes on. Khim, the owner of Zozo Organics, has dealt with skin irritations since childhood, and knows how debilitating it can be. "During childhood I wasn't alone in dealing with my skin battle. My poor mother was struggling with it too, so I knew I wanted to create a skincare brand that could help not just my family but others too."

A practicing pharmacist, Khim was determined to create a brand dedicated to creating natural and organic skincare solutions to help all. "The real inspiration of this company came in the form of my firstborn Enzo. When my husband Dean and I welcomed Enzo into the world, we started paying close attention to infant product labels and researching ingredient names. We wanted to choose products that were Australian made and sourced," Khim tells.

With the motivation behind them, Khim and Dean set out to develop Australian made products that would be of the highest quality, natural, safe and effective in dealing



Khim, her husband Dean and their two kids.

with a variety of skin concerns. In a bid to give back to the community, Zozo Organics also donates 5% of every purchase to The Smith Family, which is quite remarkable for a small business.

Khim shares that the reaction from the community has been really exciting to hear. "We had one customer write to us saying she had been using the Multipurpose Balm on her daughter's skin for a few weeks and it definitely helped with reducing the scratching. Her daughter had terrible eczema since birth, so it was great to hear a success story like this one."

To try some products created with love and science, visit: [www.zozoorganics.com.au/](http://www.zozoorganics.com.au/) or [@zozoorganics](https://www.instagram.com/zozoorganics) on Instagram.



## Hornsby Jewellers

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In Style Turramurra

## WINTER MARKET

Saturday 12<sup>th</sup> & Sunday 13<sup>th</sup> June

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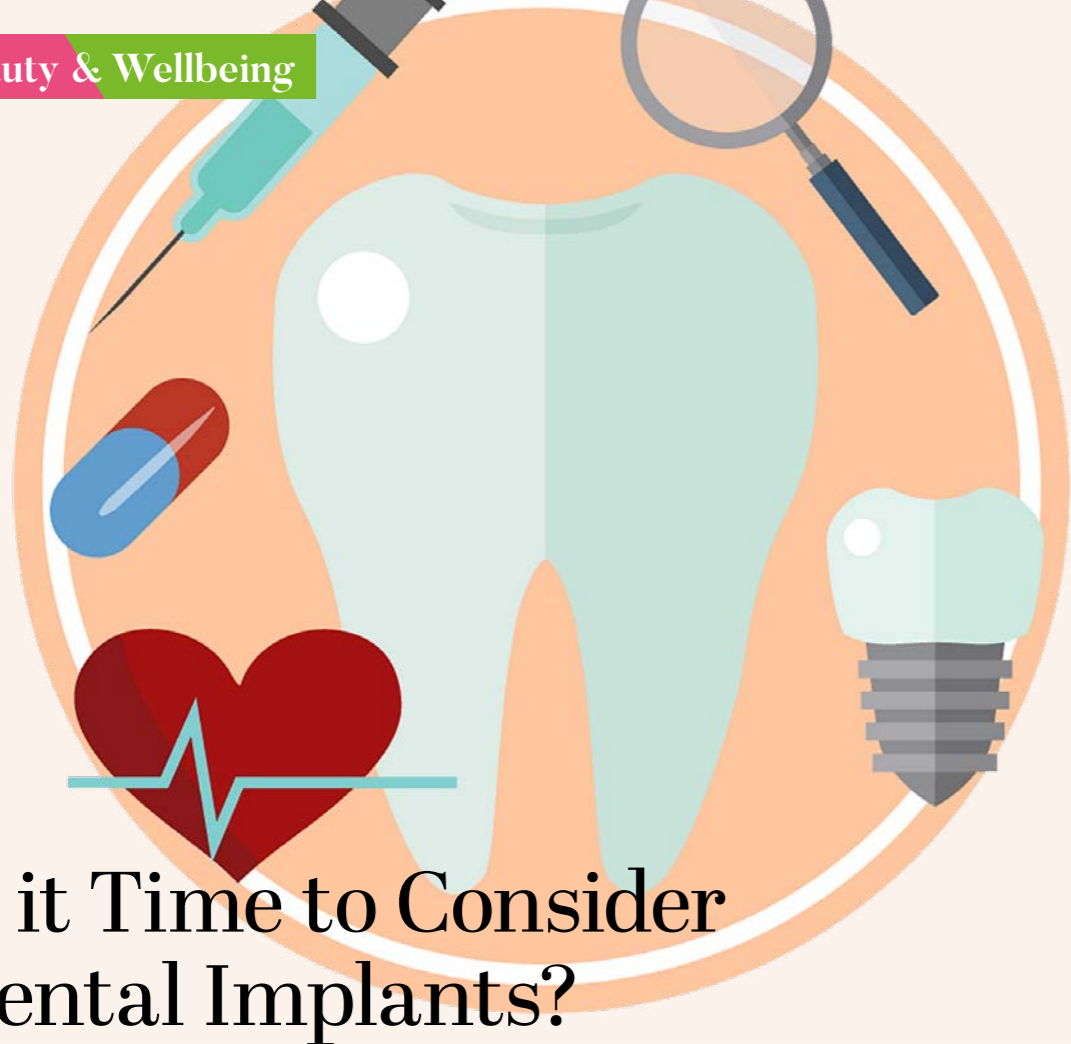
10am - 3pm

- a quality collection of boutique stalls
- social distancing encouraged
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Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turramurra.



# Is it Time to Consider Dental Implants?

**Dr Ian Sweeney**

All too often people find themselves in a situation where they are not happy with the appearance of their teeth or their smile. This may be due to the loss of one or multiple teeth, having many broken or crooked teeth, chronically sensitive teeth or just not happy with their ability to eat and chew. People are frequently frustrated managing their full or partial dentures too. Sometimes, a replacement option for failing or missing teeth may be the best option.

