

# Sydney Observer

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IN PRINT SINCE 1996

NORTH SHORE  
LOCALS HONoured

WINTER  
INTERIORS

WHY WE LOVE  
AUSTRALIAN MADE

MICRO  
WEDDINGS

## Georgie Stone

One of the Youngest  
Recipients of the Order of Australia





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## From the Editor

Sydney Observer's July Issue is upon us!



This month I spoke with the incredible trailblazer Georgie Stone, speaking about her work within the trans and gender diverse community and her well-deserved Medal of the Order of Australia. It was a delight to speak with Georgie and we are grateful for her sharing her story (14-15).

A personal favourite to research was remarkable Aussie inventions (16) and a 'remember when?' nostalgic throwback for our seniors (30). Sydney Observer's exciting feature for July is our Bastille Day Special, showcasing the best of France in Sydney (18-23). Being our first French focus to date, it's a section we are incredibly proud of with something to suit all our wonderful readers.

Our Beauty & Wellbeing section is particularly jam-packed. We have articles on the rise of micro weddings (36), the importance of raising awareness this National Pain Week (38), and some high-tech beauty solutions on the North Shore (40). Furthermore, our local news section is quite diverse this July, with profiles on the Archibald's North Shore link (10), the rising interest in supporting Australian Made (8) and an informative snippets section (6-7).

At the time of print, we wish safety and good health for all amid ongoing COVID-19 restrictions.

Happy reading!

Isabella

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## CONTENTS

6. Snippets

8. Local News

14. Profile

16. Education

18. Bastille Day Special

24. Home & Garden

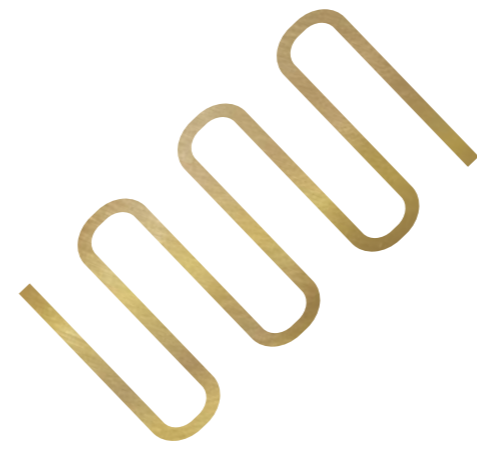
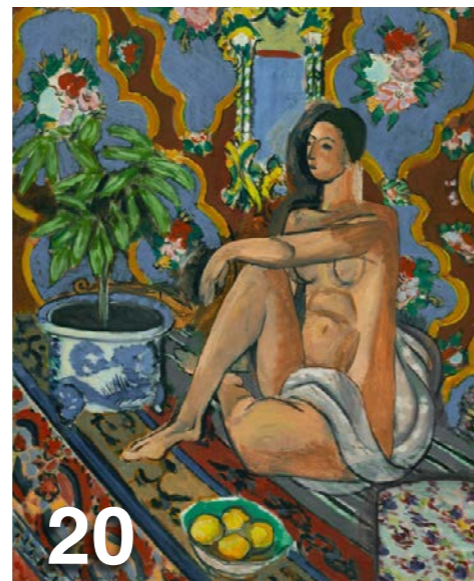
28. Seniors

36. Beauty & Wellbeing

46. Travel

48. What's On

50. Clairvoyant



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### Home, Commercial and Bulk Delivery

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# SNIPPETS

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## Camellia Show in Gordon

*(Update: sadly postponed due to current restrictions)*

On 10<sup>th</sup> – 11<sup>th</sup> July, the NSW Camellia Research Society will hold their 51<sup>st</sup> Annual Camellia Show in the hall of Ravenswood School, Gordon. More than 1000 specimen blooms will be on show, as well as displays of Sogetsu Ikebana and Bonsai featuring camellias and raffles of special camellias. A range of beautiful plants will also be for sale from Camellia Grove Nursery. Avid gardeners are welcome to come down and bring their blooms for identification or for cultivation advice from Members of the NSW Camellia Research Society. The show will be open from 1.30pm to 4.30pm Saturday and 10am to 4pm Sunday, admission \$5.

## HKWS Donation Callout

Thanks to the public's kindness and generosity, Hornsby Kuring-gai Women's Shelter (HKWS) was recently able to purchase a permanent and much-needed shelter. Assisting women escaping from abuse and homelessness in our community, the new shelter needs to undertake necessary repairs, ensuring a safe future sanctuary for women and children. "We have less than two months to undertake urgent repairs and compliance works on our wonderful new shelter before we move in," tells HKWS President Louise McCann. The funds will also provide for essential physical security measures including high fences, cameras and monitored entrances. "Many women who seek our support are injured, alone, confused and very frightened for their safety. Keeping them and our staff safe and sound is our top priority." As part of HKWS' Safe & Sound Donation callout, the public is encouraged to donate what they can. The shelter offers accommodation for three months with an expert team of professionals providing tailored case management to help women reclaim their lives. This includes access to health, legal, education and employment services. *Financial donations are fully tax deductible.* <https://hkws.org.au/donate/>

## Local Artist's Triumph

North Sydney Artist Sheila Tan will have her artwork showcased on the TV show, *Colour in Your Life* this month. *Colour in Your Life* began with filming artists in Australia and New Zealand and has expanded to filming artists in seven countries, with an audience of over 100 million. Each episode features an artist in their studio from around the world, with the series available to be streamed through YouTube. What a wonderful opportunity it is for Sheila's paintings packed with personality and North Sydney's incredible art scene, the episode airing in late July. <https://www.colourinyourlife.com.au> | @sheilatanart



## Community Recycling Centre

Located in Artarmon, Northern Sydney Community Recycling Centre (CRC) is a place where locals can drop off a lot of household problem waste that cannot go into their kerbside bins. A free service, most accepted items at CRC can be reused or recycled, therefore helping improve recycling rates and keep waste out of landfill. CRC is a joint venture by Hunters Hill, Lane Cove, Mosman, North Sydney, Ryde and Willoughby Councils. For further details, visit: <https://nsroc.com.au/recyclingcentre>

## Roseville Developer Prosecuted

A development company has been ordered to pay fines and court costs (\$104,000) over breaches involving public safety at a Roseville boarding house development. Numerous complaints were made regarding building activities. "Matters of public safety can never be compromised and Ku-ring-gai Council will continue to prosecute developers who try and cut corners. It's also pleasing to see local courts taking strong action against developers who breach safety standards," commented Mayor Jennifer Anderson.

## Ku-ring-gai Native Bees 2021

The wait list for the native beehive program 2021 is now open. Ku-ring-gai residents who are interested in hosting a hive of the native stingless bee are welcomed to register their interest. Like last year, hives will be allocated by a 'Bee Lottery', with everyone who registers having an equal chance of hosting a hive. These hives will be allocated once Ku-ring-gai Council has completed the splitting season and have an accurate number of available hives. <https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Native-Bee-Program-2021>

## South Turrumurra Property Boom

Recent data from Core Logic has further highlighted the Upper North Shore's popularity among buyers. Interestingly South Turrumurra was the favourite, with property prices surging by 22.8%. Reasons why the suburb has seen such a boom in price could be because of its bushland and the fact there are minimal townhouse complexes and apartments, with buyers after a more 'classic suburbia.' With prices higher in Sydney's green suburbs (Core Logic), it makes sense why so many are looking to call Ku-ring-gai their home.



Century 21 Turrumurra



# Rising Interest in Supporting Local

Isabella Ross

Having recently marked the first-ever 'Australian Made Week,' research is highlighting a rising interest in supporting local among consumers. New data from Roy Morgan shows a preference for locally made goods increased during COVID-19, with 93% of Aussies saying they're more likely to buy products made in Australia.

"When COVID-19 hit, it sent shockwaves through our lives. Individually it changed how we thought and what we did. For businesses it brought immense challenges. The upshot is that it gave us a common goal – safeguarding and protecting our communities and our future," says Jana Bowden, Consumer psychologist and Associate Professor of Marketing and Chair of Ethics at Macquarie University.

According to the 2021 Consumer Insights Report presented by Jerry Macey, Executive



Manager, Consumer and Diversified Industries at Commonwealth Bank, 52% of Australians believe locally sourced and manufactured products are now more important in consumers' lives.

"Consumers are voting with their dollars. They want their products locally sourced and produced. There's a shift in the psychology of Aussie shoppers – we are looking at the conscious consumer," Jana shares with *Sydney Observer*. "It's vital that brands deeply understand the changing values, needs and expectations. Consumers are also gravitating

towards brands that deliver strongly on societal and environmental goals. Local brands are perfectly positioned to do this – they are close to their customers, attuned to their needs and can adapt to deliver."

When purchasing Australian Made, often it does come at a higher cost – the question is whether Australians are willing to chip in a little more. "MasterCard Australia's Head of Retail and Commerce Aaron Fidler said that consumers had become more conscious in their shopping behaviours. Their research showed that 42% of consumers were happy to buy items locally even if they cost more in order to support local businesses," Jana notes. Incredibly, if every household spent just an extra \$10 a week on Australian Made products it would inject \$5 billion into the economy every year and create 11,000 jobs. "Shopping local really does have a huge impact on our local community and all we have to do as consumers is look for the familiar green and gold 'Australian Made' logo or visit our local stores to have our own impact."

# North Shore Locals Honoured

The Queen's Birthday 2021 Honours List recognises 1,190 Australians, including quite a few recipients from Sydney's North Shore. "Each of these individuals are unique and their story deserves to be shared widely and celebrated," stated Australia's Governor-General. "There are countless examples of exceptional achievement in almost



every field imaginable. It is important that the Order of Australia represents the diversity and strength of Australia." Incredibly the 2021 list includes the highest percentage of women (44%) to be recognised through the General Division of the Order of Australia. A warm congratulations to all recipients from *Sydney Observer*.

## Some of the North Shore Recipients

**Leonie Jane Donovan** (Wahroonga)  
Medal of the Order of Australia. *For service to community history.*

**Russell Devenish Meares** (Pymble)  
Medal of the Order of Australia. *For service to mineral exploration.*

**Belinda Helen Allen** (East Lindfield)  
Medal of the Order of Australia. *For service to youth through Girl Guides.*

**Edward Kerr** (Lindfield)  
Medal of the Order of Australia. *For service to the community through charitable organisations.*

**Brendan Enda Walsh** (Lindfield)  
Medal of the Order of Australia. *For service to radio.*

**Jackie Stamford** (Roseville Chase)  
Medal of the Order of Australia. *For service to people with disability.*

**Professor Jane Alexandra McAdam** (Roseville)  
Officer of the Order of Australia. *For distinguished service to international refugee law, particularly to climate change and the displacement of people.*

**Stephen Michael Cartwright** (Roseville)  
Medal of the Order of Australia. *For service to business administration.*

**David Goodrich** (Castlecrag)  
Medal of the Order of Australia. *For service to the community and to the defence sector.*

**John Christian Vaughan** (Castlecrag)  
Medal of the Order of Australia. *For service to vexillology and history preservation.*

**Amir Salem** (Chatswood)  
Medal of the Order of Australia. *For service to the Egyptian community of Australia.*

**Vicki Joan Roach** (Longueville)  
Member of the Order of Australia. *For significant service to neuroscience nursing and to professional federations.*



## On Supporting Local and Australian Made

"We can help keep jobs in Australia, strengthen our economy and preserve the livelihood and wellbeing of our hardworking resilient farmers, local businesses and communities. We all have a duty of care and responsibility for this collective home we share."

Selina Win Pe from Mosman, advocate, role model and speaker supporting Australian farming. Instagram @selinawinpe.

"We support Australian Made to keep our Aussie farmers in business."

The Sloe Hare Luxury Farm  
Escape business from the Central Tablelands Region.  
Instagram @thesloehare.

"You cannot go wrong when it comes to the unmatched quality of locally made products and service. I especially love all our Sydney and North Shore markets, both for produce and retail."

Susanna from St Ives.

"Everyone knows my name – that's why I love shopping locally! It's like a little village vibe."

Kerri from Killara.

"I like supporting Aussie made products and local businesses especially at a time like now when we need to support our economy to ensure continued strength and prosperity. I enjoy encouraging their passion."

Jaycob from Wahroonga.

"I routinely look for the green 'Australian Made' logo and if I can find the product locally even better!"

Sarah from Warrawee.



## Greener focus for St Ives Shopping Village

The heart of St Ives and established for over 60 years, St Ives Shopping Village is looking at ways to reduce its environmental footprint through a number of new sustainability initiatives. The hub recently introduced a new waste management system, and the results speak for itself – a successful reduction in waste and subsequent waste costs, as well as a reduction in its overall environmental footprint. Over 50 tonnes of waste has been diverted from landfill during the first 6 months, with figures improving month on month. "St Ives Shopping Village recognises the importance of its role within the community and remains committed to the continued development of sustainability practices so that together, we move towards a Green Village," Centre Manager Amy Edwards noted.

Other green actions in place include the installation of energy efficient lighting, electric vehicle charging stations, timers on air conditioning units and a Boomerang Bag station to minimise plastic bag usage.

As many locals are aware, there is an increased interest from all stakeholders within the community when it comes to sustainability and the environment. Ku-ring-gai Council also has plans in place in relation to the transition to zero emissions by 2040. It is therefore fantastic to see businesses like St Ives Shopping Village looking towards a greener future. If you would like to learn more or discover what you can do to make a difference in the Ku-ring-gai community, visit: <https://oursay.org/netzero>



# Archibald's North Shore Link

Madeleine Taplin

2021 marks 100 years since the famous Archibald Prize opened its doors to the people of Sydney. Held yearly at the Art Gallery of NSW, the Archibald Prize is a portraiture prize which is generally seen as the most prestigious portrait prize nationally. First awarded in 1921, the prize encourages artists from all around the country to compete for a \$100,000 monetary prize, plus significant recognition of skill and ability. This year, the North Shore is privileged to have three main artworks featuring local subjects. On display throughout July and until 26<sup>th</sup> September, there's plenty of time for Sydneysiders to head down and see these magnificent works of art.

