

Sydney Observer

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POLITICS WITH
ANNABEL CRABB

LIFE ONLINE
KU-RING-GAI

SHOWING LOVE TO
SMALL BUSINESSES

Osher Günsberg

On Podcasts,
The Bachelor Australia
and Mental Health



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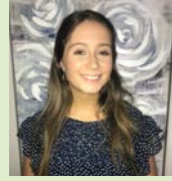
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From the Editor

A challenging and uncertain time for many Aussies, especially Sydneysiders, COVID-19 is once again testing our limits. To help keep yourself and the community safe, we implore you to look to expert medical advice from both the State and Federal Government, as well as the Australian Technical Advisory Group on Immunisation (ATAGI).



To lift the mood and spread positivity, we are sharing lots of insightful stories for our readers. Our profile is the wonderful Osher Günsberg (12-13). Osher shares some fantastic points when it comes to destigmatising discussions around mental health and the importance of self-care – subjects which are particularly pertinent currently!

Personal favourites in the August Issue includes our profile with Australian political journalist Annabel Crabb in regard to the new ABC program *Ms Represented* (11), the local alumnae taking on the Olympics (14), our Father's Day Special (20-21) and a word from Hornsby Ku-ring-gai Neighbourhood Watch (10).

Our Seniors section has some great content, including our recommendation of Council's Life Online Ku-ring-gai (23) and a 'remember when' hit of nostalgia with local writer Margaret Simpson (25). Additional must-reads include an article on burnout and how to recognise if you are experiencing it (29), and 3 fun online August workshops on painting, cooking and candle-making (29).

With love,

Isabella

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14

CONTENTS

6. Snippets

8. Local News

12. Profile

14. Education

15. Finance

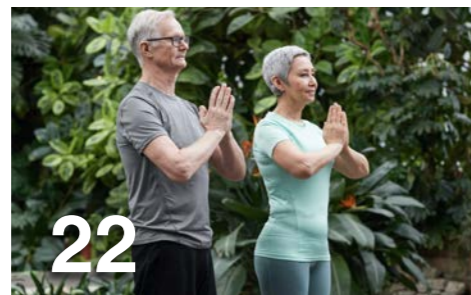
16. Home & Garden

20. Father's Day Special

22. Seniors

28. Beauty & Wellbeing

33. Food & Wine



22



28



11

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Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
East Killara	North Turramurra	South Turramurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrawee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby

SNIPPETS



Sheldon Forest Turramurra
Photo by Emma Keen from Infinite Loop Photos
@infiniteoopphotos/Instagram



Lindfield Resident's Start-up Course

One North Shore local harnessing the opportunity to provide support and advice amid COVID-19's fallout is Dianne Ward. The Lindfield resident is teaching others how to establish their own start-ups/side hustles, especially those who have lost work. "I'm proud to say I've helped many people find a legitimate pathway to finding an income that doesn't rely on traditional employment – it is all about providing a sense of security and emotional wellbeing," Dianne tells *Sydney Observer*. Based on Dianne's own experiences as a serial side hustler, the e-school has an online bootcamp course and free resources available to those wishing to initiate their own successful start-up. www.dianneward.co/

Two Creeks Track Restoration

Improvements are set to be made to Roseville and Lindfield's Two Creeks Track in a bid to advance its accessibility, as well as protecting Indigenous cultural sites in the area. A favourite amongst locals, the track is known for its sweeping views of Middle Harbour's foreshore. Work will involve restoring some steps and edging, drainage works and repairs to parts of the track that have eroded. Work is due to be completed in early 2022 and the track will luckily remain open to the public. Importantly, The Aboriginal Heritage Office has advised Ku-ring-gai Council on how to carry out the work without affecting Indigenous heritage sites, including shelters and rock art.

@gillwilliamssport/Instagram



Donate this Daffodil Day

Many of us have been touched by cancer in some way, whether it be ourselves, friends, work colleagues or family. In Northern Sydney's Local Health District alone, over 5,130 people have been diagnosed with a form of cancer since 2017, and sadly 1,455 deaths since 2017. In addition, the most common forms of cancer diagnosed in the Northern Sydney LHD were prostate, breast, melanoma, colon and lung. Daffodil Day, 27th August, is a chance for Aussies to help make a difference, by either fundraising or donating to cancer research. In 2020, the Daffodil Day Appeal raised almost \$1.5 million – it would be great to see another incredible fundraising number achieved this year too!

