

Sydney Observer

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Janice Petersen

SBS presenter on amplifying voices that need more power

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From the Editor

Welcome to Sydney Observer's June Issue! From SBS World News, Janice Petersen is our profile, and it was a delight to speak with her (13-15). Reflecting on current conversations, Janice spoke about her role at SBS, her favourite things and the story behind a recent article of hers that went viral. It's a powerful discussion that is incredibly timely.



As always, we strive to keep the community informed and engaged. I decided to test run a community-focused app, *Nextdoor* and see what it has to offer for the Upper North Shore area (12). We also have an update from Neighbourhood Watch Ku-ring-gai & Hornsby (9) and a Federal Budget breakdown for seniors (28). Digital literacy for kids is a key theme in this month's Education section, along with checking in with two great North Shore schools and a profile with Stephanie Alexander Kitchen Garden Foundation (16-19). There's also plenty of local-oriented content for the family in our School Holiday section (42-45). Our Beauty & Wellbeing section is booming, including pieces on dermatologist recommendations (36), the environmental footprint of our clothing choices (38), mask recommendations (37) and more. To further excite, Sydney skincare business Zozo Organics has generously shared with our readers their top beauty tips (39), as well as a skincare giveaway for the first 50 readers who enter (details on Page 7).

Enjoy the June Issue!

Isabella

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Chatswood	Lindfield	Roseville Chase	Wahroonga
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Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby



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SNIPPETS

Photo by 'Captured by Rachael' | further images available via her Instagram and Facebook, under 'Captured by Rachael' | Bobbin Head, Lovers Jump Creek



Local Selected for NSW Youth Parliament

Hornsby Girls' student Caroline Sinn has been chosen to represent one of the local electorates at the 2021 Y NSW Youth Parliament in July. She is one of more than 110 passionate young people from across NSW selected to become a voice for their peers. "I can't wait to get the chance to enact tangible change. I am part of the Justice Committee and it's empowering to know that my voice will be heard on one of the largest platforms for youth in NSW," Caroline said.

CANDIDATE NOMINATIONS OPEN
28TH JUNE – 4TH AUGUST

Information Session
for Council Election
Candidates
10th June

Funds for North Shore Shed

Great news for the Ku-ring-gai Community Workshop: funding has recently been announced for the community-based organisation. "The Ku-ring-gai Community Workshop, known as 'The Shed,' is a home away from home for men and women in the local community," said Member for Davidson, Jonathan O'Dea. "They can gather regularly to share their skills, knowledge and experience which helps keep them active and productive."

Council Election Candidate Webinar

Ku-ring-gai Council will be hosting an online session for prospective councillors on 10th June between 6pm and 9pm. Those wishing to stand for election must be Ku-ring-gai ratepayers, residents or individuals on the non-residential roll. Nominations for candidates open on 28th June and close 4th August. The information session will cover the roles and responsibilities of elected councillors and an overview of what councils do. Voters across the state will go to the polls in local government elections on 4th September, after their postponement last year due to the pandemic. Ku-ring-gai residents/ratepayers will be electing a total of 10 councillors, with two councillors to represent each of five wards – Comenarra, Gordon, Roseville, St Ives and Wahroonga. The Mayor of Ku-ring-gai is chosen for a two-year term by councillors, after the election result is declared.



Update on Lindfield Village Green

Recently, Lindfield Village Green marked the first anniversary of its construction phase. The car park building is almost finished with the roof which will support the Village Green nearing completion. The next stage will see work start on the new café building. The aim for the Village Green is to transform the existing Ku-ring-gai Council-owned car park at Tyron Road into a new civic open space. The project is on target to finish in late 2021.

Entries Open Wildflower Garden Comp

Over \$5000 worth of cash and prizes are offered to artists able to create artworks for the Ku-ring-gai Wildflower Garden's Sculpture Trail. The Sculpture Trail gives local and regional artists an avenue to exhibit works in the beautiful bushland surroundings of the Garden at St Ives. Sculptures should reflect on the uniqueness of the Australian bush landscape and showcase environmental themes through the use of sustainable materials. Entries are open until 30th July.

Celebrate NAIDOC Week Locally

In early July, Ku-ring-gai has many events taking place to mark NAIDOC Week. Gordon Library will have a film screening of *The Song Keepers*, telling the inspiring story of an Aboriginal women's choir (6th July). Also, on offer is an In Conversation discussion at Gordon Library with debut Indigenous author Nardi Simpson (8th July). There are also events for kids, including a healing art workshop hosted by Kamilaroi and Dunghetti woman Andrea Bennett (9th July) and a message stick weaving art workshop with Koori Artist Aunty Karleen Green (5th July).

Roseville Cinema Discover Vouchers

The big cinema giants have been making a bonanza on the NSW Discover vouchers, but what about the little guys? Now is the perfect time to support local and see a film at Roseville Cinemas. "One year ago, we closed our doors for the first time since our family took over Roseville Cinemas almost 50 years ago. We wish to thank all our wonderful patrons who have supported us during this difficult time. Come and see one of our wonderful films for free using your Discover voucher and enjoy a freshly-made choc top!" Vouchers are valid until 30th June.

Showcasing Ku-ring-gai's Past

Uncovering our local history is something lots of us love to partake in – seeing vintage photographs of decades prior and learning about historic stories. *Sydney Observer* has a recommendation – have a look at [@kuringgai_chronicle](#), where the Instagram account shares photos of Ku-ring-gai's past. Sourcing images from personal collections, Historical Photograph Australia, Ku-ring-gai Library, Ku-ring-gai Historical Society and more, the pictures shared are quite interesting.

Zozo Organics Giveaway

Local skincare business Zozo Organics is offering 50 *Sydney Observer* readers a free product – their Organic Multi-Purpose Soothing Skin Balm, a protective, nourishing and calming cream. Spoken about in both the May and current June Issue, their products are Pharmacist formulated and designed to leave your skin feeling cool and calm, with active ingredients that are natural and plant derived. To win, simply email editor@kamdha.com explaining why you wish to win one of these great prizes in 25 words or less! Be sure to include your details (name, address, mobile number) as well in the email so we can contact you accordingly. Entries close 30th June.

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





North Shore Hospitals and SMS4Dads

Isabella Ross

New and expectant fathers have been given the opportunity to receive free text messages offering support and tips as part of a new trial program carried out at public and private hospitals across Northern Sydney Local Health District (NSLHD).

SMS4Dads is a free text-based service helping fathers understand what to expect during this new stage. Dads will receive around three texts weekly that align with their baby's gestational or birth age until the child turns one. The program also checks in on the father's psychological health and refers those who may be at higher risk of developing anxiety or depression to support services.

According to Professor Elisabeth Murphy, Clinical Service Director for Child Youth and Family Health NSLHD, 1000 fathers every year in the NSLHD will get anxiety or depression. "The First 2000 Days is a big strategy that looks at the development of a child's brain. Many strategies have been put in place as a result – one of them is this focus on new fathers. It is well studied that a child's brain development is intertwined by the caring relationships they experience in their first years. Primary caregivers need to 'Love Talk Sing Read Play' with their child. A parent's poor mental health could hinder this, so it's great if we can identify and treat early," Professor



SMS4Dads is being trialled at every NSLHD hospital, including Royal North Shore, Hornsby Ku-ring-gai and Sydney Adventist Hospitals.

Murphy notes. For women the rate of postnatal depression is 1 in 7, for men it is 1 in 10 with many suffering in silence.

"We do a great job of checking in on mums, but we don't do that for dads," notes Emma Cushing, Project Manager for Focus on New Fathers. "The program sends out fantastic tips for dads that is related to the stage they are at, depending on their child's age or expected date of birth. The messages are about his relationship with his partner, baby or himself, overlaying psychosocial screening on top." The response has been fantastic, with 1300 enrolments in Northern Sydney alone. "It's quite funny – a lot of the dads will say to the mums, 'can I get a pillow for your back?' and they will reply, 'you got a message today didn't you!' One gentleman who works in the healthcare system had his fourth child recently, and he told us that for the first time he felt part of the process. The messages helped him feel involved, which speaks volumes to the impact the pilot program has had," Emma tells.

The pilot will be coming to a close soon, with NSW Health set to evaluate whether the program will continue long-term. Regardless, NSLHD will continue to create a more father-inclusive practice across Northern Sydney, notes Emma. "Particularly on the North Shore, we put emphasis on kids getting sent to tutoring or elite schools in the hope we will raise the most successful children. The truth is that money isn't necessary. Particularly in the first 2000 days, it's the simple things like love and attention that truly make a difference."

Neighbourhood Watch Ku-ring-gai & Hornsby

Simon Lennon

Would you like to learn more about any Neighbourhood Watch group in your area: what it does, who to contact? If there is no Neighbourhood Watch group in your area, would you like to learn how to form one? Since the 1980s, Neighbourhood Watch groups have been active in neighbourhoods throughout much of Ku-ring-gai and its adjoining areas. Local people establish and maintain them in their neighbourhoods, and particular suburbs might enjoy several Neighbourhood Watch groups, sometimes overlapping. Ku-ring-gai is a municipality of villages, any one of which can have a Neighbourhood Watch group.

Primarily, Neighbourhood Watch groups avert crime by inviting neighbours to keep friendly eyes on each other's homes and to report suspicious activity to police. By providing information to police, neighbours can also assist police in the apprehension of criminals and thus the recovery of stolen property. Neighbourhood Watch groups also warn residents about online fraud and other scams. They inform residents of measures to protect their homes, cars and other property from theft or vandalism. Many also provide other services to local people or assist other parties to provide them. They facilitate community, helping neighbours develop into friends.

Local Neighbourhood Watch groups across Ku-ring-gai and the Hornsby Shire as far north as Brooklyn co-operate with each other, under the auspices of the Neighbourhood Watch organisation of



New South Wales. To help you learn more about Neighbourhood Watch, Ku-ring-gai & Hornsby Neighbourhood Watch are operating a stall at the upcoming Hornsby Council Volunteers Expo in the Hornsby Mall, Florence Street, Hornsby from 11am to 1pm on 8th June. Attending will be Neighbourhood Watch co-ordinators and volunteers. There will be brochures and stickers for you to keep.

More information about Neighbourhood Watch is available from the local Ku-ring-gai & Hornsby Neighbourhood Watch website <https://nhwkuringgaihornsby.org.au>. (Please note that website address will shortly change. The new address will be published on the Ku-ring-gai & Hornsby Neighbourhood Watch Facebook page). You may also email Julia Eagles or Simon Lennon at nhwkuringgaihornsby@gmail.com, both in Gordon.

Information about the Hornsby Council Volunteers Expo is available from the Hornsby Shire Council website <https://www.hornsby.nsw.gov.au>.

Bobbin Head Bonanza

Madeleine Taplin

Many families are on the hunt for the best hidden local gems to hit up for a week away or even a fun day out. It's time to explore our local tourism and we have the perfect place for you to start – Bobbin Head.

A bushland haven that feels miles away from the crazy inner-city hustle, Bobbin Head has recently seen an influx of visitors. The area offers a vast array of attractions and facilities that are perfect for families given it is located on the beautiful west side of Ku-ring-gai Chase National Park. Green space, bushwalks, serene waters, barbecues, picnic tables and shelters – you name it, Bobbin Head has got it! For nature lovers, Bobbin Head features some of the best bushwalks Ku-ring-gai has to offer, as well as some of the calmest waters to suit all your paddling and fishing needs. Visitors can also pick up a coffee and some great food at the Waterside Bistro at the Marina.