## Victoria Atkinson – *Trent Mango Tree, all the colours of the rainbow*

This acrylic on canvas features Liberal politician Trent Zimmerman, the Member for North Sydney. The painting's creator Atkinson, is an artist at Studio A, a local enterprise that supports professional artists with an intellectual disability. The piece features bold colour, as well as energetic and rhythmic linework, with Atkinson stating she wanted the piece to radiate happiness. "I've known him a long time. He's handsome and he's gay. I like meeting Trent because he is like me – I'm a lady who would like a girlfriend." The colourful rainbow is sure to invoke a sense of joy in anyone who views it.



## Peter Wegner – *Portrait of Guy Warren at 100*

Famous Australian artist Guy Warren is a Lower North Shore local and is featured in Peter Wegner's oil on canvas. Guy, who turned 100 in April, won the 1985 Archibald Prize and this piece marks the 7<sup>th</sup> time he has been an Archibald subject, including a 1996 self-portrait. Wegner states he chose to paint Guy due to the fact he is one of the most remarkable centenarians. "He still finds purpose in working in his studio daily, one of the traits he attributes to his longevity." This artwork is the winner of the Archibald Prize 2021.



## Ann Cape – *The odd little bird (a portrait of Sam, Cam and Penguin Bloom)*

Cape's oil on canvas highlights the story of Sam Bloom who lives on the Northern Beaches. Suffering a fall in Thailand that left her paralysed and deeply depressed, the Bloom family took to caring for an injured magpie (Penguin) in the wake of Sam's accident. Cape wanted to showcase the family's determination, specifically that of Sam and husband Cam, as they conquered the formidable challenge of Sam's rehabilitation. Penguin also features in the piece, to showcase the important role the bird played in both Sam and the family's recovery.

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# Support Little People with Big Dreams

Isabella Ross

The statistics speak for themselves – children in care have lower education attainment and employment prospects, and higher criminal and arrest rates. Yet thanks to the wonderful work of the Pyjama Foundation, these kids are now receiving help to reach their full potential in life, working with one child at a time to change their story. Through its Love of Learning Program, the Foundation matches volunteers with a child in care to help build learning outcomes, life skills and confidence.



National Pyjama Day 23<sup>rd</sup> July gives us the opportunity to be part of this effort. People are invited to register their school or workplace for the day, spread awareness, celebrate in their pyjamas and raise vital funds. “With every new passionate supporter, we are able to change another life. We know our Love of Learning Program has the capacity to create real change in the lives of these kids,” says Pyjama Foundation CEO and Founder Bronwyn Sheehan OAM.

In NSW, there are more than 22,000 children in out-of-home care. It's therefore

incredible to see the Pyjama Foundation has 200 NSW volunteers supporting these children in care as well as Sydney having a particularly large sign-up rate when it comes to National Pyjama Day. Kerrie Murphy from Ovato Pyrmont has been supporting National Pyjama Day and The Pyjama Foundation since 2016. “It is fantastic to be able to support such an important cause and it is also such a fun day in the office. We get involved by wearing our pyjamas to work – we also

have a best dressed competition in the office and there is a prize for the winner. National Pyjama Day is important to us as we want to make sure children in care have the best opportunities in life as they have had such a rough time already. We want to do anything to assist them,” Kerrie commented to *Sydney Observer*.

To volunteer, donate, learn more or take part in National Pyjama Day, visit: <https://thepyjamafoundation.com/>

## Em-BARK on a dog-friendly walk

Madeleine Taplin

In the past year, walking has become a favourite pastime for many. Here are some of the best dog-friendly walks the North Shore and local Sydney area has to offer – perfect to keep ourselves and furry friends happy and healthy!

### BEROWRA VALLEY REGIONAL PARK

Three dog-friendly walking trails on offer make this walk a must for any pet owner! Choose from either the Daphne (enter in Cherrybrook), Clarinda (Hornsby) or Bellamy (Thornleigh) trails and venture through forests of tall eucalyptus trees, series of wetlands, and even some valleys! This on-leash walk can also be educational for the kids, with signs offering information about the quarry and railway lines that once coursed through the area.

### TWO CREEKS TRACK WALK LINDFIELD

This popular bush walk explores the Gordon, Middle Harbour and Moores

Creek areas. Whilst dogs aren't allowed in the National Park, this walk does feature a pup-friendly 4km track which can be turned into a longer walk should you wish to make a return loop. Kick off your walk at Echo Point Park, which features plenty of parking spots, and head down towards the official Two Creeks Track. Walking beside the creek along Middle Harbour is sure to be therapeutic and relaxing for both you and your four-legged friend.

### THE BAY RUN

Located in Drummoyne, The Bay Run is a dog-friendly cycling and pedestrian circuit surrounding Paramatta River's Iron Cove. Roughly 7km in length, this walk suits all fitness levels and dog breeds. With waterside scenery and open wide paths, this walk will make for an enjoyable and relaxing stroll for both you and your dog. Be sure to keep your dog on their leash though and look out for the rowers and views of Snapper Island!



## Dodgy Tree Loppers Target Locals

Ku-ring-gai Council has expressed concerns that vulnerable residents are being coerced into removing trees, which could leave them susceptible to being fined. It follows a spate of local incidents involving tree loppers from outside the area pressuring elderly, vulnerable and non-English speaking residents to remove trees from their properties without a council permit.

“Residents are told these operators can remove the tree in return for cash without needing to talk to council. Unfortunately, this leaves these residents open to possible fines for having protected trees taken out without the appropriate permission,” said Ku-ring-gai Mayor Jennifer Anderson. “Our staff can give you advice about permits you may need and what to look for when choosing a contractor for tree works. We will pursue companies operating illegally in the local area. Trees cool down our homes in summer and provide shelter for many birds and animals. They are integral to the Ku-ring-gai we all know and love.”

### STEPS TO TAKE BEFORE CUTTING DOWN OR PRUNING

There are varying guidelines and rules when it comes to trees on private property and trees on council-managed land. Given that trees and vegetation are protected under legislation, tree removal and pruning are processed using a permit system. A ‘Tree Application’ form is required to be completed and submitted to Ku-ring-gai Council for all works on trees or other vegetation where an exemption does not apply.

For further information on the process of tree removals, visit: <https://www.krg.nsw.gov.au/Environment/Trees>



## National Tree Day

The Upper North Shore is renowned for its bushland and streetscapes lined with incredible trees, hence why the local government area is often referred to as ‘Sydney’s Green Heart.’

National Tree Day (1<sup>st</sup> August) is Australia’s largest community tree-planting and nature care event. It’s a time for us to venture outdoors, plant a tree, get to know our community and most importantly enjoy nature at its finest! You can either join or host a planting, with planned events across Sydney including some in Wahroonga and West Pymble.

Hornsby residents can collect up to five free native trees from Hornsby Council’s Community Nursery on 10<sup>th</sup> July, and Ku-ring-gai Wildflower Garden has a crop swap happening this month as well (page 48). For more information on how to get involved, visit: <https://treeday.planetark.org/>

### Ku-ring-gai Council 2021 Local Government Election Information

The next election for Ku-ring-gai Council will be held on **Saturday 4 September 2021**. Ku-ring-gai residents and ratepayers will elect 10 Councillors comprising two Councillors to represent each of the five wards:

• Comenarra • Gordon • Roseville • St Ives • Wahroonga

Voting in Council elections is compulsory for all electors included on the residential roll. To check or update your residential roll details, go to the Australian Electoral Commission website at [www.aec.gov.au](http://www.aec.gov.au)

If you are not a resident, you may be entitled to vote if you own, occupy or lease property in the Ku-ring-gai area. Applications to be included on the non-residential roll close at **12 noon on Wednesday 4 August 2021**.

Send your application to -

**Locked Bag 1006 Gordon NSW 2072  
or 818 Pacific Highway Gordon.  
or email [kmc@kmc.nsw.gov.au](mailto:kmc@kmc.nsw.gov.au)**

Postal voting commences on **Monday 26 July and closes at 5pm Monday 30 August 2021**.  
Pre-poll voting opens **Monday 23 August 2021**.

**For more information about applications for the electoral roll, pre-poll voting and postal voting visit [krg.nsw.gov.au/elections](http://krg.nsw.gov.au/elections)**





# Georgie Stone

## Paves Her Way

Isabella Ross

Georgie Stone OAM has and continues to pave the way within the trans and gender diverse community, whether it's through her role as Mackenzie Hargreaves on *Neighbours* or her remarkable advocacy work. *Sydney Observer* was delighted to speak with Georgie, discussing her recent Medal of the Order of Australia and passion for the arts and transgender rights.

**W**ith actors for parents and a love of stories, it makes sense why the creative industry has been the perfect fit for Georgie. "At 16, I knew I would love the opportunity to play a trans character. In year 12, I pitched a character to *Neighbours* and within 2 hours the Executive Producer had replied to my email saying, 'yes this is a great idea.' They brought me into the writer's room, and we created a story that was respectful and authentic."

*Neighbours* has a particularly close-knit team of actors and crew, given the show's 36-year longevity. "These people have so much experience, it's pretty wonderful to watch them do their thing. I feel like every time I'm on set I'm taking notes – it's an amazing way to learn. Playing Mackenzie was initially supposed to be a 6-week role, but then my contract was extended. Joining the show has consolidated for me that this is exactly what I want to do. It's a great way to mix advocacy with something that I love."

Representation is key, and it's wonderful to hear that fans of the show experiencing similar situations have connected with Georgie. "Regularly on social media I get people reach out to



me saying that hearing my story or watching my character on *Neighbours* really resonates and makes them feel less alone, which is really lovely to hear!" From a young age, Georgie knew she was girl. "I was around two and a half when I told my mum I was a girl. It really materialised in smaller ways at first, you know I gravitated towards female characters and stories – I think I wanted to be Cinderella when I grew up! It was an affirmative feeling – for example, when I felt like a girl it was much more positive. It wasn't a matter of me feeling like I was in the wrong body. This is my body – I still have it and I feel good in it."

An incredible achievement at just 19, Georgie received a Medal of the Order of Australia, for service to the trans and gender diverse community. Thus far, she is one of the youngest recipients of the prestigious award. "It felt amazing, and what was even more amazing was to share one alongside my mum." The recognition is incredibly well deserved for the duo, particularly given their work through Transcend. Launched in 2012 by Rebekah Robertson OAM, Georgie's mother, Transcend is a parent-led peer support network for Australian families of transgender children. "As time goes on, Transcend has expanded into advocacy work and just last year we became a charity which is exciting. Working with politicians, lawyers, doctors, the aim is to strengthen the support for trans young people and ensure they're protected and have access to care," Georgie notes.

### Georgie's Favourite Things

#### Favourite pastime/hobby?

Watching film and TV. I just love stories.

#### Advice to your younger self?

Don't be afraid to speak up about what you want. Don't think you have to make yourself smaller for other people's comfort – be loud and ask for things.

#### Your proudest moment?

Receiving my Order of Australia in late 2020. That was completely surprising and to get that at 19 was wild.

#### Something you are currently loving?

I'm currently watching *Shine on with Reese*, which is a docu-series with Reese Witherspoon where she interviews women she admires. It's powerful, fun and inspiring.

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

Trans rights specifically for trans young people, it's obviously very close to my heart.

"We all deserve the opportunity to flourish and thrive and know we have a bright future ahead"

A step in the right direction, the Victorian State Budget recently announced a \$21.4 million package to provide mental health support and primary medical care for trans and gender diverse young people. "I was absolutely over the moon when I heard about it. There's more work that needs to be done Australia-wide. That money will go a long way, and it feels wonderful that the Victorian State Government is actively helping us." It is hoped more State Governments will soon follow suit. Something that particularly stands out about Transcend is their goal for trans children and their families to 'not simply survive but transcend and thrive.' "We do need to be reminded of that," she says. "I remember in school when I was being bullied and it was tough, I couldn't really see a future. 'I just need to get through this next day' or 'I just need to survive this.' That's such a sad thing to have to say to yourself, especially as a kid. We all deserve the opportunity to flourish and thrive and know we have a bright future ahead."

As for what the rest of 2021 has in store, all Georgie can divulge is there are exciting things on the horizon. "There's a few projects I've been working on... I really want to move into writing and producing as well as acting. If I can merge the three things and keep creating projects of my own, I will feel fulfilled." What's evident is Georgie most definitely has created a beautifully bright future for herself.

Keep up to date with Georgie via Instagram @georgiestone







## Remarkable Australian Inventions

Isabella Ross

### Black Box Flight Recorder

An important element in aviation safety and detection, the Black Box Flight Recorder was developed by Australian scientist David Warren. The invention has been universally adopted in the aviation industry to investigate aircraft accidents. The virtually indestructible device now records all relevant flight data and cockpit conversations, made in the colour orange for detectability purposes.

### Wi-Fi

It's hard to imagine what life would be like without it. We have CSIRO and its incredible taskforce, Dr John O'Sullivan, Dr Terry Percival, Mr Diethelm Ostry, Mr Graham Daniels and Mr John Deane to thank for Wi-Fi. The Aussie invention came out of the CSIRO's research in radioastronomy, and remarkably the team was able to invent and patent the wireless local area network in the 1990s. This technology formed the basis for the wireless networking technology we now use today globally.