## WHAT ARE DENTAL IMPLANTS?

Dental Implants are titanium screws that are positioned directly into the jaws (upper or lower), which are used to support anything from a single crown to an entire arch of teeth. Dental implants may also be used to support and stabilise new or existing dentures. Dental implants are biocompatible with the body, meaning that once they are positioned into the jawbone they integrate there and become 'fixed' into place. Following a healing period, the final tooth or teeth are then secured onto the implant.

## COMMON INDICATIONS FOR DENTAL IMPLANTS

• **Missing teeth:** Dental implants are one of the options to replace missing teeth. The advantage of dental

implants is no other teeth need to be involved, unlike conventional crown and bridgework.

• **Difficulty chewing:** People who have lost back teeth may no longer have the option of conventional crown and bridgework. In this case, the replacement options are limited to either partial dentures or implant supported teeth.

• **Failing teeth:** Chipped, cracked and broken teeth may occasionally be beyond repair. Occasionally, the best option is to remove the failing teeth and replace them with something that is more durable and predictable in the long term.

• **Dentures that are sore, mobile or just not working:** Many people struggle to wear partial or full dentures. The mouth is ever changing, and the oral mucosa is not designed to be load bearing. The gum that supports dentures is more prone to irritation from movement of the dentures, resulting in oral ulcers and chronic sore spots.

If you feel that you are struggling with your existing oral condition, discuss the various options possible for your mouth with your dentist. These days there is almost always another option available.

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

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

**NORTHSIDE  
DENTAL & IMPLANT  
CENTRE**

**NORTHSIDE  
SEDATION  
CENTRE**

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

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

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

## Special Services

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- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
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- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
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Turramurra 2074

☎ 02 9144 4522

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Hornsby 2077

☎ 02 9987 4477

Visit: [www.northsidedental.com.au](http://www.northsidedental.com.au)



# Cruelty-free Skincare

Madeleine Taplin

In the last decade, there has been necessary mounting pressure on cosmetic companies and the beauty industry to stop animal testing. It has often been the case that individual ingredients and finished products are tested on animals, and the consequences of such testing is sadly well documented. Each year more than 500,000 animals are harmed, tortured and slaughtered for the purposes of, or as a result of animal testing. Sadly, animal testing is not just cruel, but also the least reliable and most expensive of all available testing methods today.

The good news is that many countries have enforced bans on animal testing, Australia being one such country. Since 1<sup>st</sup> July 2020, cosmetic ingredients manufactured in or imported into Australia are not able to utilise animal testing to prove safety. This ban aligns with the European Union's approach of ensuring the ongoing protection of public health, worker safety and the environment, and minimal impact

to businesses. The ban also works to encourage more modern modes of testing, and this is all being done through legislation, codes of practices and advisory groups.

As a result of these new regulations, a selection of great cruelty-free, sustainable brands have emerged in the Australian market. One such brand *Sydney Observer* has tried and tested is Hey Gorgeous Skincare who are proudly 'beauty without cruelty' accredited, as well as being organic and sustainable. Rather than using animals, the company utilises volunteers and testers to try out their products with incredible results. There's a multitude of different products on offer, ranging from facial scrubs, cleansers, serums, masks, cosmetics, body lotions and more! So, next time you are shopping for skincare products and cosmetics, look for those that are not animal tested and become part of the movement to ban animal testing and cruelty globally.

For Hey Gorgeous Skincare products, visit: [hey-gorgeous.com.au](http://hey-gorgeous.com.au) and [@heygorgeous\\_au](https://www.instagram.com/heygorgeous_au)



# What is Gaslighting?

Matthew Wai

Gaslighting is a form of psychological manipulation towards a partner, whether in a romantic relationship, or among friends or family members. Gaslighting can occur with the slightest of issues involving elements of deception, false accusations and exaggerations, ultimately done in order for the perpetrator to gain control of the individual that they are gaslighting. It is a term that has caught the world by storm in 2021, so *Sydney Observer* thought it best to unpack exactly what is gaslighting?

Gaslighting is a term that transpired in the 1938 play *Gas Light*, written by Patrick Hamilton. *Gas Light* revolves around the story where a husband would allegedly vary the brightness of the gas lamp at home, in turn creating a misconception for his wife by consistently lying and denying the change in light conditions. Through this manipulation, the wife's mental health worsened, as she was convinced that her mind was seeing things inaccurately therefore 'needing' to rely on her husband. By falsifying the truth, the husband intended to make his wife doubt her own perceptions and judgement, a truly disturbing storyline. Although the play gained tremendous success since its release and was adapted into two different movies, the act of gaslighting is unfortunately not only cinematic but also quite common.

There are various types of gaslighting, and it can be difficult to detect such red flags among our daily conversations. [ImpactforWomen.org.au](http://ImpactforWomen.org.au) lists the following as points to consider:



- 1. Confusing:** Are you being told you're crazy? Is your partner twisting things around to make it seem you're being irrational or unreasonable?
- 2. Self-Doubt:** Are you second guessing yourself?
- 3. Isolating:** Are your thoughts and feelings being trivialised?
- 4. Avoidance & Denial:** 'You must have dreamt that! I don't know what you're talking about.'
- 5. Walking on Eggshells:** Are you constantly apologising because you're made to feel as if you were wrong, even if you weren't?
- 6. Diversion:** 'You're imagining things.'

It is always ideal to be well-informed, and to be on the lookout for signs of gaslighting early on – remember help is always available on [www.180orespect.org.au/](http://www.180orespect.org.au/)



**Location:** Dooralong Valley, Central Coast Hinterland NSW  
**Getting there:** 1 hour 20 minutes north of Sydney  
**Sleeps:** 12 **Bedrooms:** 4

# A Relaxing Hinterland Getaway

Karinya Farmstay

Escaping the hustle and bustle of Sydney is something we all love to do when searching for some rest and relaxation. Karinya Farmstay are inviting *Sydney Observer* readers to come and relax at Karinya.