Comedy for a Cause Wahroonga

COVID-19 restrictions permitting, The Rotary Club of Wahroonga invites you to come along to their Comedy for a Cause event – a night of enjoyable laughs featuring comedians from Sydney International Comedy Festival. \$35 a ticket, all funds raised will be donated to the Indian COVID-19 relief and a Nepal Orphanage. The event is set to take place at Asquith Golf Club in late August to September. Keep up to date via: <https://comedyforacause.net/tc-events/rcw/>

Ku-ring-gai Rotary's Donation

Once again, Ku-ring-gai Rotary has done something incredible for the local North Shore community. The proceeds from their recent Lindfield Fun Run have been donated to KYDS Youth Development Service in Lindfield, totalling an amazing \$15,000. Helen Jarvis, Chair of KYDS noted the important impact the funds will have in supporting local youth mental health services. "Thank you to Rotary and the volunteers for organising such a fabulous community event. We have always had a very special relationship with Rotary, as in 2020, KYDS was able to provide over 5,400 free counselling sessions to the young people of the Northern Sydney region." <https://www.kuringgairotary.org.au/>

Ku-ring-gai Local Election Postponed

For the second year in a row, the NSW Local Government Elections have been postponed. The Minister for Local Government, Shelley Hancock, made the order to postpone the elections until 4th December 2021, due to the escalating situation of restrictions in NSW. The decision was made following extensive discussions with the NSW Electoral Commission and NSW Health. Ms Hancock has said electors will be able to vote in person, by post or online in December. Be sure to keep an eye on the Ku-ring-gai Council and Electoral Commission's websites for updated information.

www.elections.nsw.gov.au/Elections/Find-my-electorate/Councils/Ku-ring-gai

www.krg.nsw.gov.au/Council/Elected-Council/2021-local-government-elections

North Shore Street Libraries

It's just beautiful seeing some of the fantastic street library boxes across the local area – whether it's near homes, childcare centres, in front of churches, libraries and more. Turramurra, Gordon, Roseville, West Pymble, Killara – in the North Shore there's essentially at least one street library for each suburb. As one local Killara family noted about their 'Club Mac Street Library', "we love to give back. We are a family of six and were recently thanked for enriching the neighbourhood with our street library. It warms our heart to see people stop by." To find a street library near you, visit: <https://streetlibrary.org.au/find/>





Freepik

Local Book Clubs

Isabella Ross

Book clubs have been a staple within neighbourhoods for a very long time – they provide an opportunity to connect with like-minded people and read some great literature! “We know how important book clubs are,” tells Book Clubs Hub Chair, Leslie Falkiner-Rose. “The humble book club has certainly come a long way since the literary reading circles of the 19th Century! Their role in connecting people with ideas and communities has become even clearer during the pandemic as many clubs have moved to meet online and new clubs have formed. The variety of book clubs in Australia is enormous with

genres ranging from cooking, history, biographies, crime and fantasy, literary fiction, queer literature, through to groups that focus on specific authors.”

Reading consistently is also fantastic for brain development. The benefits according to the Australian College include vocabulary expansion, memory retention, focus and concentration, stronger analytical skills and mental stimulation – not to mention the socialisation that book clubs can provide. As well-known writer, Irving Stone said, “there are no faster or firmer friendships than those formed between people who love the same books.”

Book Clubs to Join

Podcast Book Club:

Join the Shameless Book Club for recommendations and bookish discussions with bookworms and journalists Zara McDonald and Michelle Andrews. The podcast also has a Facebook group, so you too can get involved in the conversation.

<https://www.penguin.com.au/books/lists/shameless-book-club>

Meetup, North Shore Book Nook:

A really great variety of book clubs of different niches, Meetup features countless groups across the Sydney area, including the North Shore Book Nook.

<https://www.meetup.com/en-AU/cities/au/sydney/book-clubs/>

North Shore Book Club:

You can participate online or go to the meet-up

events (COVID-19 restrictions permitting), one for the Lower North Shore (Crows Nest) and Upper North Shore (Pymble).

<https://www.facebook.com/groups/58370911645473/>

Start your own book club:

If by chance you are struggling to find a book club suited to your taste, why not start your own group! Look to these tips from book publisher Penguin Books Australia:

<https://www.penguin.com.au/bonus/1418-start-book-club>

Ku-ring-gai Library Book Club Resources:

Ku-ring-gai's libraries have an extensive book club kit collection, available to registered book clubs. Each book club kit contains ten copies

of a single title, an information sheet about the book/author, and suggested discussion questions list. Be sure to contact your local library branch to explore options, COVID-19 restrictions permitting. There are also numerous online resources, and clubs can download items based on genres, authors or subjects for discussion.