### Electric Pacemaker

At Sydney's Royal Prince Alfred Hospital is where the electric pacemaker came to fruition. In 1926, Dr Mark Lidwell and University of Sydney physicist Edgar Booth invented the world's first electronic pacemaker. Dr Lidwell was working at a Sydney Women's Hospital and had a newborn patient about to die from heart failure. He connected the baby's heart to electrodes and saved its life by stimulating the heartbeat with electric pulses.

### Spray-on-skin

In the 1990s, Perth-based Professor Fiona Wood patented her spray-on skin technique, co-founded with scientist Marie Stoner. Healthy skin cells are cultured and sprayed onto the wound in very sterile conditions, the product known as 'spray-on-skin.' Professor Wood and her team are credited with saved the lives of 28 burns victims from the 2002 Bali bombings.

### Google Maps

In 2003, Danish-born brothers Jens and Lars Rasmussen along with Aussies Stephen Ma and Noel Gordon co-founded a mapping start-up in Sydney. The company was then sold to Google in 2004, and the technology the four men developed is now known as Google Maps.

## Higher Education's Current Plight

Madeleine Taplin

There is no question that the education sector has been hit hard by the pandemic. At short notice, universities were forced to transition into online learning, where they had to adapt methods of teaching content, with far more to be taught remotely through a screen. Whilst online learning had its benefits, such as ease of access to learning and the ability to spend more time with family, many were thrilled when classes resumed in person. However, not everything has returned to normal.

Today, universities are struggling to keep their students engaged as many turn to protesting against the budget cuts, whilst questioning the value for money they now receive for higher course fees. Many universities have chosen to remain partially online, utilising the space to increase enrolments for international



students. However, domestic students are feeling neglected by their institutions, with course offerings cut and staff experiencing job loss or higher workloads. Humanities degrees have seen a double in their fees, and this is coupled with an increase in class size but a decrease in the number of tutorials. Additionally, universities are choosing to place a larger focus on online lectures, with many students claiming that by doing so the institutions are simply reusing and recycling old learning material.

"If this government was serious about wanting to invest in skills, education and training to tackle unemployment, it would invest more in higher education," notes Dr Alison Barnes, National President of the National Tertiary Education Union. "Instead, there's a pittance in the Budget for higher education, which has abandoned Australian university students and workers. Higher education is

a smart, triple-dividend investment – it employs more than a quarter of a million workers, it educates the next generation of workers, and it drives research and innovation to power our economy," Ms Barnes concluded.

Our policy makers need to change tact quickly, or institutions could risk losing the confidence of students and staff who are sick of unjustified fee increases and job cuts, impacting the future of higher education.

# Ed. week 2021

## Education Week NSW

Education Week NSW is back this July. A celebration of the hard work and achievements of the NSW public education community, the 2021 theme is 'Lifelong Learners.' The theme aims to frame education as a lifelong journey – from early childhood to primary and secondary school, and continuing into adulthood through a trade, tertiary degree or certificate and the workforce. Running from 26<sup>th</sup> to 30<sup>th</sup> July, people are encouraged to share photos and videos of their preparation and celebrations on social media using the hashtag #EdWeek21.

Across the state, there are more than 823,000 students attending public schools in 2021, with over 94,000 teachers and staff. On the North Shore, we are blessed to have such a fantastic array of schools, yet often we do not give them enough credit or celebrate our wonderful local public institutions – now is the perfect time to do so!



## Are we there yet?



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### 2021 BASTILLE FESTIVAL

The French are returning to celebrate their 8<sup>th</sup> Bastille Festival anniversary with Sydneysiders! A 5-day French food, wine and art revolution, Sydney's Bastille Festival is the event of the month – don't miss out!

**Date:** 14<sup>th</sup> – 18<sup>th</sup> July  
**Time:** 10am – 10:30pm  
**Where:** Customs House Square, Circular Quay  
**Cost:** Free  
<https://bastillefestival.com.au/>

### LE MARCHÉ-WILLOUGHBY

A vibrant fresh produce and gourmet food market on the Lower North Shore, Le Marché-Willoughby is the best of Australia and France in one market. For a choux pastry or two along with a lovely local ambience, be sure to check out their bi-monthly markets. Instagram @le\_marche\_willoughby

**Date:** Every 2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month  
**Time:** 8am – 1pm  
**Where:** Laurelbank Cottage, Willoughby  
**Cost:** Free



Please double check before attending any of these events, in relation to COVID-19 restrictions in NSW.

### BASTILLE DAY DEGUSTATION

To celebrate Bastille Day and his hometown flavours, Chef Gaultier Ronchard presents a 6-course degustation with matching wines. Delicious dishes include parfait, beef tartare, bouillabaisse, lemon sole, crepes and a dessert plate.

**Date:** 14<sup>th</sup> July  
**Time:** 6pm – 8pm  
**Where:** Kitchens on Kent, Sydney  
**Cost:** \$135 onwards per person  
<https://bit.ly/bastillefrenchdegustation>

### 'PARIS AFTER DARK' CABARET DINNER SHOW

Enjoy a bit of Paris in this post Bastille Day event! This cabaret show will take guests on an evening of some of the most romantic French chansons of all time. All tickets are inclusive of a 2-course French dinner, canapés and a glass of bubbles.

**Date:** 15<sup>th</sup> July  
**Time:** 7pm  
**Where:** Castlereagh Boutique Hotel, Sydney  
**Cost:** \$110 per person onwards  
<https://bit.ly/parisafterdark>

### LUNCHTIME FRENCH CONCERT

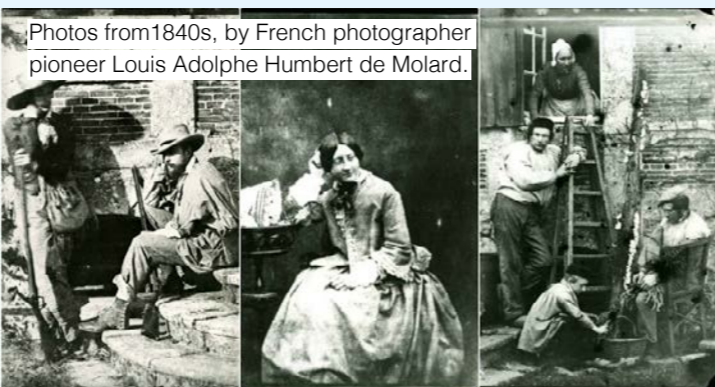
Experience Jacques Brel's delightful music sung by Jacqui Dark, who will be passionately performing in this intimate lunchtime concert. She will be accompanied by musical director Daryl Wallis on piano and with direction by Sam Russell.

**Date:** 20<sup>th</sup> July  
**Time:** 12:30pm  
**Where:** City Recital Hall, Sydney  
**Cost:** \$19 per person  
<https://bit.ly/littlelunchmusic>

### FRENCH PHOTOGRAPHY TALK

On Bastille Day, Tony Maniaty will give an illustrated talk 'France and Photography 1830-1990', highlighting the central role of France in the birth and development of the photographic arts. A regular visitor to France, Tony spent 2 years based in Paris as SBS's European Correspondent.

**Date:** 14<sup>th</sup> July  
**Time:** 1pm – 2pm  
**Where:** Stanton Library, North Sydney  
**Cost:** Free  
<https://bit.ly/frenchphototalk>



Photos from 1840s, by French photographer pioneer Louis Adolphe Humbert de Molard.

## Espresso Crème Brûlée

Courtesy of Everyday Gourmet's Justine Schofield, Sydney Observer's June 2019 Cover/Profile. <https://everydaygourmet.tv>

### INGREDIENTS

- 6 egg yolks
- 240g caster sugar
- 600ml pouring cream
- 60ml freshly brewed espresso, cooled to room temperature
- Pinch of salt flakes

### METHOD

1. Preheat oven to 140°C (ideally top and bottom elements, no fan). Whisk egg yolks together with 6 tablespoons of sugar in a bowl until just combined.
2. Heat cream in a saucepan along with espresso over medium-high heat until boiling. Pour into the egg mixture and whisk constantly to combine, then add salt.
3. Place 6 x 150ml ramekins in a large, deep baking tray. Fill tray with warm water to come halfway up the sides of the ramekins. Fill ramekins with the espresso custard, cover the tray tightly with foil and carefully transfer to the oven. Bake for 25-35 minutes until the custards have a slight jiggle in the centre. Allow the custards to cool uncovered in the tray. Transfer the ramekins to the fridge and chill overnight.
4. Just before serving, evenly sprinkle the tops of each custard pot with the remaining sugar. Place each ramekin on a small plate and caramelize the sugar with a blowtorch, rotating the plate to evenly cook the caramel on the surface of the brûlée. Serve with fresh berries.



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# Learn French on the North Shore

Locals now have the pleasure of learning French on the North Shore. *Sydney Observer* was thrilled to speak with Marion Kermann, School Director at French à la Carte.



164A Mona Vale Road, St Ives

### Tell us about French à la Carte?

French à la Carte is a language school founded 13 years ago. The business has steadily grown over the years, and we're now in our own premises in St Ives – 164A Mona Vale Road. I became the School Director in mid-2020, opening a second location at Bayview Golf Club in September 2020. The school currently has over 300 students, primarily North Shore retirees, and offers about 40 daytime General French and Conversation classes Monday-Friday, taught by a team of wonderful teachers, all qualified native-French speakers.

### Why do you think Sydneysiders have such love for the French culture and language?

French culture is so vast that it's difficult not to be interested in it! Food, history, music, cinema, fashion, there's something for everyone. Many Australians have learnt French at some point in their life and are keen to brush up on their language skills. Our classes are a wonderful opportunity to make friends while learning new things in a relaxed atmosphere.

### What are some of the benefits that come with learning a new language?

The obvious benefits are opening up to a different culture and discovering different ways of seeing things. Just as importantly, learning a language helps students train their brain, the same way going to the gym helps us stay fit. Language classes are an excellent means to improve memory. Furthermore, it's also about meeting new people and having fun!

### Can anyone partake in a class?

Anyone can enrol in our St Ives or Mona Vale classes. We offer classes of all levels, from Elementary to Fluency, complete Beginners to almost Bilingual. Our 2-hour General

French classes cover all aspects of language learning (reading, listening, speaking and writing), while our small group Conversation classes focus primarily on speaking and understanding skills. Our classes are unique in that all non-beginner's level classes are tailored to each group. Rather than making students fit into a pre-arranged curriculum, we fit the content to the students. It's far more interesting, which is why students return year after year — some have been with us over 20 years. That's the reason we're called French à la Carte!

<https://www.frenchalacarte.com.au/>  
Free trial available for all non-beginner General French classes.



Art Gallery of NSW

## Matisse: Sydney Exclusive

No need to hop on a plane to admire beautiful French paintings – Sydney's now home to an exclusive look at one of France's revolutionary artists who helped define modern art.

This exhibition at the Art Gallery of NSW offers an extraordinary look at Henri Matisse, characterised as one of the world's most beloved and influential artists. Developed in collaboration with

the Centre Pompidou in Paris, *Matisse: Life & Spirit*, is the greatest single exhibition of Matisse masterworks to be seen in Sydney. Discussed in our previous issue, Matisse prints are booming in popularity, especially given our love for posters in the interior design space. It's therefore a great time to visit and marvel at the exhibition's colour, energy and visual joy.

<https://www.artgallery.nsw.gov.au/whats-on/exhibitions/matisse/>

# Sous Le Soleil – Food, Design & Art

Sous Le Soleil aims to bring together food, design and art in a thoughtfully conceptualised venue. A business established in the heart of the North Shore, Sous Le Soleil loves above all else supporting the work of like-minded people. From Australia, France and the rest of the world, Sous Le Soleil seeks to present products of high quality, which are unique, innovative and respectful of a common ethic.



Sous Le Soleil is proud of the varied selection of boutique products, sourced from different trade shows and regions around the world every year, that together form a collection unlike any other found in the North Shore. If you are looking for something special for your loved ones or something rare with personality to enrich your interior, Sous Le Soleil has a quirky catalogue that is ready to be discovered!

*Sous le Soleil*

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## Dusty Luxe

# Two Sisters-in-law Bringing Authentic French Antiques to Sydney

There's no denying that French homewares are adored by interior enthusiasts, designers and homeowners. Character, warmth, uniqueness – these are just some of the many reasons why. In comes Dusty Luxe.

Providing beautiful hand-selected vintage and antique French furniture, Dusty Luxe is the brainchild of sisters-in-law, Jackie and Anna Kennard, launched mid-pandemic. What began for Jackie as a passion project to design her family's quintessential country farmhouse, and for Anna a long sabbatical in France with family, has flourished into a thriving business and hobby for the duo. "We've always been drawn to the French-country aesthetic and the history it represents," Jackie tells. "We enjoy giving new life to old, beautifully crafted items. Antiques hold precious value in our current throw away culture and serve as great talking pieces."

Incredibly, the business has thrived in the wake of COVID-19, so although the duo cannot travel for buying trips, they're fortunate to have a local network to help hand-pick pieces. "We work with talent on the ground in France to source delicate and elegant antique items from a range of châteaux, deceased estates, abandoned savoyard barns and chalets," Anna notes. The pair have also established a bespoke network of Australian interior designers, buyers, stylists and private clients for whom they regularly source vintage French finds. Importantly, prices range from low to high, meaning affordable luxury for all.

Their latest collection features a curation of country farmhouse tables and oak buffets from the French alps, beautiful armoires from Normandy and their largest collection of brass and copper pots to date. Other special finds include a wide selection of chairs, Limoges crockery, bronze sculptures, flower picker baskets, selected oil paintings and more. "Australia, being such a young country in comparison to France, we don't have the same kind of extensive range of nostalgic handmade, well-crafted items, which is why Sydneysiders look to the French for inspiration. The beauty in the



French aesthetic is that one piece can set a single home apart from all others."