Located in the Dooralong Valley, Central Coast Hinterland, the property is situated on 7 picturesque acres overlooking nothing but green rolling vistas, grazing livestock and tree studded mountains. They also often get to see a full rainbow stretch out over the valley – a truly magical photo opportunity. Karinya literally means 'a place of peace and rest' and that's exactly what you'll find at this

beautiful farmstay. Enjoy private use of the entire house including a heated swimming pool and incredible children's playground. Or build a fire and toast marshmallows in the fire pit and cook a pizza in the outdoor pizza oven. For a bit of romance, enjoy an outdoor movie experience or a picnic and glass of wine down by the dam. That is the best bit

about Karinya – there is something to suit everyone.

You can spend your days lazing by the heated swimming pool or you can try your hand at farming and be part of some of the grooming and feeding of their gorgeous animals – who wouldn't fall in love with the friendly sheep, horses, ducks, hens, alpacas and cows! There are also plenty of nearby attractions to enjoy, as it is located just 50 minutes away from the Hunter Valley vineyards and 30 minutes distance from some of the most beautiful Central Coast beaches.

To get in touch, visit [www.karinyafarmstay.com.au](http://www.karinyafarmstay.com.au), email [stay@karinyafarmstay.com.au](mailto:stay@karinyafarmstay.com.au) or check out their Instagram [@karinyafarmstay](https://www.instagram.com/karinyafarmstay)



# Mollymook

Madeleine Taplin

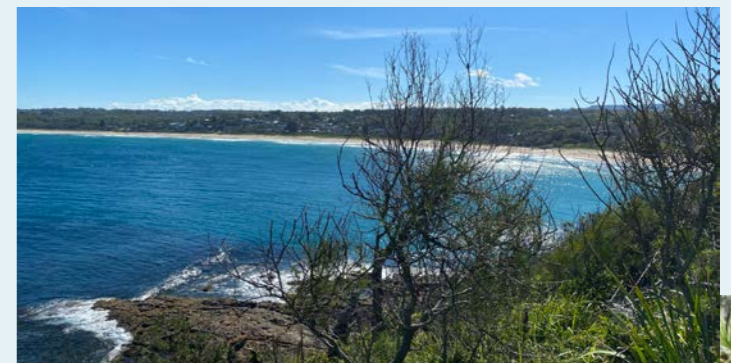
Located in the Shoalhaven region of the NSW South Coast, Mollymook is 3 hours south of Sydney. Following the coast, you can stop in a multitude of cute towns on the way such as Berry or Gerroa. Once you pass over the headlands and see the sparkling blue waters, you'll know you are in the right place!

## WHERE TO STAY

Mollymook has a number of great holiday houses that you can rent. I would recommend looking at houses located at the northern end of Mitchell Parade or on Beach Road, as both these locations are close to the small shopping strip and provide magnificent views of the beach. If houses are not quite your style, try 'Bannisters Pavilion' or 'Bannisters by the Sea,' as these luxury hotels are simply stunning.

## WHAT TO DO

Whilst the ocean itself is a playground, there are plenty of other exciting activities to partake in at Mollymook during the cooler seasons. Are you an early riser? Take a stroll along the beach at sunrise. If you feel like shopping, head inland into Milton. Wanting an adventure? Check out the Pidgeon House Mountain Walk, 45 minutes from Milton.

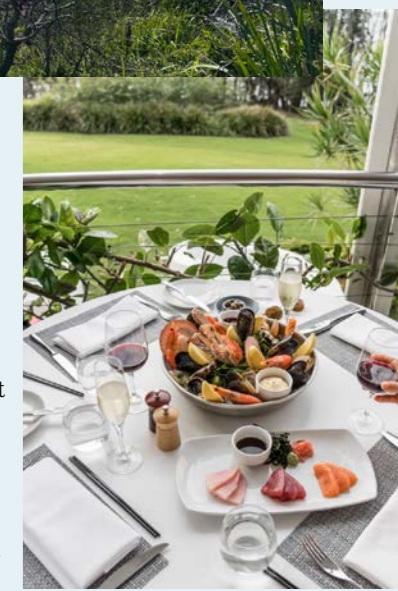


## WHERE TO EAT

If you love Asian Fusion, look no further than Gwylo. This funky restaurant offers some of the best local Asian cuisine.

Looking for some Mexican? Check out The Ruse in Ulladulla. Their tacos are to die for and be sure to not overlook the fantastic churros.

Want something upmarket? Rick Stein at Bannisters offers a wide variety of seafood dishes completed to perfection.



# Let it Snow! Ski Season

Madeleine Taplin

**W**inter is coming, so it's the perfect time to start planning your next vacation. With school holidays perfectly lining up with the ski season, it's time to pile on some layers, strap on those boots, and combat the chill with everyone's favourite winter activity.

## THREDBO, NSW

Six hours south of Sydney, buried deep in Kosciuszko National Park is the village of Thredbo. Winner of Australia's prestigious 'Best Ski Resort' award for four years running, Thredbo boasts a huge amount of snow terrain for all ages and abilities. The beautiful village located at the base of the mountain features a range of accommodation, restaurants, bars, cafes and retail shops. Be sure to purchase your vehicle pass to enter Kosciuszko National Park before you head off.

[www.thredbo.com.au](http://www.thredbo.com.au)

## PERISHER, NSW

Located 30 minutes north of Jindabyne, lies Perisher Ski Resort. The resort is a combination of the resources and facilities of Perisher Valley, Smiggin Holes, Mount Blue Cow, Guthega and The Station. Perisher is the largest snow resort in the Southern Hemisphere, with the highest terrain, largest number of lifts, and most reliable snow in Australia. Perisher also has its own 'village' of sorts, with coffee shops, cafes, restaurants and retail outlets all available, though not as expansive as nearby Thredbo. At the end of the day, you can relax at the Sundeck Bar and play some pool as the sun sets.