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

Book Clubs Hub:

This great online resource provides information on how to find a local book club or how to start one, national book club surveys, book club resources and more.

<https://bookclubshub.com/>

Supporting Small Businesses

Madeleine Taplin

As Greater Sydney has been impacted by lockdowns, restrictions and virus fears, it's more important than ever that we stand together as a community and support one another. Whether it be through purchasing groceries for your elderly neighbours and leaving it on their doorstep, helping to care for council nature strips, or hosting local game nights on Zoom, there are plenty of ways we can show our support. However, we often forget that our fellow locals aren't the only ones needing support – small businesses need it too.

So, how can we ensure we support these businesses? With the majority of businesses required to shut down, by spending money at these local spots we can help boost the local economy and keep them afloat during these tough times. Actively purchasing goods online from your favourite local boutiques, purchasing your bread at a local bakery rather than the supermarket – the options are endless. Or maybe you could spread the word amongst the community! Stock up on birthday presents for all your friends and family as well. “There's never been a more important time to stay local and support local businesses,” says President of the Hornsby Chamber of Commerce Anne Kenyon to *Sydney Observer*. “Your local government area is your safest place in these uncertain times, and we encourage people to actively choose to purchase from the corner store or grab a takeaway from the local restaurant that's doing it tough. It's all about WE not ME!”



And remember, if you are a local business who is struggling, there are plenty of resources to help you get by. Wonderfully, the Hornsby Chamber of Commerce has increased their free virtual business networking lunches, a chance to meet other local business owners and get support. <https://hornsbychamber.com.au/events/#!event/2021/8/19/monthly-virtual-lunch>

To gather some inspiration, also look to the online resource [@spendwiththem](#) co-founded by Turia Pitt, an Instagram page that featured Aussie small businesses affected by bushfires and COVID-19. [@saveasmallbusiness](#) is also a great recommendations page too.

West Lindfield Sewerage

When it comes to keeping an eye on whether COVID-19 has been detected in your local government area, one informative way is to look at sewerage detection. In terms of the Upper North Shore area, one of the major sewerage networks is in West Lindfield. The West Lindfield Sewerage Network covers suburbs such as Roseville, Lindfield, Warrawee, West Pymble, Pymble, Gordon, Turramurra, South Turramurra, Killara, Wahroonga and more. Neighbouring suburbs also included are Thornleigh, Beecroft, Macquarie Park, Epping and Marsfield.



If fragments of the COVID-19 virus are detected in our sewerage network as part of NSW Health's surveillance, we are encouraged to be especially vigilant for symptoms and if symptoms appear, immediately come forward for testing and isolate until a negative result is received.

Ku-ring-gai Council

2021 Local Government Election Information

The NSW Government has announced the postponement of local government elections until Saturday 4 December 2021. Ku-ring-gai residents and ratepayers will elect 10 Councillors comprising two Councillors to represent each of the five wards:

• Comenarra • Gordon • Roseville • St Ives • Wahroonga

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

Applications for postal voting close at **5pm Monday 29 November 2021**
Pre-poll voting opens on **22 November** and closes on **3 December 2021**.

For more information about Ku-ring-gai Council elections visit krg.nsw.gov.au/elections

Neighbourhood Watch: Protecting Identity

Simon Lennon

Neighbourhood Watch is more than neighbours looking out for each other. It's sharing tips on avoiding crime and reducing the impact of crime when it occurs. 'Our 20 Favourite Crime Prevention Tips to Protect Your Identity' is available from the 'Tips' page on the Neighbourhood Watch website: <https://au-nhwkuringgaihornsby.org/>

Cybercrime involves computers and the internet. To prevent criminals getting hold of your credit card number, try to avoid entering your credit card details into websites. Payment services like PayPal save you from doing so. In addition, why not keep a separate credit card with a low balance for internet purchases? If criminals get the number, they will not have much money to access.