And how do the duo plan on celebrating Bastille Day? Together with their families at Sydney's Bastille Festival, sipping champagne, enjoying French Raclette and crepes for the kids! *Vive la France!*

<https://dustyluxe.com.au> | @dustyluxe



## L'Heritage Chowder Bay

A French Bistro by the bay, offering a true French dining experience in beautiful Mosman. Have you discovered L'Heritage yet?

Garlic butter snails, duck a l'orange, tarte tatin – the menu is exquisitely French. Quality always being centre of mind, the L'Heritage menu changes seasonally dependant on what is locally available. L'Heritage opened its doors in December last year, the fourth restaurant venture for husband and wife duo Pierre and Sydney-born Alena. The duo also have two brasseries in Paris and the much loved local favourite Frenchy's Café Mosman. This time, Pierre and Alena have partnered with Julien Audibert-Lebon, close friend and chef of 25 years with a flair for traditional French cuisine.

Julien started his career in bustling Parisienne kitchens at the age of 16. He specialises in fine dining cuisine, having worked side by side with some of the world's best chefs. Now a Sydneysider, Julien brings his love of cuisine to L'Heritage. "I love creating dishes with balance and contrast. Hot and cold, crispy and soft, sweet and savoury. I love experimenting with flavours and textures that evoke your senses and memories. Our menu is my personal interpretation of the meals I love to eat when I'm out in the local bistros of Paris," Julien shares.

With the bistro set in a beautiful historic building in Chowder Bay Mosman, with chandeliers and French ambience, now is the time for Sydneysiders to experience L'Heritage.

## A Jam and its Heart-warming Story

A viral backstory behind iconic jam brand Bonne Maman came to light recently. Being a fan of their products stocked at all big supermarkets, *Sydney Observer* was intrigued to uncover more.

Bonne Maman (translating to 'grandmother' in French) was founded in a small village within Southwest France. Serving conserves with the iconic red and white gingham lid, it's distributed globally, hence why the following exchange took place in a New Jersey supermarket.

Professor Michael Perino shared on Twitter, "at the supermarket, I found an elderly woman standing in front of a high shelf holding Bonne Maman preserves. She was having trouble finding the flavour she wanted because the jars were set back on the shelf. I offered to help. After I handed her the raspberry preserves, she thanked



me and asked, 'do you know why I buy this brand?' I laughed and replied, 'because it tastes good?' She paused. 'Yes, it tastes good. I am a Holocaust survivor.' This was not the conversation I expected on a grocery run. 'During the war, the family that owns the company hid my family. So now I always buy it. And whenever I go to

the store, my grandkids remind me not to forget the jelly."

Verified by @humansofjudaism, the story looks to be true. Bonne Maman was established in 1971 based in Biars-sur-Cère, a small village located in Southwest France where the owners had lived for years prior, including during WWII. Additional Holocaust survivors have shared their stories of being hidden in the same village, including Mr Eric Mayer (*Jewish Standard*, 2016). "Worried about their children, my parents decided to get us out (of Germany). We ended up in Southern France. We were complete strangers to everyone in the village Biars-sur-Cère, which then had about 800 people. There were posters on the walls from the Nazis, saying if you are found to help a Jew, you will be shot on sight." Still the villagers helped Mayer's family and other children by sheltering them.





# Grace your Space with Chandeliers

Isabella Ross



French Bedroom Co

## Candle-Style

Reminiscent of medieval times, the candle-style chandelier has an understated elegance about it. Not as showy as its counterparts, the candle-style is often made of metal with simple curves. Unlike previous centuries where candlesticks were used, this chandelier still imitates the candelabra shape but with candle lightbulbs instead. If you have an interior theme like contemporary country, shabby chic, coastal, rustic or industrial, this style may be best for your home.



Decorating Ideas for the Home

## Crystal

A very traditional option, the crystal chandelier is known for its opulence and beauty, especially when it catches natural light. Perhaps the most well-known example of crystal chandeliers on showcase is the Hall of Mirrors in the Palace of Versailles, France. Crystal lighting works very well in rooms where a statement is desired – for example above the dining room table or home entrance. A really popular sub-style is the ‘waterfall’, which has cascading crystal drops in tiers.

## Sputnik

Also referred to as a supernova style, the sputnik chandelier is known for mimicking the USSR artificial satellite’s spherical shape and rods sticking outwards. It is incredibly modern and edgy, which would work perfectly in contemporary spaces. The sputnik chandelier looks particularly striking in gold brass or matte black.



Amazon

# Magazine Display Inspiration

Isabella Ross

## Coffee Table

Coffee tables aren’t just for old tv guides and remotes. No, it’s also a space you can decorate to your heart’s content. The coffee table is a place for a bit of light reading material. Particularly if positioned in the sitting room, you could showcase a small component of your latest magazines.



## Open Shelf Credenza

Just like displaying a collection of vintage records, a credenza is a fantastic shelving piece for your magazines as well. There’s no need for shelves, as its central purpose is to exhibit what is stored within it. Steeped in history, during the Middle Ages the decorative furniture piece was used to display ornate plates, vessels and glassware. So, why not keep this interior design storage solution alive when it comes to magazines! Whether you stack them standing up in the credenza or lying on top of each other, remember to present with the spine showing to the front.

## Magazine Rack

One of the more traditional forms of storage, magazine racks are a resourceful way to efficiently store your collection. A great aspect about this is there’s now a wide array of racks to choose from. Wicker/rattan baskets, metal or wooden, leather slings, a vertical wall stand – the options are endless. Variety is important, to ensure you can find a style that will suit your home perfectly.

# Warming Home & Garden this Winter

Madeleine Taplin

Undeniably, the best part about winter is getting the opportunity to snuggle up and get cosy. Below you will find our ultimate guide for staying warm this winter, both in the home and backyard.



Lime Lace

## Underfloor Heating

A gentle and effective way to keep your home warm, underfloor heating radiates evenly from the floor and slowly rises. Perfect for areas that maybe don’t receive as much sun such as the bathroom or the laundry, this style of heating is the perfect solution if you are a little short on space. Look to local business Comfort Heat for what option would best suit your home.



Original Style

## Backyard Fire Pits

A firepit is a great addition to a backyard entertaining setting. Not only does it provide some amazing aesthetic qualities, but it is perfect for warming up on those chilly winter evenings! With so many styles to choose from, you are sure to find something that suits your needs. Some important things to consider before purchasing your fire pit are the location, size required and style. With this eye-catching addition to your backyard, you will be hosting flaming hot parties or simply enjoying the heat under a warm blanket with toasted marshmallows in hand.

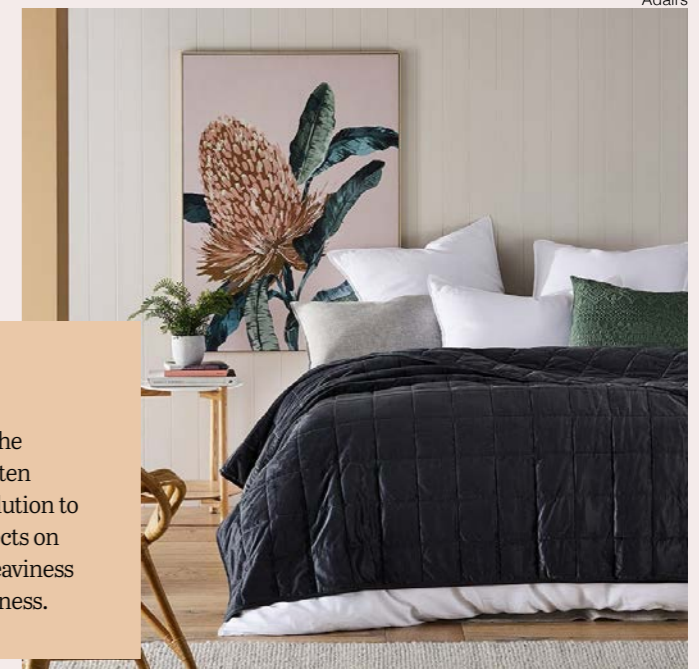
## Indoor Fireplaces

From old country manors to modern extravaganzas, everyone is jumping on the fireplace craze. Look at purchasing and installing a gas fireplace, rather than the traditional open wood. Not only do these fireplaces cost less, but they are also far more efficient to run and are better for the environment in terms of emissions. Just be sure to hire a professional when it comes to proper installation.



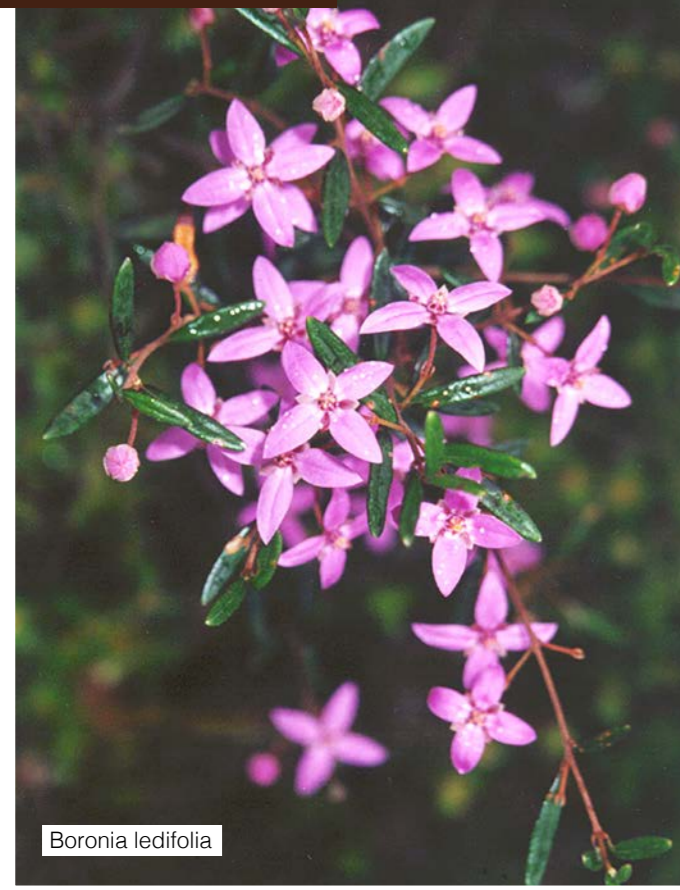
## Weighted Blankets

Everyone loves the feeling of snuggling under a blanket. Here is where the weighted blanket comes into play! Given that the winter months can often induce a sense of seasonal sadness, a weighted blanket is the perfect solution to inject a little comfort and positivity into life. Proven to have positive effects on mood, weighted blankets can be found in a range of retail shops. The heaviness of the blanket is suggested to promote a deeper sleep and sense of calmness.



Adairs





Boronia ledifolia

## BONZA BORONIAS

Brian Roach

I suspect no other group of Australian native plants captures the imagination of the gardening public more than boronias. This is particularly the case for those who have newly discovered the wonderful world of our Indigenous flora. Unfortunately, the enigma is that this genus is one of the more difficult to maintain in the garden. The genus was formally described in 1798 and is named after an Italian botanist, Francesco Borone.

Perfume must be one of the better selling points for any plant and there are few better than boronias in that regard. Perhaps the best known of the highly perfumed ones is the Brown Boronia – *Boronia megastigma*. I've heard it referred to by older folk as the 'Melbourne Boronia.' It has that common name because in times gone by, bunches were regularly sold outside Flinders Street Railway Station in Melbourne. That's a totally misleading common name of course because it grows naturally in Western Australia! No doubt the bunches sold at that venue were harvested from the wild and over time it very much depleted the areas of natural occurrence. These days, there is happily a much greater appreciation of the need to avoid bush picking of our wildflowers.

In my experience, boronias are best grown in pots or containers. They can even be brought inside for a time when in flower, but the perfume is quite heavily scented. Most boronias require sub-soil moisture and during our summer months in particular, that's not easy to provide when they're grown in the garden. They are best grown in a sheltered position and certainly our western sun is to be avoided.



Boronia heterophylla



Boronia pinnata



Boronia megastigma

Another wonderful boronia from the west is the Red Boronia – *Boronia heterophylla*. Interestingly enough, it's not so much the flowers but rather the foliage which provides the perfume with this species. But our local boronias are very much the equal of those from the west with this genus. The harbinger of spring around Sydney is actually called the Sydney Boronia – *Boronia ledifolia*. In truth, it's just about finished flowering by the start of spring with masses of the bright pink flowers standing out like beacons in the bush from early July. One local species which is seen later in spring is *Boronia pinnata*. Flowers are usually a light pink which contrast beautifully with the dark green, lace-like foliage.

True it is, boronias are not that easy to grow for an extended time but a potted plant is probably cheaper than a bunch of cut flowers. With a bit of luck, you will have your boronia to enjoy for a couple of years at least. Give it a go!

**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.

## BIRDS

When looking to entice native birds, a good water supply is important, so a bird bath is a great investment. Having nearby bushland is also an advantage for attracting native birds, and with both Lane Cove National Park and Ku-ring-gai Chase National Park on our doorsteps, North Shore residents are in luck! Dependent on what you wish to bring to the backyard, it's good to consider that there are both seed-eater and honey-eater attracting plants. Bird Life Australia has the following recommendations: acacias are great for cockatoos, finches, magpies, owls, parrots, Tawny Frogmouths, fairy-wrens and thornbills. Eucalypts are another multi-purpose option to consider for bigger backyards, attracting honeyeaters, lorikeets, magpies, owls, Tawny Frogmouths and parrots. Add a bird house or two, and your B&B garden is open for business!