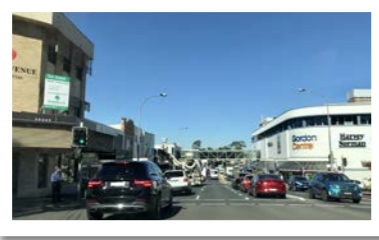
The Empire Marina Bobbin Head has certainly placed this location on the map. This well-resourced and planned marina is the gateway to



Broken Bay, Sydney's largest sheltered waterway, with easy access to Cowan Water, Pittwater, Brisbane Water and the Hawkesbury River. With 200 berths, Empire Marina is the perfect place to dock your boat for the night after a long day of exploring Sydney's hidden anchorages, sandy beaches and dramatic landscapes. Recent press has highlighted the Empire Marina's success, as well as the massive boost to the local economy, suggesting it is here to stay. Either way, it is clear that Bobbin Head is the perfect place to head to for a fun day out or to open your horizons to the vast waterways our local area has to offer.

Ku-ring-gai Then and Now

Ku-ring-gai Library

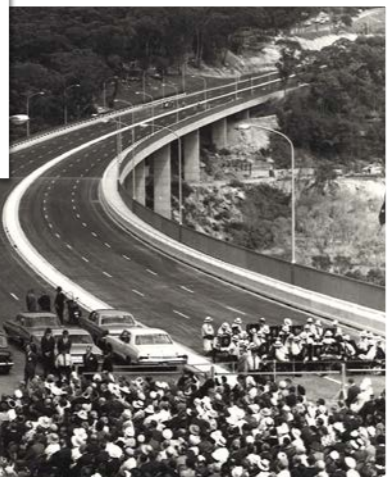


Gordon, Pacific Highway

Looking south towards Killara, this historic image depicts Gordon Road in Gordon, now Pacific Highway. The Ku-ring-gai Chronicle (@kuringgai_chronicle) details that some of the image's buildings are still standing today. The area of Gordon in the early 1800s was quite ground-breaking – the local school was the only one in the district and the first Ku-ring-gai churches were found in Gordon. It therefore makes sense for 19th Century Gordon to be referred to as “the nucleus of settlement” (KHS).



History Council of NSW



Roseville Bridge

2021 marks the 55th anniversary since the Roseville Bridge's opening. The historic image shows its opening on 2nd April 1966, stretching across Middle Harbour. It's important to note however, that this new Roseville Bridge isn't the original structure. As Member for Davidson Jonathan O'Dea said, “the first Roseville Bridge was built in 1924 as a low-level two-lane structure near the current pipe bridge. The popular Roseville Baths were also constructed nearby, both serving the growing Northern Sydney population prior to being demolished. The new Roseville Bridge is a vital link between the Northern Beaches and the North Shore.”



Ku-ring-gai Historical Society

Turramurra Train Station

Turramurra railway opened in January 1890, initially called Eastern Road and was one of the original stations on the North Shore line. At the end of 1890, the name was changed to Turramurra. According to Ku-ring-gai Historical Society (KHS) this was because “it was thought more appropriate the suburb have an Aboriginal name.” Its architecture is a prime example of early 20th Century railway station design, Heritage NSW notes. Although there was limited settlement in the area prior, the construction of the railway encouraged rapid development.

Domain



Eryldene Historic House & Garden

Eryldene was designed by early 20th Century architect William Hardy Wilson as the home of Professor E. G. Waterhouse and family. An adaptation of Georgian architecture to suit our Australian conditions, the property comprises of a house, garden studio, pigeon house, tennis court and pavilion, courtyard and garden renowned for its camellias. Its structures and gardens remain mostly intact today. Eryldene in Gordon will be having open days on each Sunday in July, featuring a series of talks and tours from expert curators, horticulturalists, architects and conservators. There will be musical performances, Eryldene camellias for sale and a collectables stall. <https://www.eryldene.org.au/>

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Canberra

Animals: Please note that while the animals generally join guests as shown, no guarantee of their attendance or length of attendance can be given.



Nextdoor: the local app for all

Isabella Ross



It's an online space where your local community can come together to greet newcomers, exchange recommendations, discover local news, support local businesses and even a marketplace to sell items. This is *Nextdoor*. Having heard about the app through those I live nearby, I decided to put it

to the test, signing up to the app and seeing what was on offer – I wasn't disappointed!

Nextdoor markets itself as an app where locals can build real-world connections with those nearby — neighbours, businesses, and public services. "By bringing neighbours

together, we can cultivate a kinder world where everyone has a neighbourhood they can rely on," the company notes. To join, I simply downloaded the app, noted which suburb I lived in as well as filling out my relevant details. The posts you see will be filtered based on similar suburbs in your area, approximately a 10km radius, ensuring a really localised stream of recommendations, information and introductions.

Posts I saw included locals recommending some North Shore markets, a petition to fix traffic dangers on Porters Lane St Ives, small businesses introducing themselves, updates from Ku-ring-gai Council, discussions over new cycle lanes in Turrumurra, beautiful buys in the For Sale section – the list goes on. Many have also detailed their love for the online community. "Hi neighbours. Great to be connected here and I believe a close neighbour is better than a distant relative, let's stay connected!" commented Richard from Killara. So, become connected with friendly people in your local suburbs and embrace your neighbourhood.

St Ives Youth Hub Relaunches

Local kids across the North Shore are being welcomed to come along with their friends and family to celebrate the relaunch of the St Ives Youth Hub. Happening on 25th June from 3pm to 6pm, there will be food trucks, a BBQ, lots of stalls, activities and a DJ on offer at the relaunch event. "St Ives Youth Hub is the newly refurbished space for young people in Ku-ring-gai. The hub will be an engaging and safe space for young people to meet youth workers, find

social connection and have fun," Youth Services Coordinator Cherise Ricciardo commented to *Sydney Observer*.

Located next to St Ives Village Green, the hub has lots of fun facilities including a music recording and production studio, PS3 and PS4 video games, foosball, a skate park and movies. "This collaborative space will provide access to recreational services and a wide range of support services and referral pathways for young people in the



St Ives and Ku-ring-gai area. We invite the local youth to join us as we launch the new hub," Ms Ricciardo said.

For more information visit: <https://www.krg.nsw.gov.au/Community/Young-people>

Janice Petersen

Covering the Stories that Matter

Isabella Ross

Readers would recognise Janice Petersen from her role as presenter of *SBS World News*, detailing the biggest news stories that are not only affecting Australians but global citizens too. *Sydney Observer* was delighted to speak with Janice about her love for *SBS*, issues of great importance and the story behind a recent article of hers that went viral.



"It's important to know what's happening in the world, to put things in perspective. I feel my humanity grow, watching the bulletins – it doesn't harden my heart ..."

It's a great privilege to be able to tell people about the most important news of the day. News producers, journalists, presenters – we used to complain about a slow news day but that just doesn't happen anymore!" Janice tells. Amidst the pandemic, SBS has seen an increase in viewership tuning in for their 6:30pm bulletin. "I take my job very seriously, and I'm surrounded by a great team who go the extra mile to make sure their stories are accurate, independent and fair."

It's been quite an intense news cycle over the past few weeks, yet this is something that news presenters are well equipped to handle. I'm interested to know if particular stories or events stand out for Janice, when reflecting on her career. "Something that gets to me are stories about preventable deaths of children and violence against women. I still remember the story of Alan Kurdi the three-year-old Syrian child whose body washed up on a Turkish beach, finding it really hard to report on. It was a full-blown cry at my desk when looking at the pictures and hearing of people's desperate situations and the lengths they would go to escape violence in their country. You sometimes wonder whether you can hold it together on air. The story of Jill Meagher – just horrific." Covering traumatic stories like these highlights why many frontline journalists can become susceptible to Post Traumatic Stress Disorder. "I'm not the one on the ground covering those stories, so I completely understand why journalists can experience PTSD. On the flip side, we do get to see incredible acts of kindness and that gives me hope. It's important to know what's happening in the world, to put things in perspective. I feel my humanity grow, watching the bulletins – it doesn't harden my heart," Janice shares.

Recently, Janice wrote an article for *SBS Online*, titled 'The racism Kamahl faced on *Hey Hey It's Saturday* stung me as a child.' It's an article that is incredibly thought-provoking, prompting conversations on equality and anti-racism. "Scrolling through Twitter and seeing what I would call a collation of lowlights, not highlights from *Hey Hey It's Saturday*, I felt a very visceral reaction. My heart was pounding, looking at the utter humiliation of Kamahl – the blackface, having a bag of flour thrown in his face to make him white, a caricature of him being boiled alive in a pot with a bone through his nose – this was seen as family entertainment.



It reminded me that I had not felt like this since I was a kid, realising, 'that's right, this is what racism feels like.' Myself and other brown kids had to cop it at school. Kids would come up to me and say, 'smile Janice, so we can see you, you're too dark.' Kamahl had come out and said he wasn't ok with it, so for Daryl Somers and John Blackman to not take accountability and label it as 'cancel culture' made me livid."

As Janice wrote in the article, "what people who roll out the tired excuse of cancel culture so often fail to recognise is that the person on the receiving end of racist, sexist, bullying, homophobic or xenophobic comments gets to determine the extent of hurt and humiliation suffered, not the perpetrator."

The response from the article was significant. "I had the guy from the IT Department who is also a person of colour, thank me for writing the article as he had felt ashamed as a kid. That little brown girl that got humiliated because of this stuff on TV, is now someone in the industry who has a voice too. This is the problem with racism – you strip away people's dignity, respect and they become less than. People who engage in blackface may not be monsters, but this is where horrible acts of racism start."

As Janice details in the article, she was born in Sydney to South African parents, who came to Australia to escape apartheid. "When I visited South Africa as a seven-year-old, apartheid was still in place. I got an up-close view and had to play by the rules when I was there. It was bizarre being segregated, not being able to go to different beaches, shops, bathrooms," Janice tells.

With a vibrant South African population here on the North Shore, it was also lovely to hear some of Janice's favourite things about the culture. "My fond memories of South African culture are

Janice's Favourite Things

Favourite pastime/hobby?

I love swimming. As the saying goes, 'you can never regret a swim!'

Favourite career moment?

Going to Iceland for SBS's current affairs program *Dateline*. We had an up-close look at gender equality there, and fortunately for them they are light years ahead of everyone. The attitudes from a lot of the men I spoke to, from all ages and walks of life, made me hopeful – all said they were feminists.

What is the question you're most asked?

Definitely something about my wardrobe.

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

That I'm rich, which is not very truthful! I also read I starred in some sort of CSI crime drama which is also randomly untrue.

Favourite spot in Sydney?

Camperdown Memorial Rest Park on a warm afternoon. It's got a great community vibe, picnics, dogs running around, people kicking a football, dancing.

A subject or cause you are passionate about?

Anti-racism. I take great pride in the stories we cover on SBS informing people about injustices that are happening around the world and hopefully amplifying voices that need more power. An equal world.



seeing my aunties, uncles and parents getting together – very loud, animated, roaring with laughter. On the times I've visited South Africa, you get this real palpable sense of community – everyone was an aunty, and you felt part of the family of the whole street. Growing up in an Anglo coastal area like Woy Woy, to even see people who looked like me was really welcoming. Having experienced in-your-face acts of discrimination, of course you develop this passion for social justice. That's one of the best things about SBS – they champion these causes. Issues around identity are important to how people view their place in the world. If people can be in charge of telling their own stories, that brings them a huge amount of power and confidence."