[www.perisher.com.au](http://www.perisher.com.au)

## WANAKA, NZ

Feeling adventurous? Thanks to the recent NZ-AUS travel bubble, hop on a plane to Southern New Zealand and head to Wanaka, located an hour away from Queenstown. The Wanaka area features three diverse ski areas – Cardrona, Treble Cone and Snow Farm – all of which are within a 40-minute drive from the town centre. The fantastic ski school, accommodation and facilities top off what is an incredibly picturesque and exciting holiday destination!

[www.lakewanaka.co.nz/things-to-do/skiing-and-snowboarding/](http://www.lakewanaka.co.nz/things-to-do/skiing-and-snowboarding/)

Matthieu Petiard/Unsplash



## MOUNT HOTHAM, VIC

Fancy a trip south? Four and a half hours north of Melbourne lies Mount Hotham, Australia's highest alpine village. Nestled amongst the Victorian Alps of the Great Dividing Range, Hotham boasts some of the most spectacular views, its own airport, and a massive 320 hectares of ski terrain! With family friendly activities such as tobogganing, dog sled tours and snow mobile rides, you really can't go wrong with this spot.

[www.mthotham.com.au](http://www.mthotham.com.au)



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**ST IVES TRAVEL**

# A Weekend in Melbourne

Isabella Ross

**Saturday** – Spend the morning exploring the harbourside shores of St Kilda and its boardwalk. There's plenty of great cafes along the water – remember a coffee in Melbourne is a must! If you are on holiday with the family, consider going to the nearby Luna Park. 10 minutes away is the beautifully upmarket suburb of Brighton – boasting the famous Brighton Bathing Boxes, worth getting some snaps. Now it's time to head back into the city, and there is no better place to visit than the bustling inner-city Queen Victoria Market – one good recommendation is the Turkish boreks. Toast the afternoon by having a stroll within the lush Royal Botanic Gardens Victoria. For a taste of modern Australian-Thai, Chin Chin is a must-visit in Flinders Lane for dinner and drinks.

**Sunday** – Start the day by grabbing a delicious pastry from Lune Croissanterie in the CBD – their almond croissants are particularly decadent. After a bite to eat, go explore Melbourne's art scene. Hosier



Lane is the focal point of the self-guided tour, known for its iconic graffiti walls. For more art spectating, visit the popular Ian Potter Centre National Gallery of Victoria – the gallery is brimming with plenty of incredible local artworks and artists. For some lunch, check out Lygon Street, also known as Little Italy – grab some gelato and a pizza or two for lunch. Melbourne is also known for its exquisite architecture. Flinders Street Station, Federation Square, St Paul's Cathedral – there are so many iconic buildings in the city to admire. Regardless if Christianity is your thing, the cathedral itself is open for public viewing,



with stunning stain glass windows and high ceilings. To finish off the day, head to Lucy Liu, a modern Asian restaurant and bar that is edgy, contemporary and packing a good menu.



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Email: [mowbray@farmstayholidays.com.au](mailto:mowbray@farmstayholidays.com.au)  
745 Barkers Lodge Road Picton NSW 02 4680 9243 



# JOCK ZONFRILLO MASTERCLASS

## Apple Tarte Tatin with Brown Bread Ice Cream

Serves 8

### Ice Cream Ingredients

- 100g brown bread
- 100g demerara sugar
- 500ml fresh apple juice
- Salt flakes, to season
- 5 egg whites and 5 egg yolks
- 125g caster sugar
- 250ml thickened cream

### Apple Tarte Tatin Ingredients

- 5 medium Pink Lady apples
- 200g raw sugar
- 150g unsalted butter
- 2 star anise, whole
- 1½ tsp cracked black pepper
- 1 vanilla pod, split and seeds scraped
- 30-40ml fresh apple juice
- 1 sheet puff pastry

### Method

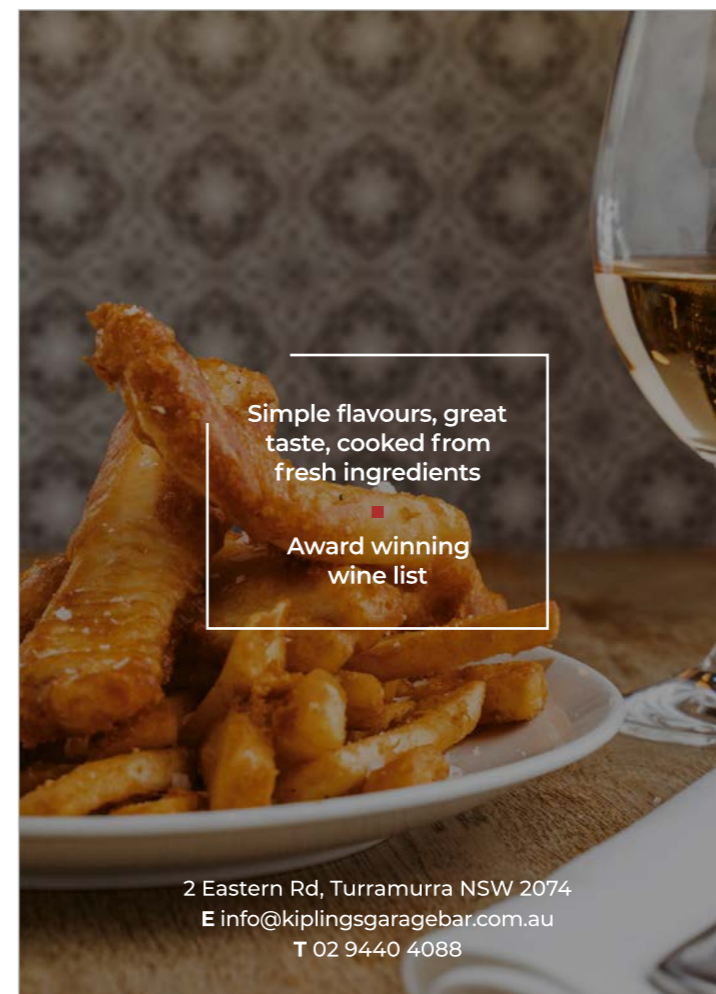
1. Preheat the oven to 220°C fan forced.
2. For the Ice Cream, remove crust from the bread and discard. Tear the bread into chunks.
3. Combine the bread and demerara sugar in a food processor and process to a fine crumb.
4. Transfer crumb to a silpat lined tray and spread evenly across. Bake for 15-17 minutes, stirring occasionally to avoid the edges burning. When crumb is golden brown, transfer silpat mat to the bench and leave to cool.
5. Meanwhile, for the Tarte Tatin, top and tail each apple to approximately 4cm. Peel apples. Cut each apple in half, discarding core.
6. Combine the sugar, butter, star anise, pepper, vanilla seeds and pod in a large frypan over medium heat. Melt the butter, dissolve the sugar then bring all to a simmer and cook until the sugar starts to caramelize and butter foams.
7. Add apple to the pan, standing upright and cook on one side for 5-10 minutes or until dark caramel in colour, shaking the pan on occasion to mix apples into the caramel. Remove pan from the heat, transfer apples to a small tray and set aside.
8. Return pan to high heat. Add apple juice and bring to the boil, stirring until emulsified.
9. Pass the caramel through a fine sieve into a measuring jug and set aside. Discard vanilla pod and star anise.
10. Pour a 2mm thick layer of caramel into the bottom of a 16cm copper saucepan. Assemble the apple cooked side down, around the base of the pan, leaving a 5mm gap between the apples and the edge of the pan. Use a ring cutter to cut a small disk from any remaining apple to fit in the centre gap.
11. Cut a 20cm round of puff pastry, discarding trimmings. Place puff pastry over the apples and tuck edges down between the apples and the edge of the pan. Use a small sharp knife to make two small holes in the centre of the pastry.