## Backyard B&B for Birds, Bees and Butterflies

Isabella Ross

### BEES

As many avid gardeners have come to understand, Australian native bees are major pollinators, fertilising plants. One of the best ways to support a small business and encourage some beautiful native bees into your backyard, consider purchasing a beehive home. These lovely little homes provide a safe shelter for bees to nest and raise their young. The ideal position is in a sheltered spot out of the hot midday sun but still able to get the morning sun, hanging under an eave or tree branch.



### BUTTERFLIES

A win/win situation, butterflies adore native flora. This means we can fill our backyards with lovely local plants and enjoy the arrival of lots of butterfly varieties, considering there are approximately 400 species in Australia. According to Sustainable Gardening Australia, butterflies love a spot that is fairly sheltered but still gets a good amount of sun, especially in the morning. Wattles, lantana, native wildflowers, marigolds and bottle brush are just some examples.

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# What will you leave behind for future generations?

Dr Sue Ferguson

In mid-life we often start to think about how we can contribute to the next generation. This is a concept renowned psychologist Erik Erikson called **Generativity**, which involves generating something to leave behind when you die. Generativity therefore continues to be of importance to older adults. It includes being of some use to the next generation, caring for them and being altruistic, but also a desire to be remembered. This can be through parenting and grandparenting, or in other ways such as being an auntie or uncle (or honorary auntie/uncle), or a mentor or volunteer. You can also leave behind legacies such as through environmental work and political activities, or through creative works, or you can pass on things such as family and cultural traditions. Research shows that higher generativity is associated with greater wellbeing (particularly meaning in life), feeling socially useful and it also has health benefits for older adults. However, benefits only tend to happen if



the generative acts or advice is respected by the younger person it is directed toward.

American Researchers Moieni and colleagues have recently used the following exercise as part of a program that boosted generativity, increased wellbeing and reduced inflammation (2021). You might like to try it!

### ONCE A WEEK WRITE DOWN YOUR THOUGHTS ABOUT THESE POINTS

“What are some of the most important lessons you feel you have learned over the course of your life? If a middle-aged person asked you ‘what have you learned in your \_\_\_ years in this world,’ what would you tell them? You can think and write about any aspect of life you think would be important to share. You can also focus on one lesson or several lessons.”

As psychologist Dr Dan McAdams says, “*what you generate is a reflection of you.*” See his talk at: <https://youtu.be/Ruktwr9pkIw>



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



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

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



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



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

Many purchasers have found it to be a very appealing financial arrangement with No Deferred Management Fees or Exit Fees, and residents retaining 100% of any capital gain on resale.



**For further information or to arrange an inspection, please call Julie now on 0418 606 006.**

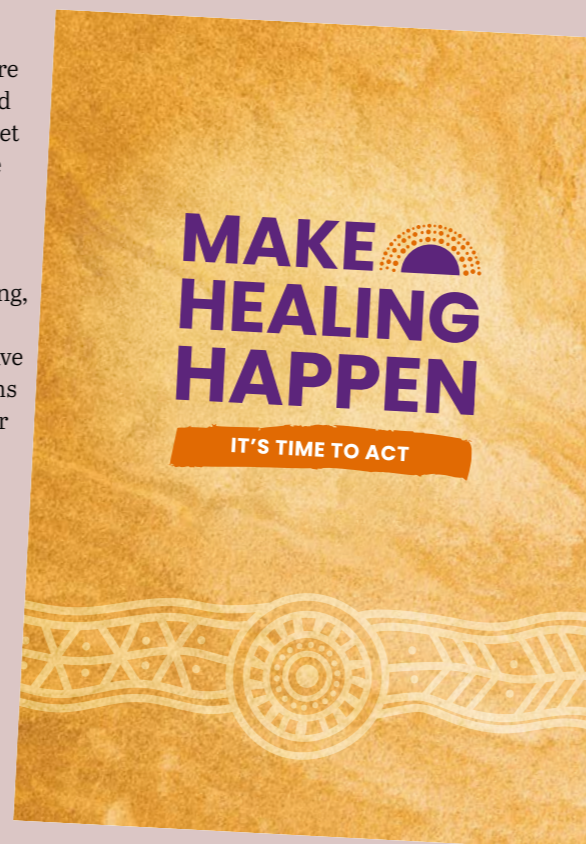
## Healing Report: Indigenous Seniors

By next year, all Stolen Generation survivors will be aged 50 and over and eligible for aged care. It is therefore understandable why research has recently been undertaken by the Healing Foundation into how we can best support our Indigenous seniors, particularly those who are part of the Stolen Generation.

Foundation. As one Stolen Generation descendant noted in the report, “aged care is a big thing – Mum was institutionalised in the dormitory system. My biggest regret is that we had to put her in full-time care because we didn’t have the resources to keep her out of an institution.”

It’s an important conversation to be having, particularly among policy makers, given the higher likelihoods these survivors have in developing long-term health conditions compared to their non-Indigenous senior counterparts. The Royal Commission into Aged Care Quality and Safety also highlighted a need for consideration into future challenges and opportunities for Indigenous aged care services. “We are also concerned that Aboriginal and Torres Strait Islander people do not access aged care at a rate commensurate with their level of need. All aged care providers that promote their services to Aboriginal and Torres Strait Islander people should be required to train their staff in culturally safe and trauma-informed care.”

An Australian Institute of Health and Welfare report commissioned by the Healing Foundation was released last month, highlighting a path forward for supporting Stolen Generation survivors in older age. The report highlights a societal lack of knowledge about the potential impact aged care might cause for this group of people, considering the trauma attached to being institutionalised. “With the evidence of research, we now know there are more than 30,000 survivors, all of whom will be aged 50 and over in 2022. This represents significant challenges for governments to address the growing needs in health, aged care, education, social justice and equity,” notes Professor Steve Larkin, Chairperson of The Healing



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Your Local Community Agent



# Remember When?

Isabella Ross

**S**ydney Observer did a callout to some of our local seniors to share memories of their iconic household staples during childhood.

## COD LIVER OIL

A popular folk remedy loathed by all kids, cod liver oil was a 'medical' staple in Australian and European households back in the day. As described by the Glasgow Health Solutions Ltd. research paper, "cod liver oil could only be described as disgusting. It tasted horrible, it had a fishy odour, the oily consistency and texture did nothing for the palette and repeated on you throughout the day." Although the liquid form is no longer widely used, the vitamin pill version has become quite popular – the benefits without the terrible taste.



## SINGER SEWING MACHINE

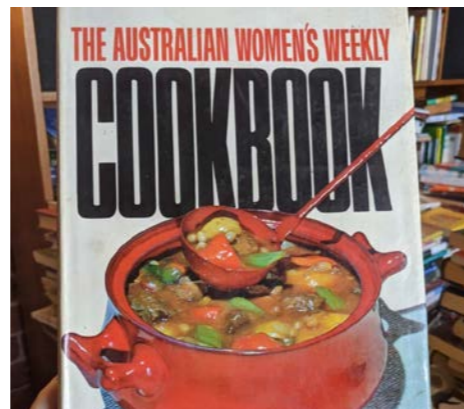
In 1851, the first Singer Sewing Machine was patented and from then on in most households you could find a sewing machine. The cast iron bodied sewing machine and table remained a household favourite for decades. The Singer brand designed the world's first electronic sewing machine in 1975. The sewing machine was seen as a particularly valuable household asset, potentially providing financial security as many set up small businesses in tailoring and mending. In Australia, the sewing machine was categorised as household economic equipment in the ABS Household Expenditure Survey of 1984.

## SUNBEAM MIXMASTER

The first appliance Sunbeam made in Australia was the Sunbeam Mixmaster around the 1950s. According to historical resource Australian Food Timeline, 'the Mixmaster



was seen as essential equipment for preparing the classic Australian pavlova.' Incredibly, the kitchen gadget remains a favourite in modern society – there's even a current Facebook appreciation group called 'Fans of the classic Sunbeam Mixmaster.'



## THE AUSTRALIAN WOMEN'S WEEKLY COOKBOOK

Nothing screams '70s dinner party quite more than *The Australian Women's Weekly Cookbook*. First published in 1970 and reprinted several times, the cookbook 'heralded a new era of international cookery in Australia' (Australian Food Timeline). It contained over 700 recipes, step-by-step colour photographs and featured iconic recipes of the time and entertaining essentials – fondue, terrines, pâté, sweetbreads, rum balls, beef wellington and more.

# Swimming Seniors

Madeleine Taplin

**R**ain, hail, or shine, there is something for everyone within the world of swimming. Often people forget just how beneficial swimming can be for those in their elder years. Not only does the sport improve your heart health, flexibility and muscles, water exercise has been proven to put less stress and strain on the body. From water aerobics to basic laps, there's something for every individual and their capability.

## THE PHYSICAL BENEFITS

Swimming is the ideal workout for seniors, simply because it presents a low risk of injury, whilst working all the muscle groups to ensure a full-body workout. Because there is no weight bearing involved, swimming is also the perfect sport for those with sensitive joints or those potentially prone to injury. Additionally, swimming can significantly reduce the risk of osteoporosis – this is especially important for women, considering that 1 in 3 women over 50 experience bone fractures directly resulting from the condition.

## THE MENTAL BENEFITS

Swimming doesn't just improve our physical health – it can also be advantageous to our mental health as well. The activity is a great way to reduce stress levels, boost mood and increase brain function. Additionally, as swimming can be a social



## Local Swimming Groups and Activities

- Willoughby Leisure Centre
- Ku-ring-gai Aquatic Centre
- Manly's Bold & Beautiful is the largest swim group in Sydney, with over a thousand swimmers in their books, held every morning at 7am. [boldandbeautifulmanly.com.au/](http://boldandbeautifulmanly.com.au/)
- For a Lower North Shore location, look to Balmoral Swimmers, who swim 7 days a week from approximately 6:30am all year round. [facebook.com/BalmoralSwimmers/](https://facebook.com/BalmoralSwimmers/)

activity, it helps deter feelings of isolation and loneliness, which seniors are often susceptible to. Max van Gelder who is part of the 360 squad, a Northern Beaches team of 90-year-old swimmers, highlighted the social benefits of joining a swim group in a recent podcast interview. "When I retired I had very little to do so I took up swimming – it's fitness, fun and friendship. Swimming brings a feeling of wellbeing."

# Why Nutrition Needs Change As We Age

Isabella Ross

**I**t has been drummed into us since schooling that we require a wide range of nutritious foods from five specific food groups daily – grains, vegetables/legumes, fruit, lean meat/poultry/fish/eggs/tofu/nuts and dairy products. This is also known as the Australian Guide to Healthy Eating. Although eating a variety of foods is incredibly important at any age, it is the case that our nutritional needs change as we age.

According to Dietetics Discipline Lead and Accredited Practising Dietician Professor Judi Porter, from the ages of 60 to 70, our risk of unintentional weight loss and malnutrition outweighs the risk of chronic disease. In comes the high protein, high energy diet. The Institute for Physical Activity and Nutrition recommends seniors consume foods such as meat, chicken fish, eggs, lentils, tofu, choosing full fat dairy products and creamy based soups and sauces.

So, why is it that our nutritional needs change? One major consideration for older adults, is the increased risk of



osteoporosis – no one wants decreased bone density, especially when it can result in fractures. As Nutrition Australia details, there are ways to protect yourself against the progression of osteoporosis, including getting enough calcium, fluoride and vitamin D. Hence, why full fat dairy products have the tick of approval. Women over 60 are recommended to have 4 serves of dairy every day, with men 60-70 recommended to have 2.5 serves, and 80+ recommended 3.5 daily servings.

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# North Shore Parkinson's Groups

Isabella Ross

Parkinson's is the second most common neurological disease in Australia after dementia. It's a degenerative neurological condition that affects a person's control of their body movements, with the severity of symptoms varying from person-to-person. In NSW alone, there are over 63,000 people living with Parkinson's.

## EXERCISE

Research from the Parkinson's Outcomes Project, the largest-ever clinical study of Parkinson's, found that people with the disease who engaged in at least 2.5 hours of weekly exercise had better quality of life than those who engaged in no exercise. Benefits included overall disease management and neurological improvement. As Parkinson's NSW emphasises, exercise for people living with Parkinson's is not simply to stay fit, but to maintain balance, mobility and daily living activities. "We are one of the largest private dedicated rehabilitation hospitals in Australia," notes Aimi, Senior Physiotherapist at PD Warrior, Lady Davidson Private Hospital. "Treatment is based on the latest research and is designed to enhance physical ability, slow down Parkinson's and help people live life to the fullest."

## SUPPORT

In Australia every hour of every day

someone is diagnosed with Parkinson's. With this in mind, emotional support is an integral aspect of managing the disease. The Shake It Up Foundation, which funds Australian Parkinson's research, notes the benefits of people with Parkinson's engaging with their community. "Making connections can allow you to build your support system, share information, stay motivated, boost mood, exercise your brain and see you are not alone." Importantly, people living with Parkinson's, carers and family members can access free counselling via phone, videoconferencing or face-to-face across NSW, including Sydney's North Shore. Counsellors can help with providing support and strategies around coping, dealing with changes, treating mental health and encouraging an active role in one's own treatment and management. There are also support groups available locally.