SBS World News airs nightly at 6.30pm.

Keep up to date with Janice via [@janice.petersen](https://www.sbs.com.au/topics/voices/culture/article/2021/03/30/racism-kamahl-faced-hey-hey-its-saturday-stung-me-child)
<https://www.sbs.com.au/topics/voices/culture/article/2021/03/30/racism-kamahl-faced-hey-hey-its-saturday-stung-me-child>

Foundation Teaching Kids all about Food

Madeleine Taplin

For so many children, healthy eating habits come from hours spent with their parents in the kitchen. However sadly, many children don't get to experience these fundamental moments due to a variety of reasons such as busy schedules and work timetables. Without this pattern at home, many are growing up with little understanding of food preparation. This is where the Stephanie Alexander Kitchen Garden Foundation comes in. Originally kickstarted in 2001 by chef Stephanie Alexander, the foundation created a program for primary school students at Collingwood College to engage in the growing and cooking experience of food, focusing on changing the mindsets of eager-to-learn children.

CEO of the Kitchen Garden Foundation, Josephene Duffy, puts the success of the program down to teaching kids about community. "It's about people connecting through food to other cultures, pathways and learnings of the world that they may not have been exposed to previously." Josephene, whose own food journey was catalysed by "the joy food can bring through a shared table experience," has been CEO of the company for the past two and a half years. She has relished working with the passionate team on something that has been very well received by the community. "To see this kind of program rolling out on the ground, exposing kids to all the great things food can give was something I really fell in love with. I believe with every fibre of my being that this program can impact kids positively and change lives. It's a program that brings children joy but also teaches them food literacy and great food habits."

Since 2001, the program has developed to not only focus on primary school aged children, but also on the early childhood and secondary sector. "We were really lucky to get philanthropic funding for the early years project and then our friends at AstraZeneca came on and helped us with the project to translate the primary model to the secondary years environment." Moving forward, Josephene is clear on the foundation's goals. "To see any



school or early childhood service take on the program is key." Whilst she acknowledges the commitment and work required on the education facilities' end, she notes that the team is there to support them in every step of the way. "The benefits of running this program are absolutely enormous and worth every bit of elbow grease!" With the kids learning social skills, teamwork, patience, project management and the meaning of community, it is clear that this foundation is generating something incredibly special. And as for what Josephene loves to grow and cook with – artichokes! "They are my favourite thing in the world. I could grow and eat them every day if they were in season constantly."

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

Some Local Schools Involved

- Abbotsleigh, Wairoonga
- Brigidine College St Ives
- Thomas Carlyle Children's Centre, East Lindfield
- Lane Cove West Public School
- Gordon East Public School



Forming the path that will characterise a child's life

Russell Bailey, Headmaster at Redeemer Baptist School

As our students attend school consistently, they have a whole lifetime ahead of them that will be filled with achievements and relationships that will not only define who they have become but also what their life has to say to the world. There is an old Proverb which, somewhat paraphrased, says that if you just fold your hands and relax with a screen in front of you and let life pass you by then you won't achieve anything of worth. This will certainly be true in short-term school assessments recorded on Semester Reports.

Teachers and parents have the responsibility to look far ahead of life at school so that they can try to provide the elements a child will need to form a good life. A solid work ethic is one of those elements, alongside an adequate rhythm

of rest and relaxation. A pattern of hard work with enjoyment in literacy, numeracy, technology, society, environment, health and the arts will contribute positively. But academics, on its own, will not necessarily deliver a good life.

What if these words characterised the lifelong path of your child, your student: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? These words are etched in stone in the library where I serve as Headmaster. Wouldn't it be worthwhile if we established a work ethic in school not only pertaining to academics but also including virtues! This would lead to a productive life not only economically but also relationally, with satisfaction and responsibility.

What is happening each day at home and in the classroom is forming the path that will characterise a child's life. Virtues will not become embedded in a child's life

automatically. So let us together – schools and families, parents and teachers – seek to provide the elements that will give our children the opportunity of forming lives that speak hopeful future messages of loyalty, kindness and truth.



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Antonio Rajaratnam (HSC, 2020) with Headmaster Russell Bailey being awarded the 2021 Parramatta City Junior Citizen of the Year Award from the Mayor





Digital Citizenship: Benefits of Online Gaming

Sarah Wainwright

Let's break it down! Video games span from a simple, single player card game to massive multiplayer online games with virtual universes. Players interact and deal with transactions in the form of points, game enhancements and money. Video games are played on computers, laptops, hand-held devices, game consoles and increasingly on phones and tablets. One of the most popular multiplayer online games is 'Fortnight Battle Royale' boasting 40 million players world-wide (Webroot Inc. 2021).

Online gaming is a frequent topic of conversation and area of concern for parents. Some of the downsides of online gaming include – children accessing age-inappropriate content, difficulty regulating the amount of time spent gaming, decreased time spent with friends, outdoors or playing sport, and tiredness and sleep disturbances. The negatives are worthy of parental attention and concern, however, the broader benefits of online gaming, such as interaction with friends online and digital fluency and citizenship, are increasingly important in children's lives.

I met Alex Merton-McCann online over shared interests on social media and an offline friendship developed! As

A Snapshot on Gaming, Courtesy of Digital Australia 2020

- Over 90% of Australian households own a gaming device
- 67% of Australians play video games
- 46% of gamers are female and are the fastest growing group of gamers
- 34 is average age of the Australian gamer
- 78% of players are aged 18 and over

McAfee's Cyber Safety Ambassador for Australia and New Zealand, here is Alex's take on online gaming. "As a mum of 4 and Cyber Safety Ambassador, I am very familiar with the risks and negatives associated with online gaming, but online gaming is not all bad news. In fact, it can provide quite the opportunity for our kids to develop their digital citizenship skills – particularly if we stay closely involved."

Alex's top tips to help ensure your kids are as safe as possible when gaming online:

Sarah Wainwright BSc (Psychology), Postgraduate Diploma (Psychology). Writer, Mentor-Tutor, Wife and Mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_

1. Start Conversations Early: start with simple rules like – "don't open messages from people you don't know," and "decline friend requests from strangers."

2. Be Careful What You Click: cybercriminals can use the popularity of video games to entice gamers to click on potentially malicious links. Encourage them to think about what they are clicking on and ensure that it's from a reliable source.

3. Control How Long They Play: set a good example by minimising your use of devices around the home. Why not invest in parental control software to set time limits on your child's device usage?

4. Avoid Malicious Links: if your children are searching online for gaming tips or new games to download, a free tool like McAfee's WebAdvisor can help them avoid dangerous websites and links.

5. Be Protected: invest in a security product like McAfee Total Protection that can help keep connected devices safe from malware.

A Guide to Netiquette

Madeleine Taplin

Once upon a time, it was a luxury to be able to use technology to the standard that we currently do. We often forget that our younger generations have had access to these technologies their entire lives, and thus can fall into the trap of utilising things such as the internet in an improper manner. Hence, it is now more important than ever to ensure that we teach our young students proper 'Netiquette.' Derived from a combination of the words network and etiquette, Netiquette is defined as a set of rules for acceptable online behaviour. These rules reflect the manner in which we present ourselves online, or the way in which we interact with others.

Almost two thirds of children have had a negative experience online, with 20% feeling badly about something they have personally done online. It is clear that the fast-paced nature of the internet and its often-unlimited accessibility can be detrimental, especially when it is so easy for an online interaction to turn into something nasty. Netiquette is all about these relationships, and how people behave in the online space. The 'Nana Rule' is one of the best approaches. Often, children will forget that their online actions will have real-life consequences. Asking them to think about whether they would say something or do something in real-life often acts as a reality check, and thus encourages them to not engage in such. Ask them to think about the 'Nana Rule' – if you wouldn't want your Nana to know about it or see the way in which you speak to someone, then don't put it on the internet!

Additionally, parents should think about sitting down with their kids and developing a code of Netiquette to be followed by everyone in the household. Great codes to follow from Youth Central include – watch your tone and language, check before you hit send, do unto others how you wish to be treated, respect privacy and remember there is another person at the other end of a message.



New Centre for St Lucy's Wahroonga

Students with intellectual disabilities and Autism Spectrum Disorder will explore and develop their capabilities and independence in a new state-of-the-art facility at St Lucy's School on the North Shore. Minister for Education, Sarah Mitchell officially opened the \$15.3 million Dominic Centre. Located at St Lucy's main campus in Wahroonga, the Dominic Centre will be a dynamic place of learning for primary school aged students.

"At St Lucy's, we place a great emphasis on building student capabilities in communication, social engagement, independence, technology, literacy and numeracy through a range of instructional methods including explicit instruction," said St Lucy's Principal, David Raphael. "This new facility helps us to deliver on those objectives



with its 16 new general learning areas (GLAs) – each with two adjoining complementary learning spaces – two large activity spaces and modern augmentative technology."

Inclusivity has been at the heart of planning the centre's design, with the

new classrooms incorporating two kitchen sinks of varied height as well as microwaves, fridges, adjustable height benches and a large central table. Specifically designed for communal meals, the aim is that the new space will foster an increase in independence and living skills.

Mr Raphael said students with disabilities, like all students, benefit from the opportunity to learn in an innovative environment and have access to state of the art technology. "Our Dominic Centre is a beautiful and impressive facility for our school community and says to each one of our students – 'you deserve the very best.' St Lucy's has been able to produce a facility that provides students with places to meet and collaborate, explore new ideas, eat, relax and create," he concluded.

Interior Inspiration: Design Boards

Madeleine Taplin

If you have recently taken notice of interior design trends, you might have noticed the massive increase in the use of pin boards and mood boards. These boards have been an organisational staple for many years and are finally making a place in the home.



Style

All boards can come in a variety of different styles and shapes, and this is the most important thing to consider when picking out a board. From simple utilitarian boards to ornate decorative models, there is something for every need, space and individual. If opting for an organisational pin board, start by looking at the rest of the room's décor and thinking about the way in which you intend to use the space. For a mood board, it is ideal to pick something that is portable, so that when shopping, you can bring along your board to help with interior purchasing.

Mood Boards

A great DIY way to collate how you wish to style a certain home or space, mood boards have long been a staple in the professional interior design industry. Examples for a physical mood board include paint swatches, cut offs of certain inspired fabrics for cushions or curtains, pictures, mini tile and floorboard samples. Another option, Pinterest is a great way to collate lots of design inspiration for a digital format of a design board.



Pinboards

This style of board functions as a multitasking workhorse perfect for the kitchen, home office or bedroom. Becoming a place for a variety of things such as to-do lists, schedules, pictures, art and more, pin boards help to design an efficient workspace and home environment. Before you start organising your pin board, make sure to go through the existing clutter. Anything that is outdated or unnecessary should be removed, for example prioritising a calendar on the board as well as any documents regarding upcoming events.

Labelling Frenzy

Regardless of whether a pin board or mood board is suitable for you, it's great to have a label maker, which can be a real saving grace in terms of organisation. For example, if you plan on having your pinboard in your kitchen you could label certain sections for each family member. For a mood board, labelling certain materials, interior theme goals, costs, furniture brand names and more is an important aspect in the planning process.