12. Bake for 45 minutes or until pastry is puffed and golden. Set the pan aside to rest for 5-10 minutes.
13. Meanwhile, for the Ice Cream, place apple juice into a medium saucepan over high heat and bring to the boil. Season with a little salt. Continue to boil over high heat until reduced until thickened. Remove saucepan from the heat and set aside.
14. Place egg whites in the bowl of a stand mixer fitted with a whisk attachment and whip on high speed until frothy. Whilst whisking, gradually sprinkle the sugar into egg whites, whipping for 6 minutes or until stiff shiny peaks form and all sugar has dissolved.
15. Combine the cream and a generous pinch of salt in another bowl of a stand mixer fitted with a whisk attachment and whip to soft peaks.
16. Add yolks to the whipped cream and fold through.
17. Add yolk/cream mixture to the whites and briefly fold through.
18. Add the cold breadcrumbs and briefly fold through until all ingredients are well combined.
19. Transfer the ice cream mixture to a small deep baking tray.
20. Taste both the ice cream base and the caramel. Season the caramel with salt if needed to balance sweetness.
21. Drizzle caramel over the ice cream base and gently fold it through to give a marbled effect. Place in the freezer until set.
22. Place serving plate over the slightly cool pan of Tarte Tatin and

invert to flip out of the pan and upside down onto the plate, exposing the apples. Top Tarte Tatin with a quenelle of Brown Bread Ice Cream.

Tip – Make the Ice Cream in advance and cook the Tarte Tatin just before serving.

For a video tutorial, visit: <https://10play.com.au/masterchef/recipes/apple-tarte-tatin-with-brown-bread-ice-cream-and-salted-apple-caramel/r200513txfy>



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## Local Food What's On

### HEALTHY EATING & FOOD WASTE

In this online workshop, an Oz Harvest speaker will discuss the fundamentals of healthy eating on a budget and provide tips for reducing food waste.

**Where:** Online via Zoom

**When:** 19<sup>th</sup> May

**Time:** 1pm – 2pm

**Cost:** Free

[http://bit.ly/healthy\\_eating\\_SO](http://bit.ly/healthy_eating_SO)

### ECLAIRS, PROFITEROLES: CHOUX PASTRY

Learn in this hands-on class with Pastry Chef Mayumi how to work with choux. You will be making your own eclairs and cream puffs to take home.

**Where:** Sydney Cooking School, Neutral Bay

**When:** 16<sup>th</sup> May

**Time:** 10am – 1pm

**Cost:** \$160 per person

[http://bit.ly/profiteroles\\_SO](http://bit.ly/profiteroles_SO)

### SINGAPORE CHILLI CRAB

Kick off this Sydney Seafood School class with seafood canapés and wine before you master Singapore's iconic and decadently delicious chilli crab.

**Where:** Sydney Fish Market, Pyrmont

**When:** 29<sup>th</sup> May

**Time:** 6:30pm – 10pm

**Cost:** \$180 per person

[http://bit.ly/seafood-school\\_SO](http://bit.ly/seafood-school_SO)

## Cooking with Spices

Flavoursome curries are the perfect way to warm body and soul, but sometimes it's daunting cooking with spices. Ambika Malvia, co-founder of Spicecraft offers some great tips.

- Start simple. Opt for recipes with few ingredients. Taste as you cook, that way you develop a sense of how the spices fit together.

- Cooking with spices doesn't mean making everything 'spicy.' There are hundreds of aromatic spices to explore other than peppers and chillies. If your dish is hotter than intended, use a dollop of cream or yogurt to make it milder.

- If a beginner, don't worry about using whole spices. While cooking with freshly ground spices is great, it's easier to start with pre-ground ones.

- A red-lentil dahl or grilled tandoori chicken on the BBQ is a great starting point. Once you've got the hang of those, you can then move onto complex dishes like Butter Chicken or Biryani with help from Spicecraft.