## Local Initiatives Available

- PD Warrior: Advanced Rehab Centre, Artarmon
- PD Warrior: Lady Davidson Private Hospital, North Turramurra
- Parkinson's Rehab Clinic Hornsby Ku-ring-gai Hospital
- Dance for Parkinson's Mosman
- Chatswood Parkinson's Support Group



PD Warrior North Turramurra

# CWA's Coconut Sponge with Buttercream

Recipe courtesy of Stephanie Scott, Country Women's Association NSW



## Sponge Ingredients

- 125g butter
- 1/2 cup desiccated coconut
- 1/2 teaspoon coconut essence
- 1 1/2 cups self-raising flour
- 1 cup CSR caster sugar
- 1/3 cup milk mixed with 300ml carton sour cream
- 2 eggs

## Buttercream Ingredients

- 1 cup unsalted butter, softened
- 1/2 tsp coconut essence
- 3 1/2 cups CSR icing sugar
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- 1/2 cup shredded coconut, toasted
- 1 tsp milk

## Method

1. Grease a 20cm round cake tin, line base with baking paper. To prepare the cake, cream the butter, essence and sugar in bowl until light and fluffy. Beat in the eggs, one at a time.
2. Stir in half the coconut and sifted flour with half of the mixed sour cream and milk, then stir in remaining ingredients until smooth. Pour mixture into tin.
3. Bake in moderate 180°C oven or 160°C fan forced for approximately 1 hour. Stand for 5 minutes before turning out onto a wire rack.
4. While cake is baking, make the buttercream. In a bowl combine the butter and icing sugar, beat until blended.
5. Next add salt. Then add the milk, coconut essence and vanilla and beat for an additional 3 to 5 minutes or until smooth and creamy.
5. Once cake is cooled, spread the buttercream over the cake. Top with shredded coconut and serve with fresh berries and cream.

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\*Correct as at July 2021. Image is for illustrative purposes only. J006076



# ONLINE Seniors Events

## Book Launch, Sydney Jewish Museum

Join the Sydney Jewish Museum team as they launch author and Associate Professor in History Anna Hájková's book *The Last Ghetto*. <https://sydneyjewishmuseum.com.au/shop/webinars/public/book-launch-new-history-of-the-theresienstadt-ghetto-by-anna-hajkova/>

Date: 6<sup>th</sup> July

Time: 7pm

Where: Online via Zoom

Cost: Free

## Chair Yoga

This class is taught in a way that is supportive and inclusive of all community members. Participating in the comfort of your own home, you will be guided by a chair yoga professional.

<https://whatson.cityofsydney.nsw.gov.au/events/chair-yoga>

Date: Thursdays throughout July

Time: 10am - 10:45am

Where: Online via Zoom

Cost: Free

## Protecting Against Scams

Join the Government's 'Be Connected' eSafety Commissioner webinar on how to protect your personal information from scammers, how to spot a scam and where to go for help.

<https://register.gotowebeinar.com/rt/2351583104172602381>

Date: 20<sup>th</sup> July

Time: 10am - 11am

Where: Online via Zoom

Cost: Free

## Rooftop Solar Webinar

Hosted by Zero Emissions Sydney North and a solar expert guest speaker, participants will learn more about rooftop solar and batteries in this webinar/Q&A. <https://events.humanitix.com/solar20july>

Date: 20<sup>th</sup> July

Time: 6:30pm - 7:45pm

Where: Online via Zoom

Cost: Free





## DonateLife Week

Madeleine Taplin

For many of us, we feel a need to make a real difference in the lives of others. Whether you choose a vocation that heavily involves people, or you volunteer at charities within your local community, there truly is no better feeling than knowing you have made an impact in someone else's life. But there is one significant way we can all make a difference.

From 25<sup>th</sup> July to 1<sup>st</sup> August is DonateLife Week, which aims to encourage more Australians to register as an organ and tissue donor, as well as offering the chance for individuals to approach the subject with their family and friends. Whilst the majority of Australians understand the importance of these donations, only one in three are registered. With around 1,650 Australians waitlisted for organ transplant, and an additional 12,000 on dialysis who may need a kidney transplant, it is now more important than ever to have Aussies sign up for organ and tissue donation.

Although organ donation is something to highly consider as we age and grow older, there is a common misconception that organ and tissue donations have an age limit. Interestingly, Australia has no age limit on some donations. From 18, you can register to be a donor. So, have a conversation and start the process – you can save a life because of it.

<https://donatelife.gov.au/register-donor-today>

## Made-to-measure or Bespoke?

Rejimon Punchayil

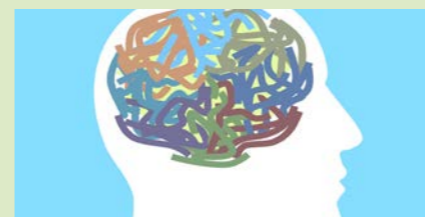
It's hard to describe how you feel when in an outfit that's specifically crafted for you. It makes you feel wonderful and gorgeous. We are all too familiar with the convenient, ready-made and 'one size fits all' clothing these days. If you pay attention, you may observe the same with the chairs we sit on. We spend extended time indoors and on our chairs during this season. Designer-made, attractive furniture may not necessarily make us comfortable. The seat is too deep, too low, too wide or outright awkward. Why do we have to put up with this? A custom-built chair provides the answer. While meeting the individual needs in terms of the seat height, depth and width, it can also fulfil design and style aspirations. The challenge is the time it takes between planning and owning.

How about if such a thing is possible without the wait? A group of British engineers, occupational therapists and allied health practitioners have crafted a rise recliner that can be customised to individual needs without the wait. It can be adjusted for seat depth, width, height as well as on several other aspects. Configura Comfort Chairs have revolutionised seating and taken pressure care management to a new level. Come to <https://comfortdiscovered.com/> and see if it's something for you to consider this winter.



## Seniors Health Corner

Madeleine Taplin



### Mental health screening

Development of a new mental health screening tool and early interventions for older adults has begun. Funded by the Ian Potter Foundation, a research team from Macquarie University in partnership with Sydney North Primary Health Network have begun the process of building and evaluating a tool to help better identify serious mental health issues such as depression, anxiety, social isolation and loneliness. With one in five older Australian experiencing loneliness, and fewer than 23% of those over the age of 65 receiving

help for mental health, this screening program will prove to be invaluable to our health system and community.

### Boosting vaccine efficiency

Recent research has shown vaccine efficiency is significantly increased with higher levels of physical activity. Not only does the activity help to make our populations less vulnerable to infectious diseases, it also strengthens our immune systems and helps to produce elevated levels of antibodies. These elevated antibodies help certify higher rates of efficacy and success after vaccinations. As we come into winter with flu and COVID injections on the horizon, it is more important than ever to ensure we give ourselves the best shot at immunity and optimal health.

### Rise of complementary medicine

Complementary medicines have seen a rise in popularity over the past year, with many individuals turning to them to boost health and wellbeing.

According to the Therapeutic Goods Administration, complementary medicines are believed to be safe without evidence of significant efficacy. Besides this, almost three quarters of healthy Australians aged over the age of 70 claim their use of such medicines has kept them healthier and happier. The use of fish oil, calcium supplements, zinc, multivitamins and Chinese or herbal medicine were the top choices among this age group. Australian seniors are reminded to visit their GP to assess whether complementary medicines are viable for them.



## Mausoleum of The Holy Way North Ryde



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Photos courtesy of Gunners Barracks Mosman



# The Rise of the Micro Wedding

Madeleine Taplin

With COVID-19 running rampant globally, we have seen people try to adapt everyday events to the restrictions we now live with, from altered gatherings to fewer restaurant patrons. One specific change we have seen is the shift from ‘big-bash over 100 guests’ style weddings to more intimate micro weddings. For many individuals, this seems like a break in tradition, when weddings are meant to be celebrations with our nearest and dearest. But here’s the catch – do we really have 150 individuals we would call our *closest* friends and family?

A micro wedding is an intimate affair, typically with no more than 50 guests. These services still feature all the time-honoured traditions that make up a wedding, but it’s done on a much smaller scale. One thing most micro wedding lovers have found is that this smaller celebration doesn’t just allow for a saving in money, it also makes the engagement/wedding period far more enjoyable. With fewer guests comes less work, fewer opinions and people to please, less budget requirements and far more options in terms of venues and spaces to celebrate.

It’s a true modern shift, tells Nicky from White Magnolia Events Sydney (Instagram @white.magnolia.events).



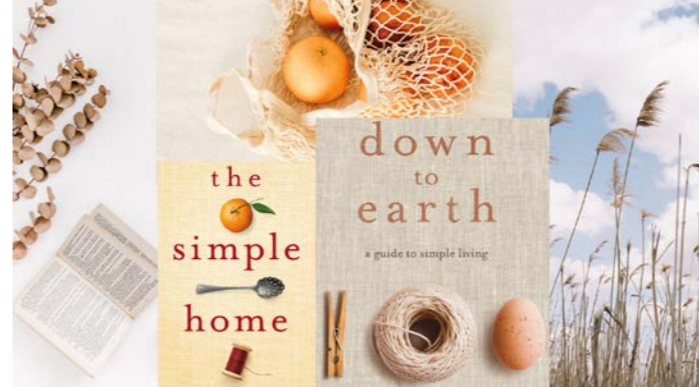
“One main reason why couples see a smaller wedding as the perfect choice is to avoid cancellation or postponement of venue capacity restrictions implemented at a moment’s notice. They’re also the perfect choice for couples who want to splurge and enjoy the very best of dining and decorating on a smaller scale. In the current climate of job insecurity, micro weddings can often work out to be more budget friendly than a big, traditional wedding. Small, intimate and personalised weddings have definitely been a trend this year, and it’s one I personally hope to see continue well



into the future,” Nicky shares. Incredibly the NSW Government has jumped on the bandwagon as well, with the State Government now offering micro wedding packages at discounted rates. To find out more, visit: <https://www.nsw.gov.au/topics/marriages/micro-weddings>

## Sydney Venues to Consider

- Gunners Barracks, Mosman
- Bather’s Pavilion, Mosman
- The Terrace @ Jonah’s Restaurant, Whale Beach
- Vaucluse House, Vaucluse
- The Old Clare Hotel, Chippendale
- Pilu at Freshwater, Freshwater
- Chiswick Restaurant, Woollahra



# Ku-ring-gai’s Simply Living

Ku-ring-gai and North Sydney Councils are proud to present a series of online workshops with author Rhonda Hetzel. Having written books including *Down to Earth* and *The Simple Home*, Rhonda’s philosophy focuses on living how you want, slowing down and simplifying life. “It’s all about living in a safe and comfortable home, cooking wholesome food, growing, fermenting and preserving food, mending and recycling, slowing down, keeping your family close and being comfortable in your own skin,” Rhonda notes. The July webinar will be taking place on the 20<sup>th</sup>, 6:30pm – 7:30pm. This event will be delivered via zoom online and is free for Ku-ring-gai and North Sydney residents only. Those outside of these local government areas are still welcome to join for a fee.

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Living-Simply-For-every-stage-of-life>



## Podcast Picks

### BETTER THAN YESTERDAY, OSHER GÜNSBERG

Inspiring interviews with interesting people, Osher Günsberg has a weekly conversation that helps listeners make today better than yesterday. Recent shows include chatting with the Executive Producer of ABC’s *You Can’t Ask That*, a research psychologist specialised in trauma or a big wave surfer on how to conquer fear.

### SHAMELESS THE PODCAST

Referred to as ‘the podcast for smart people that love dumb stuff’, hosts Zara McDonald and Michelle Andrews dissect and reflect on all things pop culture. On Monday’s it’s *Scandal*, where they look at some of the biggest pop culture scandals, for example the death of Natalie Wood or the Jenn, Brad and Ange love triangle. On Thursdays, it’s *Pop Culture Wrap*, debriefing on present news.

### THE DAILY, NEW YORK TIMES

Twenty minutes a day, five days a week, *The Daily* is an informative podcast hosted by Michael Barbaro and powered by NY Times journalism. Whether its unpacking US politics, pandemic parenting, or the effect of a food critic losing her sense of smell, the podcast’s topics are broad and intriguing.

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\* Ends 31 July 2021



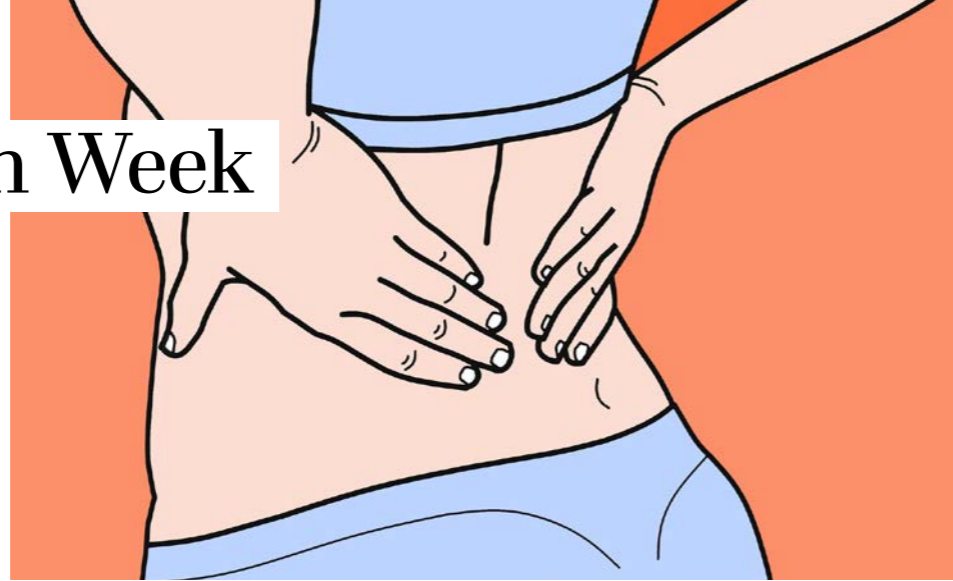


# National Pain Week

Isabella Ross

Pain doesn't discriminate. National Pain Week (last week of July), organised by Chronic Pain Australia (CPA), is a time to shift negative views attached to those living with chronic pain and champion their voices. CPA's North Shore Board Director Gayle spoke with *Sydney Observer* about the grassroots organisation's work. "After developing inflammatory arthritis three years ago, it was a bit of serendipity when the CPA role came up! Ultimately, we aim to make life better for those living with chronic pain – improving access to treatment and pain management strategies, raising awareness, ensuring government policies acknowledge the challenges people face and reducing stigma."