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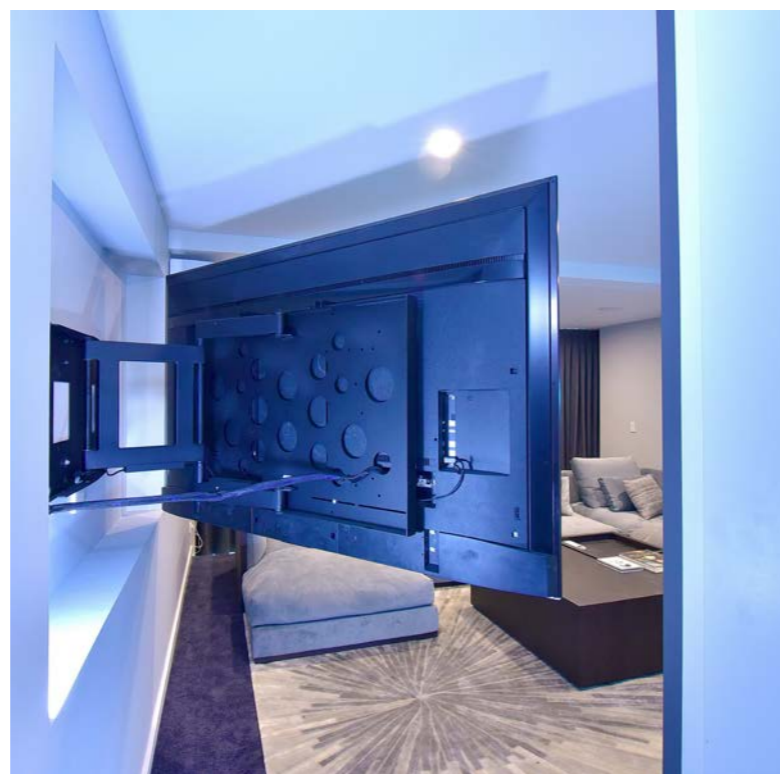
‘Digital Age’ for the Home

Len Wallis Audio, Australian leader in audio, video and home theatre systems

The way we access, listen and watch music and video continues to evolve at a rapid pace. In fact, almost everything we would like to listen to or watch is available via the internet. We are witnessing an era where material is less likely to be made available on physical media. The upside of this is that you now have access to an almost unlimited amount of high-quality content that is easy controlled, and with proper planning, available throughout your home.

Many recording artists for example no longer release on CD, preferring to go straight to download – although interestingly vinyl records appear to be making a comeback. Of course, music streaming has been with us for several years, where for less than the cost of a single CD per month you have access to almost all the music in the world – in CD quality. Similarly, video streaming has also been with us for some time, but we observe an increasing proportion of made-for-TV programs and feature length films no longer being published on disc. The recent advent of Smart TV’s combined with more reliably faster internet speeds in Australia means that services such as Apple TV, Netflix, Foxtel, YouTube and Stan are built in consigning set-top boxes to the past.

Another trend accelerated by the pandemic is a renewed interest in dedicated Home Theatre. Next-gen higher performance projectors, larger TV screens, immersive surround sound and the ability to ‘tune’ room acoustics have turned unused living areas into regularly used areas of entertainment. The impact of a great movie or a sporting event in a well-designed dedicated theatre can be a compelling home improvement. This might be as simple as a TV on the wall with a basic surround sound package to a themed room with tiered seating, acoustic panelling, starlight ceilings and a comprehensive multi-speaker surround system



– achieving a level of involvement exceeding that of the best commercial theatres.

Suddenly we have gone from home networks supporting email and the occasional download to numerous and simultaneous streams of audio, video, gaming etc. Office meetings and classrooms replaced with video calls. Cinema outings replaced with Disney Plus and Netflix. Shopping now conducted online. Our new connected lifestyle has outstripped the capabilities of domestic ISP provided network routers. In fact, so much so that networking is now the fastest growing arm of Len Wallis Audio. It is common practice for us to start with the network prior to moving on to other audio, video, or automation related suggestions – in fact it is so important, we introduce it as the first part of any solution.

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Banksia menziesii

Western Banksias

Brian Roach

Having sung the praises of the wonderful banksias we have on the eastern side of our continent last month, it would be remiss of me not to give due praise to the more spectacular ones that hail from the west. Sadly, very few of them do well over here because of our totally different soil types and climate. Fundamentally, the western side of the country has alkaline soils, largely arising from limestone while our soils are generally acidic. Our rainfall is mainly received in the warmer months of the year while the west gets more of theirs in the cooler months. Many of the native plants from the west do not cope well with our high summer humidity with fungal problems arising. While the grafting of plants has seen a large number of WA grevilleas and eremophilas being grown in the east, it's still early days for the banksias.

A very adaptable banksia from the west with the most unusual habit of growing along the ground is *Banksia blechnifolia*. It is effectively a groundcover and over time will develop a spread of several metres and it has the most delightful soft, downy and tawny-coloured new foliage. As with most banksias, the more sun the better for it to grow well in the garden.

Banksia media is another one from the west worth trying over our here especially for its highly perfumed yellow cones. It can get



Banksia blechnifolia

quite large and is very amenable to coastal conditions with salt spray presenting no problems. But what a wealth of wonderful banksias there are over west and to name a few – *Banksia grandis* (the Bull Banksia), *Banksia coccinea* (the Scarlet Banksia) and *Banksia menziesii*. Until recently, the only place to see the complete range of the 76 banksia species growing in the one place was at The Banksia Farm at Mount Barker, near Albany in WA. You can get a bit of an insight into this magnificent collection at <https://www.australiangeographic.com.au/topics/wildlife/2018/02/western-australias-banksia-farm/>

All is not lost. There is an ongoing project at the National Botanic Gardens in Canberra to hopefully replicate what was done at Mount Barker. The new Banksia Garden there was officially opened in October last year and is surely well worth a visit but it remains to be seen if the climate in Canberra is as accommodating as Mount Barker.



Banksia grandis



Banksia coccinea



Banksia media

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.

Decorating with Prints and Posters

Isabella Ross

The enduring impact of the printed poster is evident. Yet, the humble poster is no longer considered exclusive to the 'nerdy youth' brand it used to have. Instead, these prints have been transformed into a more refined art piece to add to one's collection. Whether it's a sense of nostalgia, the references to popular culture or the retro quiriness they often exude, posters in interior design have officially resurged in popularity.

STYLES TO CONSIDER

Pop culture references, travel destinations, an appreciation for art or a

nature-inspired piece – there are plenty of poster genres to consider. Even high culture art brands such as Matisse, Bally, Picasso, Vogue and Chanel have embraced society's love for posters and created pieces that are exquisitely designed. If you are a bit of a maximalist in your design, you could consider having an entire wall in a certain room dedicated to a poster collection. For example, I personally love to collect vintage and modern posters centred around cocktail brands such as Campari and Aperol.

HOW TO PRESENT

There are a few options when it comes to presenting your posters. One option is getting the poster printed on a stretch canvas. As we all know from childhood, it doesn't take long for our favourite posters to have torn corners when stuck with blu-tack on the wall. Another route is to frame your poster. Just make sure to choose a material finish that will complement the poster itself, for example the frame choice could depend on whether it is a modern or vintage print you are framing.

WHERE TO BUY

Online marketplaces, poster-specific websites, in-store poster retailers such as



Blue Dog Prints in Newtown, boutique art galleries and even vintage and second-hand stores – the places to search for your next poster are endless.



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Levelled Placement is Key

When organising your garden, it is important to think not only about the types of plants, but also placement. Some plants are tall growing, whilst others thrive in low-dwelling bush forms. Try placing some trees or vines in the background and consider some Gardenias in front. The rich foliage of the background plants will perfectly offset the vibrant white of these perfumed flowers.

Living Plants

FANTASTICALLY FRAGRANT

A guide to scented gardens

Madeleine Taplin

Appearance and aesthetics are front of mind when planning the design of our gardens. We choose flowers that are the most eye-catching, the fastest growing, or those that have a special place in our hearts. However, there is another often untapped component to consider – scent. There is nothing more beautiful than opening up the doors of your home and smelling the sweet scent of flowers.

Line your Pathways

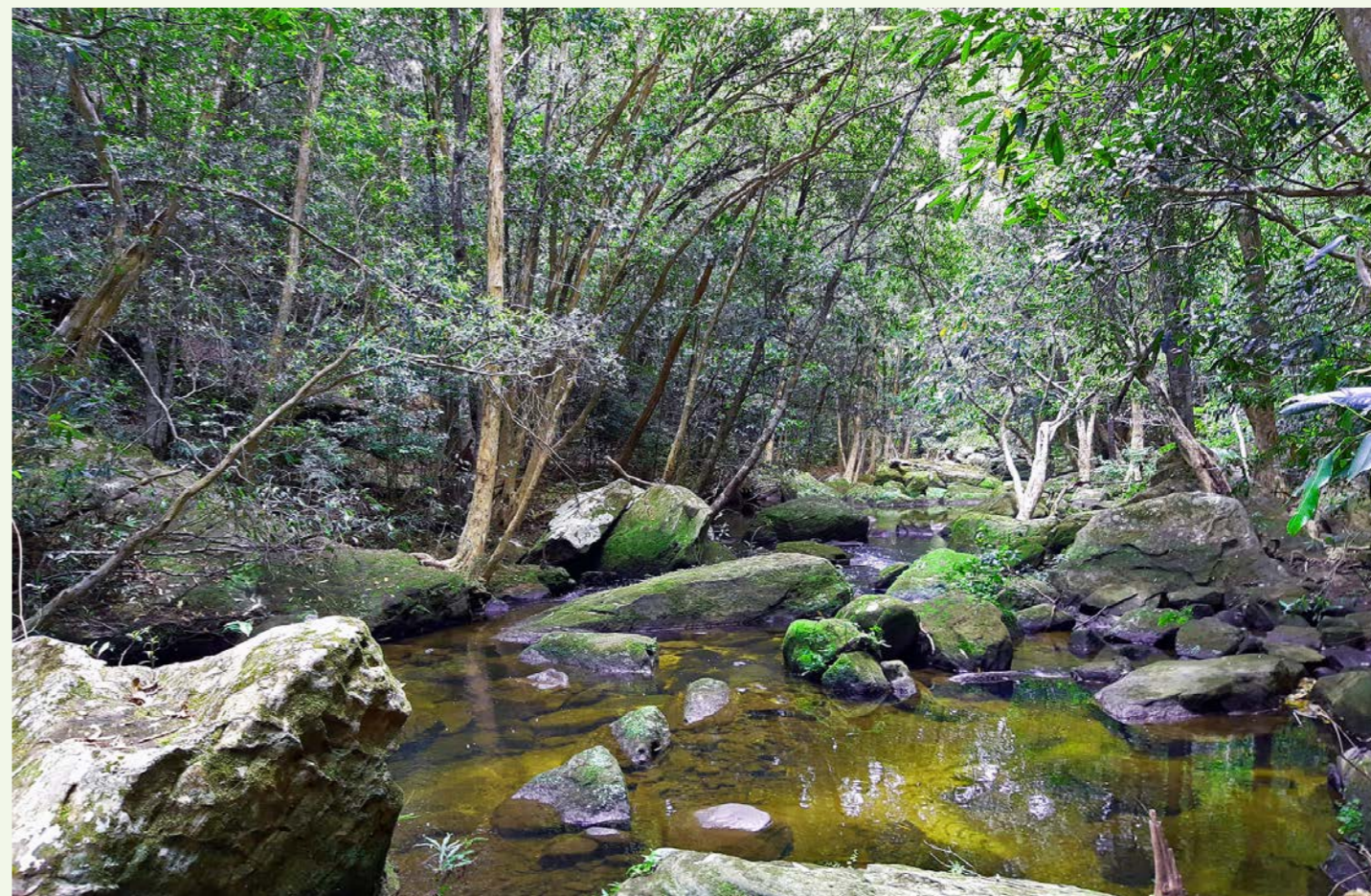
Spice up your pathways by placing some beautifully scented flowers alongside them. In these locations, the plants are more likely to be 'drought-stressed' and thus produce a more intense smell, due to the concentration of oils. Try Freesias, which are often described as smelling like strawberries or fruit, not to mention they come in a wide variety of vibrant shades.