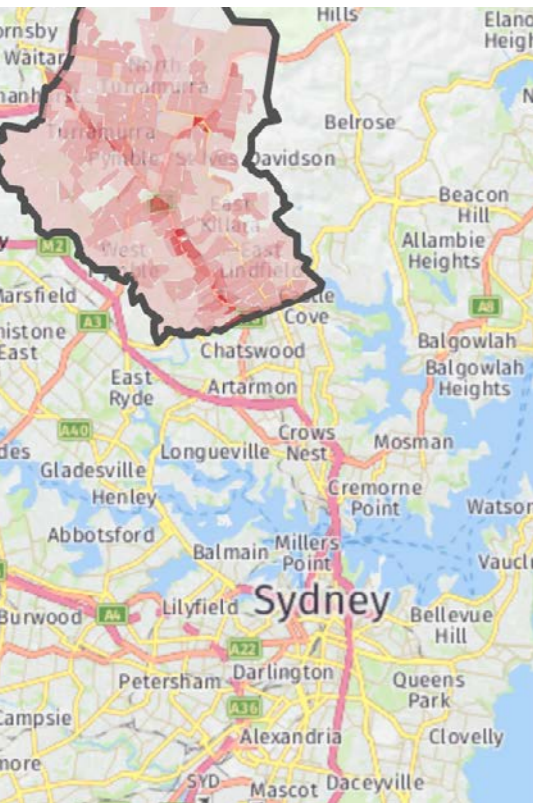
Whenever you register on a website, avoid entering your date of birth, middle name, or any other detail identifying you. A lot of websites ask for your date of birth and you have no legal obligation to provide it, even if those websites make entering something in



those fields compulsory. Some people insert '1st January of the year of their birth', or you might have a particular and memorable date you can use when you know it does not matter, such as one day early or day later than your birthday. Chances are that those websites will never draw upon the dates you entered. Save the correct details for the bodies that need them to identify you, like governments and banks.

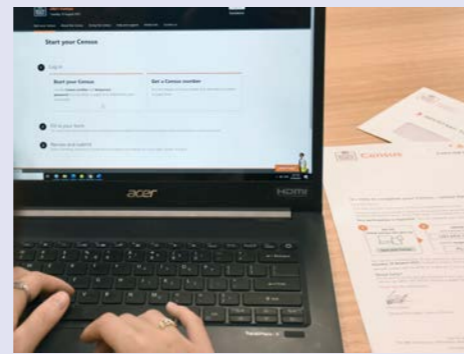
More tips are available from the ID Theft page on the Neighbourhood Watch website. For more information, please email Julia Eagles or Simon Lennon at nhwkuringgaihornsby@gmail.com, both in Gordon.

Ku-ring-gai Census



After 5 long years, the Census is around the corner. In early August, we will be receiving instructions on how to take part on Census night 10th August. Why do we do it? The data gathered helps government, businesses and organisations make important decisions. This informs necessary planning to do with schools, healthcare, transport and infrastructure.

Furthermore, the Census provides interesting statistics and demographics on specific local government areas – for example Ku-ring-gai. Most high school students in the area attend non-government schools. The most common country of birth for the Ku-ring-gai population is Australia, followed by China, United Kingdom and South Africa. Importantly, for those where English is not their first language, the Census campaign has been tailored in up to 29 languages ensuring all of Australia's multicultural communities are informed. Of the locals employed, the most common occupation is those in the 'professionals' category. It is also intriguing to note the rise in Ku-ring-gai's population numbers, the previous 2016 Census detailing 118,053



people, whereas in 2020 the number stood at 127,603. It's a steady surge, likely brought on by the area's abundant schooling options for families with children, and the increase in property development. The suburbs with the largest population numbers include Wahroonga, Turrumurra and St Ives. Of the occupied private dwellings in the LGA, 73.5% are separate houses, a statistic which is expected to differ slightly in the coming Census given the rise in built apartment complexes and retirement villages.

So, to uncover more rich information about Ku-ring-gai, and the country's demographics as a whole, remember to get involved in this year's Census.

Ms Represented, Annabel Crabb

Isabella Ross

100 years after Australia elected its first female parliamentarian, Annabel Crabb presents the television series *Ms Represented*, a raw account of politics from the female perspective. Sarah Hanson-Young, Julia Gillard, Julie Bishop, Penny Wong, Bronwyn Bishop – these are just some of the pioneering women interviewed. *Sydney Observer* was thrilled to chat with Annabel about the series.

What sparked the idea to create *Ms Represented*?

Back in 2014, I was researching Edith Cowan, the first woman to serve in the Australian Parliament. Since it was coming up to the 100-year anniversary of her election (1921), I wanted to do a centenary feature of women in politics. I also thought it was worth preserving their stories, particularly as some of the early crusaders are still around, as many of the breakthroughs for women were made recently. It's by no means an exhaustive collection of significant women, but it's a collection that can tell a balanced story.

The challenges these women faced in politics was universal – was that something important to get across to viewers?