One of our wonderful contributors, Dr Sue Ferguson, is someone who has dealt with chronic pain for over a decade and notes the important role support and advocacy groups play. "For many, chronic pain causes numerous challenges – not just the pain itself, but also coping with disruptions to work, family life and leisure pursuits. Dealing with a medical system focused more on conditions they can cure/treat effectively can also be challenging." Promoting better understanding among health professionals is a factor aiming to be tackled by CPA, particularly given one in five Australians aged 45 and



over are living with persistent, ongoing pain (Australian Institute of Health and Welfare, 2020). "The process of policy change and advocacy is not an overnight one! But the biggest immediate feedback we get is that we connect people feeling isolated," Gayle shares. "We aim to ensure the voices of the community are heard but also amplified and acknowledged when it comes to policy and health systems change. You never know the battle people might be fighting behind closed doors, as chronic pain affects all genders, ages and cultural backgrounds."

So, what's something those of us not dealing with chronic pain can do to make a difference? "The most important thing is to listen with an open mind and offer support where you can," Gayle notes. "Pain is very individual, and the causes are countless." Dr Sue Ferguson shares a similar sentiment. "When loved ones don't understand how disabling (and often unpredictable) pain can be, this can lead to tension particularly if any express scepticism. That's why pain support groups have been so helpful, as you're with others that understand. I also find meditation helpful."

## Resources

- CPA's website and online forum <https://chronicpinaustralia.org.au/>
- @ChronicPainAustralia Facebook
- Sydney Pain Management Support Group, email Soumya [sydney@painmanagement.org.au](mailto:sydney@painmanagement.org.au)
- Dr Sue Ferguson's meditation recommendation: <https://www.meditainment.com/pain-management-meditation>
- <https://www.aci.health.nsw.gov.au/chronic-pain/health-professionals/resources-for-chronic-pain>

# COVID Vaccine Experience

Madeleine Taplin

Having recently got the jab, I'm here to share my experience of receiving the COVID-19 vaccine. As a relative/household contact of individuals working in the medical profession, I was fortunate to receive the Pfizer vaccine through the Westmead Hub, and I am now fully vaccinated. Like many, I held some reservations about the process, but I was pleasantly surprised to find I had no need to fear.

The NSW Department of Health have done a fantastic job in ensuring the process is comfortable – from arrival to departure my

experience took 45 minutes! Additionally, the staff were lovely and open to answering any questions. After receiving my first shot, I had no side effects aside from a sore arm and slight fatigue. Research has shown the second dose more commonly receives side effects and I found this to be true, although not as bad as I expected. The process was easy and simple, with quick recovery. Having spoken with others, most said it was less painful than the annual Influenza injection. I am now able to protect my community and those I love – Sydney, go and get your COVID-19 vaccine!

For information, access NSW Health and consult with your doctor:



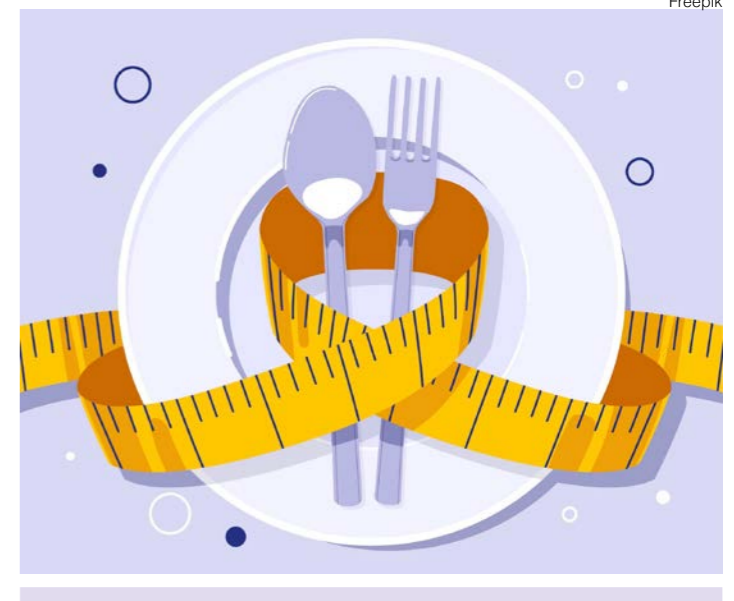
<https://www.health.nsw.gov.au/Infectious/covid-19/vaccine/Pages/community.aspx>

# Toxic Diet Culture

Madeleine Taplin

There is no denying that 'the dieting mindset' is at the root of many of society's body image problems. We praise those that fad diet, we shun those that do the opposite. Our obsession with our looks and the way we eat often leads to an unhealthy relationship with diet, body and food. So where did this culture begin?

Diet culture has many definitions and facets, but in a nutshell, it is a set of beliefs that worships thinness and equates this image with health and moral virtue. The mindset places thinness as the pinnacle of health, assuming this particular body is the 'correct' one, and attainable to anyone with the right willpower. What is particularly harmful about fad diet culture is the repercussions it can have, in turn increasing levels of judgement and shame. According to the Butterfly Foundation, over 1 million Australians are living with an eating disorder. Furthermore, research from the Dietitians Association of Australia shows many Australians continue to turn to costly quick fixes for weight loss. The DAA study in 2017 found 46% of adults had actively tried to lose weight in the past year, and of those who had tried, around 47% did so by spending their money on a specific fad diet or diet program. So, what can you do to make a difference?



## 5 Ways to be Body Positive, Butterfly Foundation

1. Encourage healthy relationships with food and exercise
2. Challenge diet culture and its unhelpful messaging
3. Focus on what your body can do
4. Unfollow people who don't make you feel good about yourself
5. Avoid making unhelpful comparisons

<https://butterfly.org.au/>

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Lux Skin



LED Light Therapy



Amy is a North Shore local and social media consultant with a particular interest in health and beauty. See Amy on Instagram @amy.sandig

## High-Tech Beauty Solutions

Amy Sandig

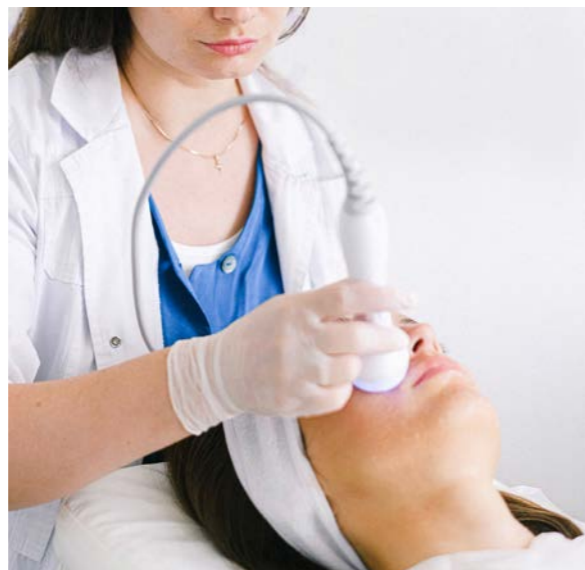
Your all-encompassing beauty passport to the high-tech realm where skincare becomes about science and micro technology awaits. Choose from radiofrequency treatments to tighten your skin, phototherapy for acne, fine lines and rosacea and the ultimate companion supplements. Learn the secrets of the world's most cutting-edge beauty technology and where to find it on the North Shore.

### AT HOME TREATMENTS: LED LIGHT THERAPY

LED light masks are fast becoming a trend with many dermatologists touting their benefits for reducing fine lines and treating rosacea. Originally developed for use in astronauts to increase tissue repair, these high-tech masks emit a targeted spectrum of red light. Free from UV, the light provides your skin with a therapeutic photo effect, stimulating the growth of new cells and increasing collagen production. Ideal for those with patience and the discipline to apply regularly, LED light therapy masks can be used at home and show a cumulative, long term benefit. Each treatment will last approximately thirty minutes. This form of photo therapy is effective in treating chronic skin conditions such as acne and rosacea. Choose from a selection of high-quality masks available at <https://www.adorebeauty.com.au/>

### IN THE SALON: TEMPSURE ENVI

Experience Tempsure Envi, an aesthetic radiofrequency technology that uses targeted heat treatments to improve your skin's tightness and reduce the appearance of wrinkles. Applied directly to the area of concern by a qualified practitioner, the specialist hand piece warms your skin to an optimal 39°C. Try this game changing treatment at Kendall Cosmetics in West Pymble.



### ULTIMATE VITAMIN BOOSTERS



The one thing all these treatments have in common is the desire to boost collagen and increase your skin's integrity. Collagen is the backbone to any beauty routine. Our natural reserves gradually decline with age, leading to

uneven skin tone, loss of elasticity and pigmentation. A daily dose of marine collagen, added to your food or drinks has been shown to stimulate production of essential internal enzymes and peptides responsible for preventing premature ageing. Made from wild caught fish and high in protein, this supplement is effective because of its high rate of digestion and is completely tasteless when dissolved in water. Choose from local suppliers including Australian NaturalCare's peptide rich Marine Collagen Ultra or visit Taste Organic in Turramurra.

## North Shore's Five-star Salon Experience

Zalmhair has been part of the communities at Beecroft and Wahroonga since 1996, renowned for continually providing a five-star salon experience. The team is very excited to be joining the Turramurra community, taking over from Di at The Salon for Hair as she enjoys a well-deserved retirement. New owner, Richard Zalm is pleased the great team at zalmhair Turramurra – Andy, Krystal, Hayley and Rebecca – are staying with the salon, so the excellent service locals know and love will remain the same. Richard is from a family of hair stylists. His father and grandfather were both in the trade. Importantly, Richard is bringing some modern touches to Turramurra, like an online booking system and giving the salon a makeover to make it even more friendly and relaxing.

The business is known for exceptional cutting, colouring and styling, but the thing that sets zalmhair apart is the loyalty of their staff and their clients. Some of the stylists have worked with Richard for 30 years. Amy, the Salon Manager at Wahroonga has been part of the team since her apprenticeship. Incredibly, there are third generation clients who are being looked after at zalmhair. It is a family business, all of whom make sure their clients feel part of the zalmhair family.



Tried, tested and loved by Sydney Observer.

To celebrate Turramurra joining the zalmhair family, they are offering anyone who books in July and mentions this article, a complimentary treatment. Call 02 9440 2602 to book.

<https://www.zalmhair.com/>

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o o zalmhair

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

# ‘The more I smile, the happier I become’

Dr Ian Sweeney

A smile is a beautiful asset, and many people believe a smile will advance their work, career and social prospects. Cosmetic dentistry concentrates on techniques designed to not only maintain maximum longevity of teeth, but also focus on ways to improve the overall aesthetic appearance of teeth. There are many cosmetic options available, depending on each person's unique need. Examples of cosmetic treatments available include but are not limited to the following:

**Tooth Whitening:** By far, the simplest way to brighten a smile! Whitening is a non-invasive aesthetic treatment that can be performed within the dental office or at home. The professionally supplied 'in-office' treatment augmented with a home 'touch up' kit, gives wonderful, instantaneous results followed by an enduring smile.

**Porcelain Veneers:** Porcelain veneers are thin wafer-like shells of porcelain which are bonded onto the surface of a tooth. Veneers may correct misaligned, chipped, discoloured or worn teeth. Popular to achieve the 'Hollywood smile,' porcelain veneers do not change colour over time and will give a long-lasting aesthetic result.

**Resin Veneers:** Composite resin is the tooth-coloured filling material widely used to restore tooth decay. Resins vary slightly in composition and those used

for veneers will polish to a beautiful lustre. The resin material is built up in layers directly on the tooth to achieve an instantaneous result. Resin veneers are however more porous than porcelain, so over time may be more prone to discoloration and staining.

**Porcelain Crowns:** If the existing teeth are already heavily restored, discoloured or misaligned, more correction may be required than is able to be offered by using a porcelain veneer. In such cases, a full coverage crown or cap may be the best option to achieve the total aesthetic result. Patients prone to grinding their teeth may also benefit from multiple crowns to help correct any bite issues, while at the same time correcting the aesthetic problems.

**Orthodontics:** Invisalign or clear aligners are becoming a popular alternative to conventional braces. A series of clear plastic aligners are worn over the top of your teeth. Each aligner moves the teeth a little bit, until eventually the desired effect is achieved. Clear aligners may not be suitable in every case. Fortunately, there are several other cosmetic orthodontic options available.

As with anything, cosmetic dental treatment is full of options and choices. Your beautiful smile may be achieved in a very different way to that of your best friend, but the end result will undoubtedly bring confidence. To find out what the best cosmetic treatment option is for you, consult your dentist.

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

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# 4 must-have Winter Fashion Staples

Madeleine Taplin

Winter is very much here, with freezing temperatures our new normal. Luckily for us, as our spirits dampen with the cool change, we can find joy in fashion! After all, winter is when fashion trends are at their peak. From varieties of knitwear to chunky boots, the possibilities are endless.



## Statement Boots

A bold statement pair of boots are very much *the* boot to opt for this season. With three different styles to choose from – ankle, mid-calf or knee length – there's something for everyone with this shoe. Team with everything from your sleek knit dress to jeans and a tailored blazer.