Pinterest



A Scented Sitting Area

The most obvious place to start your perfumed garden journey is your outside sitting area. For this space, consider something that has a soothing scent that isn't too overpowering or sickening. A great example is Star Jasmine. These beautiful little flowers grow well off a sturdy trellis, which makes it perfect to wrap around awnings, pergolas or position in a pot with a vine stick next to your garden's sitting area.



Volunteer for Nature in Ku-ring-gai

The reason for many choosing to live in the leafy surrounds of Ku-ring-gai is simple – its exquisite bushland and green spaces. A passion to keep the area in which we live clean is something lots of residents possess, highlighting why there are over 700 local nature volunteers. According to Ku-ring-gai Council, these volunteers work to regenerate and preserve our beautiful bushland and care for community land. Volunteers range from individuals, families, along with community and corporate groups. To find your local volunteering group visit Ku-ring-gai Council's website. There are numerous groups throughout the local government area, including North Wahroonga, St Ives, Turramurra, East Killara, Lindfield and more. <https://www.krg.nsw.gov.au/Environment/Bushland-and-wildlife/Bushland/Volunteer-for-nature>

THE VARYING VOLUNTEER PROGRAMS

Bushcare – Bushcare volunteers meet regularly, usually once a month for 2 to 3 hours. Council provides equipment and on-site support, including hands-on training, work health and safety information, weeding techniques, plant ID and site management. The Ku-ring-gai Bushcare Association committee meets once a month to discuss key issues.

Parkcare – Parkcare volunteers work on local parkland and foster community stewardship of these areas. Volunteers assist with planting, weeding, minor landscaping works and the placement of wildlife nesting boxes.

Streetcare – Streetcare builds on what is already happening informally as many residents maintain street verges. This is a great



Ku-ring-gai Wildflower Garden

way to improve your streetscape and enhance community spirit. Join an existing group or start your own.

Trailcare – Trailcare volunteers work on tracks and trails to assist with maintenance and community stewardship of these areas. They assist with trail upkeep, trail auditing, rubbish removal, weeding, minor landscaping works and some sediment and erosion control.

Community Gardens – Grow your own food and socialise with like-minded people at Ku-ring-gai's two community gardens in Turramurra and West Pymble. Both are looking for new members of all ages and backgrounds.



Budget Breakdown for Seniors

Last month's Federal Budget was quite the win for a large portion of Australian seniors, many of whom will benefit from several Budget measures aiming to overhaul the aged care system. "This is a serious and meaningful response to the neglect identified by the Aged Care Royal Commission and the need to transform the industry," said COTA Australia Chief Executive, Ian Yates. "Aged care reform needs proper oversight to get the job done."

There are however some groups of seniors that have been forgotten in this Budget, Council on the Ageing (COTA) Australia notes. Support for renters is again missing at a time when the housing crisis has reached new lows. "The government must raise

Commonwealth Rent Assistance as a matter of urgency to support families in rental stress and prevent many at risk of homelessness from falling through the cracks. We also need a better support model to respond to the escalating housing crisis," Mr Yates said.

National Seniors Chief Advocate, Ian Henschke shared a similar sentiment.

"Since day one of the Royal Commission when home care was described as the running sore in aged care, we have campaigned hard to get extra home care packages after 16,000 older Australians died waiting for a home care package in a twelve month period. The Budget has gone some way to restoring that faith but more needs to be done – this is not the

end of aged care repair, we're just getting started," Mr Henschke noted.

BUDGET HIGHLIGHTS

- Overall, the package is set to bring a record investment in aged care to approximately \$119 billion over the next four years.

- 80,000 new home care packages.

- An increase in the time nurses and carers are required to spend with residents.

- An aim to support over 33,000 new training places for personal carers, and a new Indigenous workforce.

- A total funding boost of \$229 million for dementia services.

3 Ways to Exercise at Home

Isabella Ross

As we age, it becomes more important than ever to keep our bodies moving, ensuring continued mobility, agility and independence. A brisk walk with the dog or an exercise class at a local gym are great options, but it's also pretty convenient to be able to work out in the comfort of your own home. Read on to discover 3 exercising at home tips for seniors.

KEEP IT SIMPLE WITH STRETCHES

The Frailty Index is something used to calculate and assess the level of frailty an individual ranks on a scale, 1 being very fit and 10 being severely frail. Something that seniors can do to decrease or manage their frailty is to engage in daily stretches. The benefits of stretching are endless – it promotes better posture, relaxes the body and its muscles, reduces pain and soreness, improves blood flow and circulation and it improves balance. Simple stretches can therefore make a world of difference for older adults.

EMBRACE FREE ONLINE EXERCISE TUTORIALS

All you have to do is prop up your digital device, find a suitable place in the home to lay an exercise mat and partake in a free online tutorial. Options for older adults are endless – yoga, a spin class if you own an exercise bike, total body workouts and chair exercises. The easiest way to find a video tutorial that works for



you, is type 'senior exercises at home' into YouTube. One channel I would particularly recommend is the Active Seniors Health Centre, which offers Q&As, livestream and pre-recorded classes and exercise tips.

SENIORS STRENGTH TRAINING

Physiotherapist Mike from More Life Health Seniors says, "weights are not something to be feared. Adding some resistance such as dumbbells or a resistance band is great to increase your progress." For seniors, it is recommended to start with half a kilo weights and slowly work your way up. For specific strength training exercises you can do at home while seated or standing, check out: <https://morelifehealth.com/>



Inspired Retirement at Kokoda Residences

More and more retirees in Sydney's north are realising the major financial benefits of buying into Kokoda Residences' retirement apartment community in Waitara. Developed by not-for-profit Vasey Communities, Kokoda Residences has been selling consistently well since launching just over 12 months ago. And it's the key combination of advantages that is helping a growing number of retirees choose to plan their move into this exciting new Upper North Shore retirement community.

With a currently strong sellers' market, a number of Kokoda Residences' depositors have put their homes onto the market, capitalising on the strong demand and selling prices. A deposit of just \$5,000 has meant that Kokoda Residences' buyers can also secure their choice of apartment at the current day value of what will be distinctly high-quality apartment lifestyles in the well-planned retirement community. Community is a core factor in Vasey Communities CEO, Graham Hooper's vision for Kokoda Residences. "All of Vasey Communities retirement villages have a strong sense of community, and from meeting many of the depositors already, I know Kokoda Residences will be no different," Mr Hooper added. "We firmly believe retirees are buying into a close-knit community lifestyle with like-minded neighbours as much as a beautifully designed and finished apartment."

With Kokoda Residences' construction already well under way, the 'Up, Close and Inspirational' onsite viewing event planned for Saturday 12th June is the next event in a schedule of regular and very popular events. Monthly Coffee Catch Ups are also scheduled for depositors, where buyers can get to know their Kokoda Residences' flourishing community of future neighbours. Lyn and John are perfect examples, feeling it was important to meet their future neighbours. So important, John gave up his sacrosanct Wednesday morning golf, despite the fact he doesn't drink tea or coffee! Kokoda Residences' community spirit is growing along with its well progressed construction.

For more information, please contact Kokoda Residences' Sales Professional Maureen Malouf on 9299 3953 or 0499 411 522, or visit www.kokodaresidences.com.au

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*Correct as at June 2021. Image is for illustrative purposes only. J006019

Puzzles: The Key to Brain Health

Isabella Ross

There is something to be said about a jigsaw puzzle – their beautiful patterns bring a smile to our faces, keep our brains active and provide entertainment. Interestingly, there is significant research that confirms the myriad of benefits a jigsaw puzzle can provide.

One recent academic paper (Frontiers in Ageing Neuroscience, 2018) noted that jigsaw puzzles can greatly improve our cognitive abilities, being “a potential protective factor for cognitive ageing.” From reviewing the participants, the study found that solving the puzzles tapped into skills such as perception, mental rotation, speed, flexibility, working memory and reasoning. According to the Aged Care Guide Online, for seniors specifically there are 3 main mental benefits associated with puzzling:

1. It keeps your brain mentally active and is beneficial long term for reducing the risk of developing dementia.
2. Research has found puzzles can encourage brain stimulation in the elderly.
3. Games like puzzles allow an older person the opportunity to use their critical thinking and problem-solving skills.



Another great aspect about a jigsaw puzzle is that they often inspire our imagination, transporting us to colourful realms. Many enjoy a destination-specific poster, either reminding them of their prior travels or whetting their appetite for exploration in the future. A pretty picture can tell 1000 words, but it can also provide a lot of happiness. It's a feeling and impact that shouldn't be underrated. Online retailers, bookshops, department giants and even the odd gem at second-hand stores are where you can look for your next puzzle.

So how to get started? Set up a space in your home specifically for your puzzle – somewhere that is easily accessible. For example, try one corner of the dining room table, ideally finding a position where you can either stand up or sit down to do your puzzle to ensure minimal risk of back pain. A comfy cushion for the back if sitting down and taking regular breaks along with a good light source – all handy tips from an avid puzzler!

New Mausoleum for Local Cemetery Crematorium

The Mausoleum of The Holy Way at Macquarie Park Cemetery and Crematorium offers families an exceptional memorial option when it comes to remembering and honouring the lives of ancestors. Work is progressing on the construction site of a new mausoleum that will become the centrepiece of a major expansion project underway at Macquarie Park Cemetery and Crematorium, North Ryde. The Mausoleum of The Holy Way will stand as an impressive semi-open structure built on undeveloped land adjacent to the Stations of the Cross area, in the Catholic section. Its design complements existing surrounds and provides a sanctuary for remembrance, worship and quiet reflection.

Northern Cemeteries CEO Pauline Tritton said the project represents a significant commitment for Macquarie

Park, and one that will help support Sydney's growing need for burial and vault options. “Caring for our community, in all its diversity, means providing a level of memorial choice that is strongly aligned with the demands and expectations of our increasing population,” Mrs Tritton explained. “Our new mausoleum will give families an additional and exceptional option when it comes to remembering and honouring the life of their ancestors for generations to come.”

Features include above ground crypts, family vaults and various columbaria spaces for ash interments. The new area will also incorporate a courtyard and water features, new landscaping

including a separate reflection garden, and an amenities block. “Offering this opportunity further serves our community who now expects and appreciates better memorial places, spaces and surrounds. We are really looking forward to our new mausoleum being ready by late 2021,” Mrs Tritton concluded.

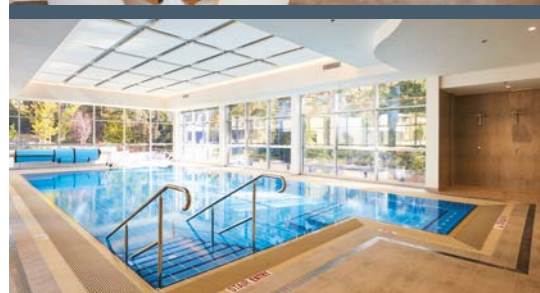
Northern Cemeteries is a leading not-for-profit memorial provider overseeing five sites located on Crown land throughout the northern suburbs of Sydney and Newcastle. For more information contact 1300 389 888 or visit <https://nmclm.com.au/>



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Mausoleum of The Holy Way North Ryde

The Mausoleum of The Holy Way is an impressive semi-open structure built adjacent to the Stations of the Cross area, in the Catholic section at Macquarie Park Cemetery and Crematorium, North Ryde.