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



## The Gluten-Free Lifestyle

*Madeleine Taplin*

For many years we have seen a shift in eating habits, with more people opting for gluten-free eating. Whether it is for medical reasons or a personal choice, it is clear that gluten-free eating is on the rise.

### WHAT DOES IT LOOK LIKE?

Gluten-free eating is all about filling up your plate with naturally wholesome gluten-free foods. This includes vegetables, fruits, beans, nuts, seeds, fish and lean meat. It is also important to note that being gluten-free doesn't mean no grains – there are a number of grains available that are gluten-free. Rice, quinoa, polenta and buckwheat are just a few great examples of alternative grains to use in this type of eating! You can also look at purchasing gluten-free pasta which



is made from corn, quinoa or beans, and often tastes just as good.

### PLAYING FOOD DETECTIVE:

Gluten is lurking in so many different foods simply because there are so many ways in which companies might use gluten. With

this in mind, you will probably need to start playing 'food detective.' Companies are not required to label gluten as an allergen on their labels, so while you can look for the 'gluten-free' tag on the front of the package, you should also read the ingredients list. Be on the lookout for products that contain wheat, rye, malt and brewer's yeast. As you start on this food journey, it is likely that you will discover a wide variety of foods that contain gluten, some you wouldn't have even thought of. As a lover of Asian cuisine, a hidden surprise for me was soy sauce, which

often contains gluten. Luckily, you can purchase gluten free soy sauce and keep your Asian food dreams alive. Also think about purchasing some special gluten-free cookbooks for meal inspiration – who knows you just might pick up a few family favourites along the way!

## SOUS LE SOLEIL | North Shore's Premier French Restaurant

Sous Le Soleil is rapidly turning heads and setting tongues wagging in the North Shore thanks to its French style cuisine with a fresh modern Asian twist. Enjoy the comforting appeal of your favourite French classics reinvented with contemporary flair and real obsession for the sauces.

Located in the leafy suburb of Roseville, the experienced team at Sous Le Soleil make the most of market-fresh seasonal produce and seafood bursting with flavour. With a menu that changes regularly to make the most of seasonal ingredients and ensures the chefs can continue to create and explore, there is always a new dining experience to be had. Given the lack of opportunities to travel internationally, it is fantastic that we are

still able to have an authentic French experience without the jetlag!

One of the reasons why so many locals and Sydneysiders have fallen in love with Sous Le Soleil is the restaurant's setting, an elegantly restored 19<sup>th</sup> Century cottage. With pristine French chandeliers, fragrant garden paths and a selection of private rooms, Sous Le Soleil is perfect for both intimate special occasions as well as larger events. The carefully curated wine list showcases a diverse range of wines from some of the premier wineries in the Western fields of Bordeaux as well as Australia's premier vineyards. If you would like assistance with which wine will best complement your cuisine, the staff are ready to assist and provide suggestions to best suit your palate.

*Sous le Soleil*

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## The Springs Experience

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Escape to The Sitting Duck at The Springs in the hinterland of the Central Coast and experience Chef Dan's locally sourced and creatively plated farm to plate menus.

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## Hastings River

Port Macquarie is a 5-hour drive north of Sydney where you'll find the small but developing wine region of Hastings River. It boasts food-friendly wines with a climate of hot summers, mild winters and plenty of sunshine!

- **Cassegrain Wines:** has an extensive tasting menu and onsite paddock-to-plate eatery twotriplefour. Mrs Winefluencing recommends the Sangiovese!

- **Longpoint Vineyard & Art Gallery:** showcases local art and produce. Try one of Mr Winefluencing's favourites, the Jolly Nose Tawny!

- **Bago Maze and Wine:** get lost in their 2000m hedge maze before enjoying a glass of Jazz Red, watching the sunset over the maze.



Who is @winefluencing? A couple of wine enthusiasts on a journey to better understand and appreciate the art and science of tasting wine.

# Wine'ing around NSW

Matthew and Elyse, Mr and Mrs Winefluencing

NSW has over 329 cellar doors, and Sydneysiders are lucky to have a number of wine regions within reach of an overnight stay. While you may be familiar with the Hunter Valley, Orange and even Mudgee – we would like to showcase some of NSW's lesser-known regions.

If you've been forced to cancel holiday plans over the past year, why not take the opportunity to enjoy some great undiscovered wine regions in our very own backyard.



## Murrumbateman

This cool-climate wine region is a 3-hour drive south-west of Sydney, known for producing quality Riesling and Shiraz.

- **Clonakilla:** two words – Shiraz Viognier. A labour of love for winemaker Tim Kirk, it's one of the best Shiraz-based wines that Australia has to offer, even touted to be on par with those from the famed Rhone Valley in France.

- **Four Winds Vineyard:** has views, tasting flights and wood fired pizzas!

- **Shaw Wines:** pop next door to Olleyville restaurant and enjoy the lamb shoulder with a Shaw Cabernet Shiraz.

## Southern Highlands

This up and coming cool-climate region is developing a reputation for quality Pinot Noir. Only a 1.5-hour drive south of Sydney makes this wine region a possibility for day trips.

- **Artemis:** having tried their 'The Crux' Pinot Noir recently we are keen to explore what else they have on offer which includes a distillery, cocktails and doggos!

- **Bendooley Estate:** visit in winter to appreciate their stunning fireplaces as you sip your way through the tasting menu, before perusing their extensive bookshop for some after-tasting purchases.

- **Centennial Vineyards:** for their '9 different styles of Pinot Noir' tasting.



# Curating the Perfect Picnic

Matthew Wai

Picnicking can be the perfect autumn activity, gathering friends and family for an afternoon at the park, backyard or beach. To organise a lovely picnic session, read on to discover the essentials for your next picnic.

### THE BASKET

When looking to purchase a picnic basket, they are easily found either online or in local boutique stores. There are many accessories as well to consider when picnicking – cutlery, napkins, plastic bags for disposable rubbish, picnic rugs, and a portable picnic mini table perfect for balancing a wine bottle and glasses.