Marie Claire Australia

## Bootcut Jeans

Bootcut jeans are back and better than ever. Vogue Australia notes that this cut of jeans has experienced a rebirth in 2021 and are the perfect shape for showing off your favourite pair of boots. Fitted on the waist, hips and thighs, the bootcut jean is a straight cut before flaring out ever-so-slightly at the ankle.

## Collared Necklines

A little '90s revival, you cannot go wrong with a collared knit. The fashion industry has seen this trend begin to emerge earlier this year, but the collared neckline looks to be continuing into the winter months as well.

## Knit Dresses

By far the easiest way to elevate a winter fashion look, long knits are a staple item and absolutely worth investing in according to Marie Claire Australia. Perfect for the office or as a weekend staple, go for a maxi or midi length to nail the trend. Pair with a denim jacket and chunky boots for a more relaxed look, or you can try out a pair of loafers or ankle boots to style this look.

Venroy



Senja Sofa, Nomad Chairs, Loft Rug & Accessories by Tribu



Mood Daybed & Dunes Side Table by Tribu



Otway Table & Armchairs by Kett



Glenaire Swivel Chair, Avoca Sofa & Otway Coffee Table by Kett



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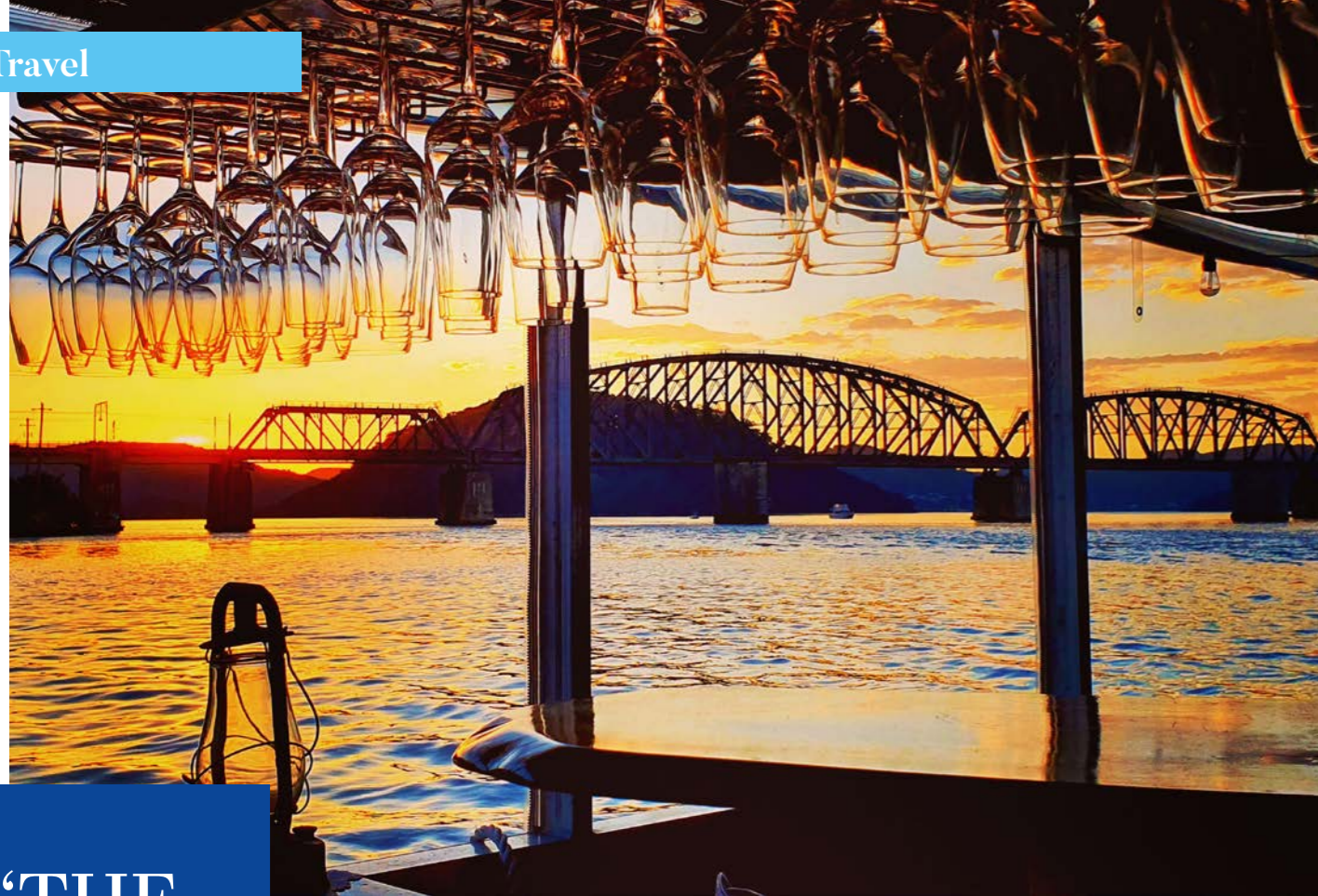
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## ‘THE FLOAT’

### A New Style of European Luxury Scenic River Cruising Right Here in Australia!

One local business is redefining the traditional cruise into ‘The Float’ – the true epitome of adaptability and resourcefulness in the face of international flight restrictions. The Floating Oyster Wine Bar offers you a relaxing journey through the Hawkesbury River waterways in search of beautiful escarpments and amazing rock formations.

The Floating Oyster Wine Bar’s philosophy encompasses serenity and exploration, combined with sensory delight. Floating amongst these spectacular sites, the still waters enable guests to regularly see beautiful white bellied sea eagles and other amazing birdlife throughout the voyage, meaning it’s a wonderful opportunity for photography enthusiasts. Incredibly, the easily accessible single-level pontoon vessel was brought down from Taree in January and has been restored by the owners to allow passengers to sit back and relax in style and comfort. The experience has been designed with luxury in mind, with relaxing lounges, copper walls and wine barrels, teamed with fine local oysters, seafood, exclusive Russian Beluga caviar, cheese, pâté and

charcuterie boards. The exquisite food is all complemented with an eclectic wine, champagne and craft beer range.

Situated in beautiful Brooklyn, the Floating Oyster Wine Bar is only 1 hour north of Sydney and approximately 40 minutes from Ku-ring-gai. The destination is ideal as it’s not a hassle to get to, but far enough that it makes for the perfect short getaway or city escape.

The public Floats are currently on Sunday afternoons, and they also offer private charters for birthdays, special occasions and weddings, hen’s parties, as well as corporate functions and team building. Up and coming special events on the Floats include:

- Executive Singles Float on 10<sup>th</sup> July
- Christmas in July on 16<sup>th</sup> & 18<sup>th</sup> July.

*Bookings are essential and seats are limited! Departing from the Hawkesbury River Marina (check in opposite the King Tide Wharf). For any enquiries, please call Sylvia 0408 688 084.*

<https://www.thefloatingoyster.com>  
Instagram @floatingoysterwinebar



## A Weekend Away in Brisbane

Madeleine Taplin

Whilst we wait for Sydney’s COVID-19 numbers to come under control, we can reminisce about a weekend in Queensland’s stunning capital city. Here is *Sydney Observer’s* guide on how to spend a weekend in Brisbane, our favourite northern neighbour.

### WHERE TO STAY

Catch an early flight into Brisbane Airport, and head to your hotel to drop off your luggage. Brisbane is home to some of the best five-star establishments, and for the purposes of this weekend it’s only right that you pamper yourself! Check out Emporium Hotel South Bank, Spicers Balfour Hotel or The Calile Hotel.

### SATURDAY

Start off your trip with a walking tour of Brisbane, uncovering some cool art and hidden laneways. Whilst you explore, be sure to pick up a coffee at John Mills Himself Café on Charlotte Street. Then, pop into the Museum of Brisbane for a look at the city’s art, culture and history brought to life through some beautifully curated exhibitions. For lunch, check out Coppa Spuntino for some amazing pasta dishes, or head to Communa Cantina for some tasty Mexican tacos! In the late afternoon head to the glorious Story Bridge. Book a bridge climb and you’ll be rewarded with breathtaking 360-degree views of the city. For dinner, check out Eat Street Northshore. With over 70 traders including five themed bars and local live entertainment, there’s something to suit all. After dinner, head back to your hotel for a night in and a movie.

### SUNDAY

Head into Fortitude Valley for brunch at one of the area’s many well known food spots. In the Valley’s laneways you will find decadent cakes, bakeries and eateries, one being King Arthur Café. Spend the rest of your morning exploring James Street and Winn Lane in Fortitude Valley for a great collection of contemporary jewellery, designer and eclectic boutiques and flagship stores. Feeling a bit peckish? Head to the Stamford Plaza Brisbane in the CBD for a decadent high tea with stunning views of the Brisbane River. The Collective Markets at South Bank are another must, perfect for the mid-afternoon. To finish off the day, take a stroll through South Bank Parklands, home to Brisbane’s most celebrated nature displays and lagoon, a beautiful place for photos and to reflect on the wonderful weekend that has been.



@mycalifornialane Fortitude Valley

Visit Brisbane

Eat Street North Shore





### HarbourCare Kayak Clean-up

Join the HarbourCare team for a kayak clean-up this Plastic Free July. They'll be kayaking up the Lane Cove River, targeting a known litter hotspot within the mangroves to help protect ecosystems. Kayaks are supplied, medium level fitness required.

**Date:** 21<sup>st</sup> July  
**Time:** 9am – 12pm  
**Where:** Lane Cove River  
**Cost:** \$7.50  
[www.eventbrite.com.au/e/harbourcare-kayak-clean-up-2066-litter-challenge-tickets-158508819145](http://www.eventbrite.com.au/e/harbourcare-kayak-clean-up-2066-litter-challenge-tickets-158508819145)

### North Shore Theatre Company Concert

In their 70<sup>th</sup> year, North Shore Theatre Company are delighted to present a showcase of their incredible performers. Zenith Theatre accepts NSW Discover vouchers (vouchers valid until 31<sup>st</sup> July).

**Date:** 17<sup>th</sup> – 18<sup>th</sup> July  
**Time:** 2pm & 7:30pm Saturday, 3pm Sunday  
**Where:** Zenith Theatre Convention Centre, Chatswood  
**Cost:** \$35  
[www.zeniththeatre.com.au/Whats-on/Events/North-Shore-Theatre-Company-70th-Anniversary-Concert](http://www.zeniththeatre.com.au/Whats-on/Events/North-Shore-Theatre-Company-70th-Anniversary-Concert)



### North Shore Craft Group Sale

The Botanica Contemporary Art and Craft Exhibition and Sale is coming soon, courtesy of North Shore Craft Group. It is their 63<sup>rd</sup> show and the artists are keen to show their recent work, with light lunch or Devonshire Tea catered by Hornsby CWA.

**Date:** 8<sup>th</sup> – 11<sup>th</sup> July  
**Time:** Thu, Fri, Sat 10am – 5pm, Sun 10am – 3pm  
**Where:** Thornleigh Community Centre  
**Cost:** Free  
[www.northshorecraftgroup.com/](http://www.northshorecraftgroup.com/)

➔ Please double check before attending any of these events, in relation to COVID-19 restrictions in NSW.



### Local Exhibition (re)arrangements

A great exhibition from Wahroonga's GCS Gallery, (re)arrangements brings the artists together in an exhibition that explores the repurposing, reuse, recycling and reinterpretation of photographic imagery.

**Date:** 26<sup>th</sup> June – 31<sup>st</sup> July  
**Time:** Tues to Sat 10am – 5pm  
**Where:** GCS Gallery Wahroonga  
**Cost:** Free  
<https://www.gcsgallery.com.au/>

### Crop Swap Ku-ring-gai Wildflower Garden

Come and swap some crops in the picturesque Ku-ring-gai Wildflower Gardens. You are welcome to bring any edibles from your garden as well as seedlings, honey, eggs, jams/preserves, baked goods and anything else you are happy to swap.

**Date:** 25<sup>th</sup> July  
**Time:** 9:30am – 11am  
**Where:** Caley's Pavilion, Ku-ring-gai Wildflower Garden  
**Cost:** Free  
[www.krg.nsw.gov.au/Things-to-do/Whats-on/Crop-swap-at-the-Wildflower-Garden](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Crop-swap-at-the-Wildflower-Garden)

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

# Sylph Spirits in Nature

*Kerrie Erwin*

**H**ave you ever wondered why nature is so healing? It's because it is full of nature spirits! These spirits include Earth, Wind, Fire and Air. Air spirits or Sylphs live harmoniously surrounding our world and are known to inspire us, making way for creative energies and thoughts when we feel stuck in our lives.

The common crow has 'Sylph energy' and are known to symbolize magic in our world. Some say that their magical qualities include prophecy, skill and knowledge. Historically, the Ancient Celts believed them to be an omen of death and were

said to be sorcerers and witches, and the crow's foot symbol was used to cast death spells. This is totally far from the truth as they are highly amusing and very family-oriented. Along with the owl family, crows are one of my favourite birds, as they are fascinating, highly intelligent and can be taught to communicate with humans. When they are around, I know they are always watching me as they love to gossip and are mischievous and know what is going on. They like to steal shiny items but are also suspicious and shy.

Over the years, I have had a crow family living near my place of work and every time I decided to record any meditation sessions,

I would always hear the crazy crows talking in the background, almost as if they were demanding their right to be included as well! Often when I talk to people on the phone, I will hear the crow calling out in the background, as if it is giving me a sign this person is working on the same vibration as me. It is no surprise, when I clear homes and properties, I will strangely be followed by a flock of crows as they are known for shamanistic healing making me feel as if they are helping me clear the negative energy.

Love and blessings!

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

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