Its design complements existing surrounds and provides a sanctuary for remembrance, worship, and quiet reflection.

Features Include:

- 660 above ground crypts with natural stone
- five distinct family vaults each providing 12 crypt spaces
- various columbaria spaces for ash interments
- high ceiling levels
- use of stone and other natural finishes to reflect a high quality and sustainable approach.

We invite you to contact us to find out more about the Mausoleum of The Holy Way.

Call 1300 389 888 or visit www.nmclm.com.au

Northern Cemeteries is a leading not-for-profit memorial provider.

Macquarie Park Cemetery & Crematorium Cnr Delhi and Plassey Roads, North Ryde NSW 2113

Macquarie Park
North Ryde

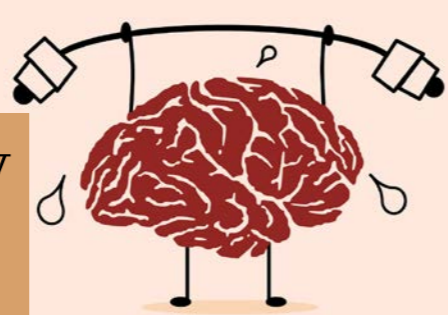
Boost your Mood by Reducing Brooding

Dr Sue Ferguson

Do you have thoughts that go round and round in your head? I know I do from time to time. This is called rumination (or brooding) and involves recurrent negative thinking about yourself, your feelings, personal concerns and upsetting experiences. In older adults, research has shown that rumination can increase the effects of stress, disrupt your sleep and contribute to depression, anxiety and lower satisfaction with life.

So how can we deal with ruminative thoughts and reduce their negative impact?

- A favourite technique of mine is saying to myself, “will this really matter in a year’s time?” (**temporal distancing**), or –
- When a negative thought pops into your mind, or you’re stewing about something, tell yourself “STOP” while imagining a big red stop sign. (**thought stopping**)
- Never just use thought stopping on its own, always either:
 - **distract yourself**, for example by focusing



mindfully on the environment around you (such as what you can see, hear, and smell), or –

- make an appropriate short time to think about stressful things (**brooding/worry-time**), and –
- **replace it with a helpful thought**, for example, “I’ll deal with that later during my worry-time.”

- Remind yourself that thoughts are not facts and either:
 - **question them** (“what is the evidence for this? Is my thought helping me?”), a technique from Cognitive Behaviour Therapy (CBT), or alternatively –
 - **observe your thoughts non-judgementally** and watch them flow past like leaves on a stream, which is a mindfulness technique part of Acceptance and Commitment Therapy (ACT).

For more information on techniques to stop rumination, watch this video <https://youtu.be/uAhH8H-h4-o>. A psychologist can also help you learn these techniques. Remember if you’re feeling particularly anxious or down, talk to your GP, psychologist, or ring Lifeline on 13 11 14.



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



Garvin Blue Photography

The Joys of Group Travel

Isabella Ross

Exploring is something that many of us love to do – seeing new places, learning something new and experiencing ‘The Art of Travel’ as Alain de Botton noted perfectly. As we get older, our opportunities to travel start to shrink. There is still plenty to explore in Australia, especially when it comes to seniors group tours. Read on to discover why you should consider a tour group holiday.

ENGAGING WITH LIKE-MINDED PEOPLE

Seniors don’t often get the chance to meet new people – that is why group travel is a really great opportunity to make new friends. Sharing a passion or interest with someone is the best way to make a good

connection – that is why so many continue to do group tours as it encourages them to engage with like-minded people.

THE POWER OF SHARED EXPERIENCE

Travelling is something that really can shape an individual, providing a sense of perspective, awe, discovery and joy. Yet it is even more incredible to share all of these things with a whole group of people. Not only is it great to have someone to talk to about the experiences just shared, but it also allows for a deeper bond among your fellow travellers.

SAFETY IN NUMBERS

It can bring peace of mind to know that you are not alone or vulnerable when travelling. For many of us, we can feel a

little intimidated and unsure when in a new environment, so to be in the company of others can provide comfort. Not to mention, it is great to have a group tour guide or leader to make the important decisions, letting you relax and enjoy yourself.

STRESS-FREE TRAVEL

A major downside of singular or family travel is having to organise the whole thing! Itineraries, transportation, accommodation – it can be quite the chore. One of the greatest aspects of group travel is that the vast majority of these aspects are taken care of for you – leaving travellers to be excited and fully engage with the trip. Not to mention, most of the holidays are inclusive so the price you pay includes food, transport, day trips and more – bliss.



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Dancing for Wellbeing Facebook

Lindfield Ballet for Local Seniors

Madeleine Taplin

It's time to find a fun, indoors activity to keep our seniors healthy and active. Look no further than Ballet for Better Balance 55+, a newly introduced registered program with the NSW Government's 'Active and Healthy Program.' This absolute beginner class aims to improve balance, stability, flexibility, coordination and mental agility in older Australians. It helps to create greater movement in joints and improve posture, as well as increase circulation and muscle control, all in a safe and controlled environment. Traditional ballet steps are taught at a gentle pace, with all exercises choreographed to classical ballet music. Thus far, the classes have been a hit with local seniors.

Classes are held weekly on Thursday and Friday at Dancing for Wellbeing, 1A Lindfield Avenue in leafy Lindfield. Seniors are entitled to a free first trial class, and beyond this, the class is \$20 per week or \$90 for 5 classes.

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Seniors-ballet-class-for-55-beginners-Thursdays>

Arthritis: Aids for Daily Living

Rejimon Punchayil

Winter is a time when arthritis sufferers face challenges. Arthritis is Australia's major cause of disability and pain, but what causes it in the first place? It can be due to genetic factors or life situations for instance accidents and finally lifestyle choices like smoking and obesity. Its impact can vary from person to person, from a minor annoyance to debilitating pain.



Whilst early diagnosis through a doctor is important, the most important individual involved in treating arthritis is the arthritic person. In addition to treatment and management of pain, learning more about arthritis and maintaining a positive approach is essential. There are many natural remedies and exercises and some say Tai Chi can help. There are also simple and practical tools to help manage daily activities – a pick-up-reacher, key turner, jar opener or a tap turner can make a huge difference. This enhanced independence in turns feeds our self-esteem and worth.

Arthritis gloves of various types can be a great relief during this season. Additionally, there are a range of cutlery that can assist a person who is experiencing difficulties at the dining table. Get yourself equipped to deal with the challenges this winter and ensure your arthritis is managed as well as possible.

www.comfordiscovered.com

The Importance of Writing a Will

Madeleine Taplin

As we get older, one of the most important things to take care of is the division of estate that occurs after passing. Whilst it's not something we prefer to think about, preparing a last Will and testament is a great way to ensure that our loved ones are taken care of in the event of death.

First and foremost, it's important to note that writing a Will during adulthood, not just in your later years, is key. There are a number of reasons to start planning your Will regardless of age. Creating a Will allows you to set aside particular belongings for certain family members. For example, for a close granddaughter you may decide you want to specifically gift a particular ring that means something to both of you. Additionally, the Will allows you to ensure that some people don't receive anything from the estate, such as preventing an ex-spouse from obtaining inheritance. If you have any pets, the Will is the perfect place to include them, putting funds aside for them and ensuring they have a future safe home with someone you trust. You can also choose to leave a positive impact on the world and place your support for charities.

The benefits of creating a Will are endless but may seem daunting for first-time users. Luckily, you can easily access support via The



Salvation Army, who are there to help you on your way to creating a well-planned Will. Their 'Community Wills Day' scheme involves generous solicitors preparing simple Wills in return for a modest contribution to Salvos. For more handy information, head to: <https://www.salvationarmy.org.au/donate/wills-and-bequests/preparing-your-will/>

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

World Blood Donor Day

Madeleine Taplin

There is no denying the importance of blood to our health. Without it, our body's organs wouldn't get the oxygen and nutrients we need to survive. We wouldn't be able to keep warm or cool off, fight infections, nor get rid of our own waste products. Blood is intrinsic to life, and for most of us, our own blood will get us out of toughest situations. However, this isn't the case for everyone, with many people requiring extra blood to get them through illness, genetic disorders or potential treatment plans. As such, blood donation is incredibly important for the survival of so many.



donation, the possibilities are endless and vast – the blood you donate can be made into 22 different medical treatments.

“We understand so much has been asked of Australians over the last 12 months, from bushfires, to the pandemic and floods. Even in the face of natural disasters or global pandemics, the need for blood remains and that's why this call-out is so important,” commented Lifeblood Executive Director of Donor Services, Cath Stone.

The statistics speak for themselves: one in three of us Aussies will need blood or blood products in their lifetime. Yet only one in 30 Australians give

Every year on June 14th, countries around the world come together to celebrate World Blood Donor Day (WBDD), which raises awareness of the need for safe blood and blood products, as well as to thank voluntary, unpaid blood donors for their life-saving gift of blood. Currently, one third of blood donations can be used to help treat people with cancer, providing them with the strength to get through chemotherapy or utilised as a blood transfusion during surgery. With blood

blood each year. Sadly, there are also not enough blood donors to keep up with the significant demand for blood, particularly those that are rarer such as AB- or B-. With the potential to save up to three lives in a singular donation, it is more important than ever for citizens to give the gift of life and donate blood. This WBDD, help out your fellow Australians and donate blood to save a life. For more information head to <https://www.donateblood.com.au>

Winter Skin with a Dermatologist

Madeleine Taplin

With the cooler weather starting to settle, our usual summer skincare habits are in need of a change. As the winter months approach, the dry and frigid air combined with the exposure to indoor heaters sucks the moisture from our skin, leaving it sensitive, red and scaly. We spoke to Sydney Dermatologist and Fellow of the Australasian College of Dermatologists Dr Jo-Ann See about all things winter skincare.

How does the change in weather impact our skin?

“Our skin is a living organism that is greatly affected by changes in temperature and humidity. As the weather gets cooler, humidity is often lower and our skin can become dry or dehydrated, making it rougher and more sensitive. The opposite is true in

a tropical environment, in which skin might feel plumper and moister.”

Are some skin conditions/irritations worsened during winter?

“Absolutely! Eczema and psoriasis where the skin's outer layer or epidermis is compromised can become significantly worse during winter and both conditions can flare with the onset of winter. Not only can the weather make things worse by heating and long hot showers can also dry out your skin so remember to moisturise and use a gentle cleanser.”

What are some gentle and accessible products or skincare regimes to be used in the cooler seasons?

“When your skin feels dry remember to use a moisturiser and be prepared to use it every day. A great time to apply is after a shower and be sure to pat dry your skin beforehand. Many people use a lighter

moisturiser in the morning and a heavier one at night. Consider taking a warm shower, rather than a hot one, as this will soothe the skin more. You may also want to avoid scrubs or exfoliants or use them less frequently. It's also just as important to remember to moisturise your lips regularly with Vaseline or a lip balm.”



Mask Wearing this Winter

AP Direct Sales

With winter officially upon us, now is the ideal time to stock up on some quality masks for you and your family. In the case that masks are also made mandatory in public spaces once again, local business AP Direct Sales is here to help.