### FOOD & DRINK

Food is undoubtedly the highlight when it comes to curating a fulfilling picnic session. Some recommendations from us that are both delicious and easy to transport include tapas, finger foods, mini sandwiches, tarts, chips and dip, cheeses and fruits. For those who consider

themselves a whizz in the kitchen, the sky is the limit – these recommendations are particularly ideal for those who are time sensitive in terms of preparation. With autumn approaching, a heated drink could be an idea, perhaps storing some hot chocolate or coffee in thermos bottles. For those who are in need of a boozy affair, a bottle of wine couldn't hurt!



Rachel Claret/Foxels

### North Shore Picnic Locations

- Wendy's Secret Garden Lavender Bay
- Wahroonga Park
- Clifton Gardens Mosman
- Ku-ring-gai Wildflower Garden
- Northbridge Baths
- Crosslands Reserve Hornsby
- Echo Point Park Roseville Chase

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## inBLOOM Royal Botanic Garden

inBLOOM has over 20,000 plants on display and is one of the largest living green walls in the Southern Hemisphere. Curated by the horticultural team at the Royal Botanic Garden Sydney, the display is an incredible world of colour and light. Be sure to visit the exhibition, as it is in its last month!

[www.rbgsyd.nsw.gov.au/whatson/inbloom](http://www.rbgsyd.nsw.gov.au/whatson/inbloom)

**Date:** 1<sup>st</sup> – 30<sup>th</sup> September  
**Time:** 10am – 4pm

**Where:** Royal Botanic Gardens, Sydney  
**Cost:** Donation of your choice upon entry

## Whale Rock Bushwalk

This popular 3-hour (6.2km) walk in the upper area of Lane Cove National Park showcases a rich variety of flora and fauna. Along the iconic sandstone ridges many small birds can be seen. The walk is classified as moderately challenging, as sections of the trail are hilly and steep, with the occasional shallow creek crossing.

[www.hornsby.nsw.gov.au/lifestyle/events/bushwalks/Whale-Rock-Bushwalk,-Pennant-Hills](http://www.hornsby.nsw.gov.au/lifestyle/events/bushwalks/Whale-Rock-Bushwalk,-Pennant-Hills)

**Date:** 16<sup>th</sup> May  
**Time:** 9am – 12pm  
**Where:** Meeting place to be confirmed  
**Cost:** Free

## Sundays at Eryldene Gardens

Enjoy live music, wander the gardens, sip a tea or coffee, indulge in homemade cakes, or bring along a sketchbook or book to read in the stunning heritage gardens and tearoom at Eryldene. Located in Gordon, Eryldene Historic House and Garden is a great local spot to visit, with these events taking place as part of Ku-ring-gai Heritage Festival.

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Sundays-in-the-garden-at-Eryldene](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Sundays-in-the-garden-at-Eryldene)

**Date:** 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> May  
**Time:** 10am – 4pm  
**Where:** Eryldene Historic House, Gordon  
**Cost:** \$18



## Mother's Day Cork & Canvas

For an unforgettable experience, Champainting® by Cork & Canvas is hosting a Mother's Day event at their Crows Nest studio. Indulge in your BYO drinks and nibbles with family and friends while channelling your inner artist. One of the studio's talented artists will guide you and mum step-by-step on how to paint the session's featured artwork.

[corkandcanvas.com.au/](http://corkandcanvas.com.au/)

**Date:** 9<sup>th</sup> May  
**Time:** 2pm – 5pm  
**Where:** 35 Willoughby Road, Crows Nest  
**Cost:** \$60

## Priscilla Queen of the Desert The Musical

Willoughby Theatre Company will be the first community theatre company in NSW to present the Australian musical, *Priscilla Queen of the Desert*, that has taken the world by storm. The production was originally supposed to show in 2020 but was rescheduled for this month. It's a performance not to be missed!

[theconcourse.com.au/priscilla-queen-of-the-desert/](http://theconcourse.com.au/priscilla-queen-of-the-desert/)

**Date:** 15<sup>th</sup> – 30<sup>th</sup> May  
**Time:** Varies  
**Where:** The Concourse, Chatswood  
**Cost:** \$67.50



## Bound for Sydney Stage



### Madeleine Taplin

There is no mistaking that the past year has been difficult for the performing arts industry, specifically live theatre. During the height of COVID-19, many productions were due to start their run, others had just entered the rehearsal stage, and some were halted in their tracks before they could begin. Luckily, Australia is back in the performance space, with musical theatre in full swing to the delight of all. Actor, Director and Choreographer Liam McIlwain said, "it's amazing to be back in the theatre at the moment because last year was really a traumatic time for a lot of live theatre workers. It feels like it is more resonant now than it has ever been."

Liam, who has toured extensively across Australia and the Pacific Region with numerous productions over the past 15 years, said that he fell in love with live performance as a teenager, choosing in his final year of school to attend a conservatorium and pursue musical theatre as a career. The stars have certainly aligned for Liam, who is currently the Associate Director and Choreographer of *Come From Away*, due to begin its run in Sydney from 3<sup>rd</sup> June. The show focuses on telling the story of those passengers who were grounded in Gander, Newfoundland (Canada), in the wake of the September 11 tragedy in 2001.

Originally introduced to the piece by his good friend Ricky Hinds (Associate Choreographer for the Broadway production), Liam fell in love with this "beautiful show about generosity, kindness, and community – all things we need right now. Theatre is very good at holding up a mirror to us, and to show us, to get us to look deeply at ourselves. And often, through that mirror, theatre will show us the things we are not good at, the things we need to improve on," Liam shares. "This show is beautiful because it's a good news story and it



spreads good will. One thing that the show does extremely well is deconstruct the idea of 'the other.' There are so many moments in the show where you have people from very different backgrounds who are thrust into this environment and continue to find common ground and friendships together. It really empowers the audience to leave the theatre a little lighter and kinder."