Located in Pymble, AP Direct Sales has over 10 years of industry experience when it comes to promoting personal protective equipment (PPE) products. AP Direct Sales has continued its vision to promote public health and safety to the community and its workplaces, noting, “infection prevention is one step ahead of infection control.” Especially important, the company supplies quality masks that comply with the Australian Standard Levels 1, 2 and 3.

As the World Health Organisation details, one of the key strategies for combatting the risk of contracting COVID-19 and respiratory

viruses is wearing a mask. “Masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives.” When it comes to purchasing a mask, it is therefore important to opt for one from a trusted brand that has a core focus of safety, quality and integrity.

WHY AP DIRECT SALES IS THE BEST

- AP Direct Sales only promote masks of the Medicom brand, an international mask manufacturer with over 30 years of experience.
- The packaging is designed to be information specific and visible, presenting where

their masks are made and what standards it complies with.

• User experience is a focus – it's often the case that customers want to evaluate products in-person before committing to an order. That's why the AP Direct Sales Pymble store is available to the public and has a focus on interpersonal service.

• Their masks come in a variety of colours, not to mention they have masks for a broad age range including youth.

• Quality material is also assured, as there is no latex used in the making of the mask, therefore no risk of skin irritations.

• Customers with glasses will be thrilled to learn that these masks are also designed to have a quality nose piece imbedded, therefore the mask can fit well under glasses.

<https://ap-ds.com/product-category/masks/>

WINTER IS COMING!

Wearing a mask is a preventative measure.

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The Impact of Our Clothes

Isabella Ross

Many of us love to shop, filling our bags with great bargains from fast fashion retailers. Often, we focus on the shopping bag itself, preferring environmental totes over plastic. Yet it's the environmental footprint of our bought clothes that is usually overlooked. The global fashion industry is widely believed to be the second most polluting industry in the world (UN News, 2019). With World Environment Day taking place this month (June 5th), it's time to uncover the impact of our clothes and how we can make a difference.

When it comes to fast fashion, we are encouraged to spend little and buy big. Yet, the impact of this is far greater than we once imagined. According to the United Nations Conference on Trade and Development, approximately half a million tonnes of plastic microfibres due to clothing production, equivalent to 3 million oil barrels, are being dumped into our oceans annually. Not only is there an environmental cost, but an additional human cost as well.

The 'Who Made My Clothes?' movement created quite the buzz. It was enacted as a result of the 2013 collapse of the Rana Plaza building in Bangladesh, where over 1000 garment-makers were killed and a further 2500 injured due to poor working conditions. As part of the Fashion Revolution Week 2021, #WhoMadeMyFabric was trending online, asking textile production companies to take accountability for the working conditions of the people who create their clothes. "We believe in a fashion industry that values people, the environment, creativity and profit in equal measure," notes the Australian Fashion Council. "We want to ignite a revolution to radically change the way our clothes are sourced, produced and purchased, so that what the world wears has been made in a safe, clean and fair way."

Did you know?

Collectively approximately **6,000 kg of clothes** get thrown out every 10 minutes by Australians



Glam Corner

5 Things You Can Do:

1. Opt for pieces that are timeless and good quality. Although they may be more expensive, in the long run it will work out financially smarter as the garment will last longer.
2. Embrace vintage and op shops. We are blessed to have lots of upmarket op shops on the North Shore, so take full advantage of shopping second-hand – who knows what beautifully unique pieces you will find!
3. Look for eco-friendly fashion. Lots of brands now offer sustainability collections with a focus on ethical and sustainable production. It's also important to look at the materials being used. Synthetic fibres like nylon and polyester release harmful chemicals into the environment during production. Natural or recycled fibres are preferable.
4. Donate rather than bin. Give away your preloved clothes to donation sites (ensuring they are clean and in decent condition) as this will ensure they don't end up in landfill.
5. Opt for brands that are transparent. The Fashion Transparency Index 2020 found that only 23% of the world's largest fashion brands disclose their social and environmental policies, practices and impacts. Interestingly, the top performing big brand on transparency was H&M.

Beauty Tips with Zozo Organics

Sydney Observer sat down with Khim, a practising pharmacist and owner of Zozo Organics. A brand dedicated to creating natural and organic skincare solutions to help all, Khim shared with us some of her top skincare and beauty secrets.

HAND CARE IS KEY

Dry hands are a common skin problem as we now use lots of alcohol-based hand sanitiser. Hand care involves using soap-free hand wash, avoiding washing with warm/hot water and moisturising hands well. My recommendation is our *Australian Botanical Hand Cream* because it absorbs perfectly into the skin and it's non-greasy.

DON'T FORGET YOUR NECK

Continue your entire skincare regime down to your neck and massage in an upwards motion so not to pull the skin downwards.

MAXIMISE THE BENEFITS OF FACIAL MASKS

Facial sheet masks are great as they are perfect for busy people and they deliver great results. To ensure your favourite facial mask essences are fully absorbed, it's best to use a

sculpting tool on top such as our *Cleanse N Sculpt Wand*.

VITAMIN C IS YOUR BEST FRIEND

It's a natural exfoliating agent and helps to build collagen. It's a powerful antioxidant that minimises damage from environmental factors like UV Rays. It also minimises pigmentation and fine lines – need we say more? Zozo Organic's *Collagen Serum* with Hyaluronic acid and Vitamin C is a great option to consider.

TAKE TIME BETWEEN PRODUCTS

When layering skincare, let each product absorb for a few minutes so that it's not counteracted or diluted by the next product you put on.

MULTI-PURPOSE PRODUCTS ARE A LIFESAVER

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rashes, dry skin, itchy skin? One tube of our *Multi-Purpose Soothing Skin Balm* can soothe numerous skin problems. Most importantly, it is safe to use multiple times a day, as its active ingredients are natural and plant derived.

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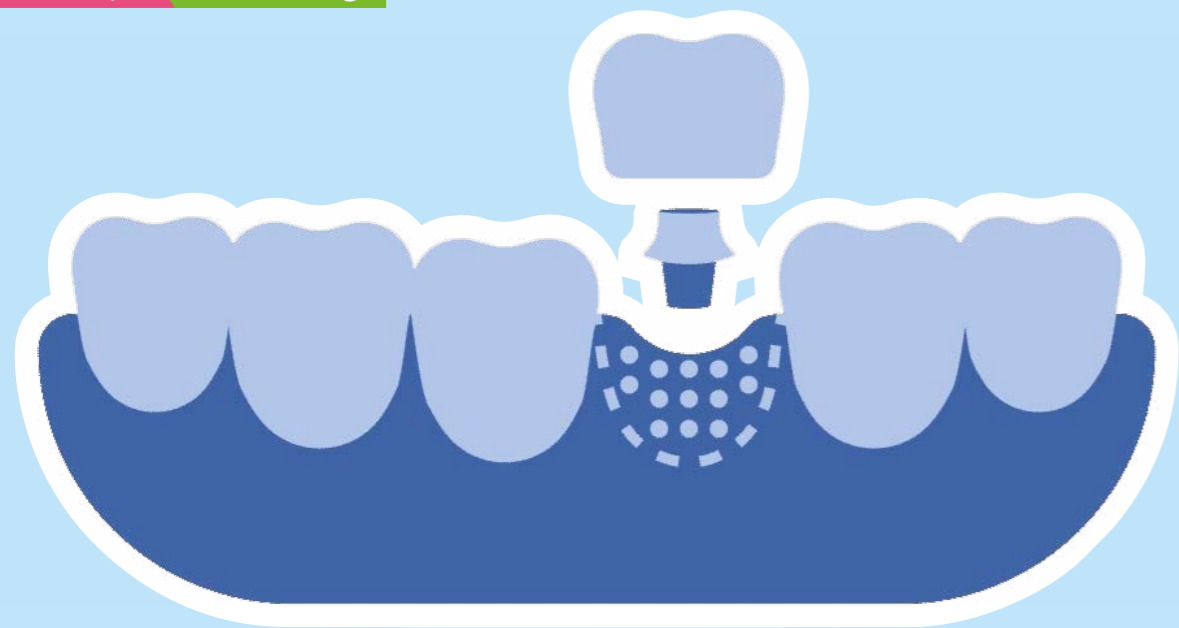
- ♦ Was National Colour Educator for Wella Australia.
- ♦ Trained at Vidal Sassoon London.

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

Do you need bone grafting before dental implants?

Dr Ian Sweeney

The replacement of a lost tooth or teeth using dental implants is a daily occurrence in modern dental practices. Nearly everyone has heard of dental implants, however not many people have heard of bone grafting. Bone grafting and dental implants are two processes that often occur simultaneously.

In the jaw, the bone that supports teeth is only there as long as the teeth are present. When a tooth is removed, there will be a 'hole' in the bone where the tooth root once was. Left to heal by itself, research has shown we may lose 30% to 40% of the volume of bone in the area. So, time is of the essence if you wish to replace the lost tooth with an implant. Dental implants are titanium screws that are screwed into the jawbone. If there has been lots of bone loss in the area prior to implant placement, the positioning of the dental implant may be compromised. Bone grafting is essentially the repair or replacement of bone by transplanting healthy bone or bone substitutes into the area to be re-built. The type of grafting procedure performed will depend on the amount of bone that is needed to replace the lost bone.

In order to prevent bone loss, once a tooth is removed, the 'extraction socket' may be filled with chips of bone

from other parts of your jaw. Alternatively, synthetic material or bone from a non-human source may be used. This 'grafted' material acts as a scaffold through which bone will form, until eventually the grafted material is replaced by your own bone. In cases where large amounts of bone are required, a 'block graft' may be used. Block grafts involve taking a small 'block' of bone from the patient's lower jaw and securing it into the required position. Following a suitable healing time, dental implants may be placed into the newly formed or grafted bone. In the upper jaw, the area above the teeth is an air-filled cavity called the maxillary sinus. Should there be insufficient bone in the upper jaw following tooth extraction, it may be possible to raise the height of the sinus in what is called a 'sinus lift' procedure. This will provide more space into which a bone graft may be placed, thus allowing implant placement.

The thought of surgery can be scary for most people. Thankfully through careful planning before teeth are extracted, many of the more complicated procedures may be avoided. Should large areas of bone already be lost, fortunately the use of intravenous sedation or even general anaesthetic truly make the procedures a forgettable experience as you have no or very little memory of the procedure. Should you have lost a tooth or are about to, ask your dentist about the replacement options prior to having the tooth removed.

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

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

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A Wild Play Garden in the City

Madeleine Taplin

With school holidays happening at the end of this month, now is the time to start planning plenty of outings and day trips to keep both kids and parents happy. With kids spending so much time on electronics for school, these holidays are the perfect opportunity to get out and have some fun in nature.

Having tried it out for ourselves, the Ian Potter Children's Wild Play Garden offers kids an opportunity to immerse themselves in an oasis of nature-play and adventure. Located in the heart of Centennial Park, the Wild Play Garden was designed to cater for children of all ages and abilities. Featuring dramatic landscapes in which kids can run, jump



and play, the garden offers dry creek beds, a water play area, bamboo forest, banksia tunnels, turtle mounds and Centennial Park's first treehouse.

Opening recently, the Wild Play Garden has been widely praised, with most outlining the major benefits kids receive including physical activity, social engagement, imagination and interaction. Unlike a typical 'playground', the garden is known as a 'play ecosystem' incorporating elements from the natural environment

in a manner that encourages the pushing of boundaries, self-expression and critical thinking. Also on offer are extensive school holiday programs.