A unique production, *Come From Away* features 12 performers on stage, playing 43 named roles plus smaller ensemble roles throughout. "Not one performer is more important than another, because our story is about community, we want the content to inspire the form of the show. What it really does is it looks at very authentic, interpersonal interactions, and makes that the star of the show," Liam said. "It's a real joy to work on."

*Come From Away* will show at the Capitol Theatre from 3<sup>rd</sup> June, with tickets on sale now.

<https://www.capitoltheatre.com.au/come-from-away/>



# You Can't Ask That – The Hard Questions

Isabella Ross

**K**irk Docker is the Director and Series Producer of *You Can't Ask That*, one of the ABC's most popular programs known for its tough questions and empathetic conversations. *Sydney Observer* sat down with Kirk to discuss some of the great topics on the agenda for this season and breaking down what *You Can't Ask That* is all about – dispelling prejudice.

## How do you decide on the topics for each episode?

We always try and look at what is happening in Australia, for example COVID-19. We asked ourselves what would it be like to be a Chinese Australian at the moment or someone with OCD during a pandemic? Then we also like to choose topics associated with disability, mental health and sexuality or gender. There's a great mix of light and fuzzy and emotional and serious. It's important to get a good mix of people from different socio-economic backgrounds, locations and ethnicities.

## The range of topics for season six looks incredible – what is it that brings all these people together?

These are often groups of people that feel misunderstood. Particularly when it came to the OCD episode, many came forward saying they really wanted to show what it is to have OCD. We had one guy that said, 'if you are washing your hands to the point where they're bleeding, that's different from just wanting a clean desk.' Definitely the most challenging episode was the one on families of missing persons. Often they're quite public and in the case of Loren O'Keefe whose brother went missing, she made many public pleas and had a hotline created. Calls were coming through with someone on the other end breathing heavily. She thought 'could it be him?' But they tracked the call and it ended up being a criminal in prison calling for the sake of it. Really heavy.

## The episode on cheating took 2 years to cast – why do you think that is?

Probably because few were willing to come forward and admit they had cheated! What we really found from

## FAMILIES OF MISSING PERSONS

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**WHAT'S YOUR THEORY? DO YOU WORRY THEY'RE TRAPPED IN A CREEP'S BASEMENT?**  
**HOW DO YOU GO BACK TO LIVING A NORMAL LIFE AFTER SOMETHING LIKE THAT?**  
**IS IT BETTER TO BE DEAD OR MISSING?**  
**WHAT WOULD YOU SAY TO THEM IF THEY COULD HEAR YOU?**

the people though was that their experiences were incredibly complex – we're talking big betrayals, realisations of sexuality, communications issues. Trying to unpack the taboos within conversations of cheating was really interesting.

**It must be incredible to see the positive impact the program has on**

societal conversations and being used as a learning tool...

It's been used in the military, by police and health professionals, throughout primary and high schools along with universities – we are always hearing about the program being used in different places. It's people with lived experience sharing their stories which is key. Understanding people rather than judging them is the takeaway message. Everyone is unique – just because a group of people may have the same label, doesn't mean they will all think similarly.

## What is the best approach when asking hard-hitting questions?

Have empathy. I interview with a lot of love – I care for the people sitting in front of me. I want to understand their story, give them the time to say what they want to say. I'm not there to judge them. They're no different from us – it's about humanising their experiences.

*Season Six of You Can't Ask That airs on Wednesdays at 9pm on ABC starting from April 28<sup>th</sup>, with all episodes streaming on iview.*



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

## Earth-bound Spirits

**Kerrie Erwin**

Ghosts are real – they are everywhere and sometimes they may appear human like us mere mortals, but yet again they can also be dark or silver shadows of the night that you see flash past you suddenly from the corner of your eyes, making you feel confused and agitated. I have worked with all kinds of sprites and spirits, living and lost, as I have been seeing, sensing and talking to them my whole life, from as far back as I can remember.

Death as we know it is a natural transition to the spirit world. The majority of spirits after death cross,

but sometimes there are others that do not for several reasons. These spirits are called lost souls or earth-bound spirits. They live in a different reality. These earth-bound or lost souls live in the astral, are often confused and wandering aimlessly around in a grey, cold murky existence, not understanding they are dead. The astral plane they live in is called an in-between world and is described as bleak, grey, with little or no warmth with often dark, murky spirits floating around everywhere. It is my job, as a medium to do the rescue work so these souls can move on to the spirit world where they receive healing and return to their own soul groups for healing and reincarnation.

From my own experience, the reason they are here is because of unfinished business on earth, fear, or having some type of attachment to the living. To survive here, they are attracted to and need our life force, energy, basic light and warmth. That's why you will never find an earth spirit in a lonely place because they need people. It is not wise for them to stay, as spirits can suck our energy and create trails of havoc, which in turn will upset the natural Chi and balance of our world.

Love and blessings!

Get in touch with Kerrie via [pureview.com.au](http://pureview.com.au) or [kerriejean888@gmail.com](mailto:kerriejean888@gmail.com)

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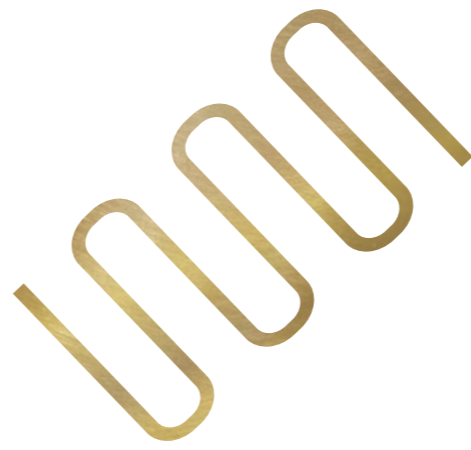
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