North Shore's Best Cycling Tracks

Isabella Ross

Bring the family together these school holidays for a fun-filled morning of cycling. There are local tracks to suit all abilities, so *Sydney Observer* has got you covered in this guide to the North Shore's Best Cycling Tracks for kids.

JUBES MOUNTAIN BIKE PARK, NORTH WAHROONGA

This purpose-built facility is better suited to more intermediate bikers, particularly those familiar with mountain biking. Located at the back of Golden Jubilee Field in North Wahroonga, the track is perfect for those looking for an adventure-filled biking experience. There is also a great junior children's playground nearby.

ST IVES SHOWGROUND, ST IVES

With lots of lush bushland to admire, St Ives Showground is known for its winding paths that are perfect for a bike ride or scooter. The showground is pretty big in size, so best to print off a map beforehand.

BICENTENNIAL PARK BIKE TRACK, WEST PYMBLE

One of Ku-ring-gai's largest sports and recreation facilities, Bicentennial Park is full of family fun. It's home to Ku-ring-gai Fitness and Aquatic Centre, West Pymble Bowling Club, two sportsgrounds, a fenced playground and most importantly – lovely cycling tracks.

RYDE PARK, RYDE

Although this recommendation is just outside of the North Shore,

there is a reason for including it. Recently done up, the park has a new scooter/bike track for kids complete with traffic signs, traffic lights, roundabouts and landscaped gardens. With a nearby playground, café, picnic area and an off-leash fenced dog park, there is something for the whole family.

LANE COVE NATIONAL PARK

Located within Chatswood, Ryde and Lindfield, Lane Cove National Park is a sprawling estate on the North Shore, boasting some beautiful scenic spots. Family riders can enjoy an easy cycle with specific trails to discover via the National Park's website.

For cycling tips in the Ku-ring-gai area, including safety precautions and rules, visit: <https://www.krg.nsw.gov.au/Community/Streets-and-transport/Cycling>



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The Perfect Pairings

Madeleine Taplin

Picture this: it's been a long day at work, and you come home knowing that you have to prepare a flavourful meal for the rest of the family. Once the cooking is done, you finally sit down to eat, and there is nothing you want more than a nice glass of wine with your meal. For many, choosing the correct wine to complement our meals can be the bane of our existence. With so many varieties and brands, it is often incredibly confusing. Food and Wine should be seen as partners, with neither dominating the other. Luckily for you, there is no need to experiment and guess – here is our guide to the perfect pairing of food and wine.

CHARDONNAY

Depending on the type of Chardonnay you purchase, it can be matched with a variety of different meals. Chardonnay is typically a fuller bodied white wine and can be perceived to have either honey or fruity undertones depending on whether it has been wooded or not. The richer texture of the Chardonnay makes it a perfect match for poultry, pork, rich seafood and cream or cheese-based pasta dishes. This wine is versatile and a good staple in the home.

PINOT GRIGIO

Sweeter in flavour with hints of ripe apples and pear, Pinot Grigio is a zesty acidic wine. As such, it pairs well with lighter flavours such as tapas, pasta and salads. Additionally, Pinot Grigio can be easily paired with spicy foods or those that are quite full on the palate.

SAUVIGNON BLANC AND BLENDS

This wine has a higher acidity but isn't too overly aromatic or heavy. As such, it works with light dishes and works perfectly with most seafoods. Sauvignon Blanc is typically seen to be a 'great food wine' due to its versatility, and as such can be used in an array of settings. A lightly flavoured fish with a glass of Sauvignon Blanc is a personal favourite.

SEMILLON, RIESLING AND GEWÜRZTRAMINER

These three variants of white wine are also quite high in acidity, making them ideal for fried foods, raw seafood, Asian dishes, curries, Mediterranean, or Mexican. In particular, Gewürztraminer, with its flavours of lychee and honey, works incredibly well with spicy dishes, and is a real hit in my household!

PINOT NOIR

This red wine is considered to be lighter bodied, and as such pairs perfectly with gamey, earthy meats such as duck, quail and veal. With its cherry notes and delicate grapes, this wine is a little more expensive but absolutely worth the price to pair with these dishes.

MERLO, BARBERA AND TEMPRANILLO

These medium bodied wines are the perfect complement for slow-cooked or rustic style dishes such as pasta, Mediterranean fare or tapas. In particular, a glass of Barbera makes a fine pairing with pizza and other Italian dishes that are typically more rustic in style.

ROSÉ

No longer considered to be a 'ladies drink', Rosé can be enjoyed with lighter marinated seafood or a barbecue on a hot summer's afternoon. Its fruity complexion makes it the perfect match for an afternoon under the sun or casual light drinking.



HOME BAKING

Chocolate Chip Cookies

Madeleine Taplin

One of my absolute favourites when it comes to sweet treats is the classic 'choc-chip cookie', which I myself have been perfecting over the past couple of years. A hit with family and friends, here is how you too can master the perfect chocolate chip cookie.

INGREDIENTS

- 150g of softened butter
- ½ cup of brown sugar
- ½ cup of caster sugar
- 1 egg
- 1 teaspoon of vanilla extract
- 1 ¾ cups plain flour
- ½ cup of milk chocolate chips (plus one tablespoon extra)
- ½ cup of dark chocolate chips (plus one tablespoon extra)

METHOD

1. Preheat your oven to 160°C fan forced.
2. Line two baking trays with baking paper and set aside.
3. Grab a large mixing bowl. Using an electric mixer, beat the softened butter and sugars together for 1-2 minutes or until smooth and well combined. Beat in the egg and vanilla until well combined and is creamy yellow in colour.
4. Utilising a sieve, sift the plain flour into the bowl to guarantee a fluffiness in your finished product. Using a spatula, stir the flour into the mixture, ensuring that no flour remains unmixed.
5. Empty your ½ cup of milk chocolate chips into the mixture and stir until well combined. Repeat this step with the ½ cup of dark chocolate chips. You should see an even amount of milk and dark chocolate throughout the mixture. If you are a chocolate lover, don't hesitate to throw in a few more chocolate chips to your taste.
6. Using your hands, grab small handfuls of the cookie mixture (around 1.5 tablespoons worth) and roll into balls using

the palm of your hands. Place these balls onto the prepared trays, ensuring you leave around 4-5 cm between each cookie to accommodate for expansion. Press down lightly with your fingertips and decorate with the extra chocolate chips. Repeat this process until all batter has been rolled.

7. Place in your preheated oven and bake for 15-18 minutes, or until golden and cooked. I have found the perfect amount in the fan-forced oven is 15 minutes and 30 seconds, but this will be determined by your individual oven.
8. Transfer to a wire rack to cool. Serve slightly warm (about 10 minutes out of the oven or 20 seconds in the microwave). Store any leftovers in an airtight container for up to 1 week.



Do you have a recipe you would love to showcase in Sydney Observer Magazine?
Send us an email via editor@kamdha.com for your chance to have it featured in a future issue.



Luna Park Reopens

Luna Park is officially reopening in late June. The world-class entertainment precinct now has a total of nine new rides including the Boomerang family rollercoaster, the Sledgehammer 360° swing and six new family rides. New Annual Passes and ticket offers are now available for purchase.

Date: Open from June 26th
Time: 10am – 3pm or 4pm – 9pm
Where: 1 Olympic Drive, Milsons Point
Cost: From \$34 – \$44

Build a Ku-ring-gai Beehive

Free for Ku-ring-gai residents, join Dr Alexander Austin from Ku-ring-gai Council and Kevin Jeffress from Ku-ring-gai Community Workshop for a native beehive workshop. They will discuss materials, construction methods, accessories and also show how Ku-ring-gai's own native beehives have evolved over time.

Date: 26th June
Time: 10am – 1pm
Where: Ku-ring-gai Wildflower Garden
Cost: Free
<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/How-to-Build-a-Ku-ring-gai-Native-Bee-Hive>

Growing Wildflowers Community Nursery

Learn how to grow beautiful native shrubs thanks to Lane Cove Community Nursery. Native varieties such as grevilleas will be discussed, with tips on how to propagate from cuttings, a handy technique useful for all home gardeners!

Date: 10th June
Time: 9:30am – 12pm
Where: Lane Cove Community Nursery, 4 Lloyd Rees Drive
Cost: Free
<https://www.eventbrite.com.au/e/growing-wildflowers-tickets-149101309029>



Pymble Players Theatre Production

Blithe Spirit by Noël Coward is coming this June. The storyline goes as follows – as research for his latest novel, sceptic Charles Condomine invites a medium to conduct a seance. When the medium accidentally conjures up the spirit of his first wife Elvira, he doesn't stand a chance against Elvira's determination to wreck his current marriage. Now is the perfect time to support the local performing arts industry!

Date: 2nd – 26th June
Time: Varies
Where: Pymble Players Theatre, Cnr Mona Vale Road and Bromley Avenue
Cost: \$20
<https://pymbleplayers.com.au/>



Chatswood Nights Installation

Head to Chatswood CBD for some dazzling projections, installations and performances as part of Chatswood Nights. The exterior of The Concourse comes to life at night with mesmerising light art. After enjoying the lights, explore one of the many delicious eateries throughout Chatswood's foodie district.

Date: 21st May – 10th July
Time: 6pm – 11pm
Where: The Concourse, Chatswood
Cost: Free
<https://bit.ly/3wtiUc>

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Clairvoyant



Quan Yin

Kerrie Erwin

Quan Yin is one of the most beloved and popular Eastern divinities and known as a bodhisattva, an enlightened one. Her energy is described to what a mother feels for her child, as it is so caring, loving and protective. She helps everyone and is known as the goddess of mercy, compassion and protection, her name meaning 'she who hears prayers.' Everyone, no matter where they come from, once they pray to her, it is said she answers everyone's prayers sent her way and does not discriminate. Her energy is described to helping us fully open up to our spiritual gifts, attain spiritual knowledge and enlightenment, and reduce world suffering.

It's said that the mere uttering of her name affords guaranteed protection from harm. Quan Yin is often called "the Mother Mary of the East," because she represents feminine divinity and goddess energy in the Buddhist religion, in the same way that Mary radiates sweet loving femininity within Christianity. Quan Yin teaches us to practice a life of harmlessness, using great care to ease suffering in the world and not add to it in any way. She is known to help us with compassion, clairvoyance, kindness, sweetness, love, mercy and spiritual enlightenment.

Years ago, I ran a meditation trance group for a group of students. Each fortnight, we would be introduced to a new master energy and I have to say, I had never felt so much

gentleness when I channelled Quan Yin energy for the sitters in the room. After we had finished everyone was very calm, peaceful and relaxed. When I asked the students what their experience was, they all said the same thing – they felt very peaceful afterwards and could see her as a beautiful golden holy light or energy, holding a sweet-smelling flower. The message is be gentle to others and yourself. Sometimes in life we go through difficult challenges, often very painful, that can have an adverse impact on our spiritual, mental and emotional bodies.

Love and blessings!

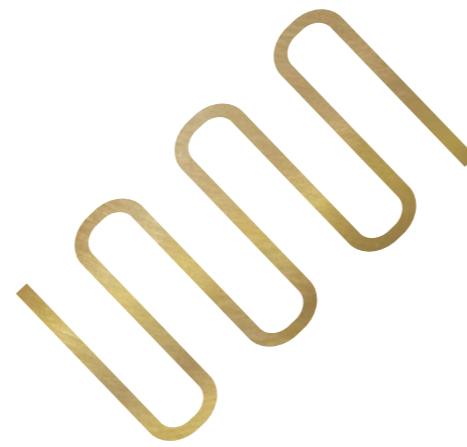
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