I was keen to look at the issues outside the bounds of an increasingly tribalized political environment. When you ask these women to tell their stories, you see similarities regardless of age or political perspective. It was interesting to see what has changed and what hasn't. As Linda Burney, politician and the first Indigenous woman to serve in the House of Representatives notes, "if we don't look at the past, we can't craft the future."

Was Julie Bishop's idea of 'Gender Deafness' something many could relate to?

I was blown away! I'd heard Julie Bishop talk about the phenomenon after she left Parliament, in relation to often being the only woman in the room. It's women putting forward an idea, not being heard/acknowledged and minutes later a man suggesting the same thing and being heard/praised comprehensively. It was identical stories across the political



spectrum – it's powerful to watch. When women are habitually employing techniques to be heard, you start to understand that maybe the experiences of men and women in decision-making bodies aren't always the same.

Can you share the story behind Julia Gillard and the 'empty fruit bowl'?

Julia Gillard tells us the story of a photo op with a newspaper, taking a photograph of her in her house, in a tidy kitchen free of all clutter. It kicked up extraordinary responses – many drew conclusions between seeing the empty kitchen and 'fruit bowl' and her capability as a woman, politician and leader. There are deep-seated expectations around whose job it is to be a homemaker versus a breadwinner or elected official. We can recognise in these examples how far we've come, and in the series, Julia reflects on the changes in public debate and understanding of politics for women since she left office.

There were varying perspectives on these women choosing whether to speak up about misconduct – why do you think that is?

It's divided and generational. Women are very cautious about when to raise the issue of sexism. A culture where women regularly feel they are not heard is joined up to the culture

where women can't or shouldn't speak out when something unreasonable happens to them. The Senate is now more than 50% women, which is fantastic – you have the numbers there to make equal treatment part of the deal. Yet the Senate is the same place where the 1984 Sex Discrimination Act was written, but it's only this year we're recognising that members of Parliament are practically 'exempt' from that very act. What I hope the series shows is the extraordinary breadth of progress these women have made – people who often disagree with each other but collectively have made a difference. It's inspirational and worth recording.

All four episodes are available on ABC iview. <https://iview.abc.net.au/> @annabelcrabb/Instagram

Osher Günsberg

Isabella Ross

One of the most recognisable faces and voices on Australian television, the wonderful Osher Günsberg is a delight to chat with. Whether it's discussions around mental health, fame, *The Bachelor Australia* or poignant podcasts – Osher aims to make each day better than the last, by promoting healthy conversations.

The *Bachelor Australia* is currently gracing our screens, and front man Jimmy Nicholson, a commercial pilot of New Zealand and Fijian descent, has been a hit with audiences. “Jimmy’s a really lovely guy. He’s incredibly emotionally intelligent – he’s got that rare breed of masculinity where he can be powerful and vulnerable at the same time,” Osher tells.

When it comes to navigating the newfound public interest, Osher notes that he likes to keep a low profile on set while also being there for the bachelors if needed. “I can empathise with the weirdness of what it’s like to be on television. Sometimes we have had the bachelors who have been embarking on relationships with women who have children already. Very graciously, my wife Audrey has offered to have the guys come around and sometimes they’ve come and had dinner with myself and the family to get an idea and see it’s going to be ok. I’m there for them, but also very mindful of everything I say – I wouldn’t want to influence their decision making. Way back on *Australian Idol*, I might have thought someone shouldn’t sing a particular song, but I never said it to them, not wanting to cross that line! It’s their garden, their path.”

Those who have read Osher’s autobiography, *Back, After the Break*, would understand just how incredibly raw, open and heartfelt Osher’s story is when it comes to mental health and addiction. “I had been sharing my story as part of my role with SANE Australia, sitting on the Board of Directors. And I was told, ‘you’ve got no business not writing down your experiences. You need to write a book.’ I felt encouraged when I started to talk about it more publicly,” he shares. A particularly interesting topic in the autobiography is the idea of intergenerational trauma. Research has shown that trauma can be passed down generationally, with offspring having an increased



likelihood of developing stress disorders (Yehuda, Biological Psychiatry, 2015). Many of these studies have focused on immigrant stories, reflecting Osher’s familial experience with a Lithuanian mother and Czech-Jewish father. “We’re a nation of immigrants. The amount of people who have fled traumatic situations to create a home for themselves in Australia is significant. Unfortunately, they aren’t always able to leave the trauma behind – it doesn’t just stop the minute they get off the plane or boat, and it’s important that we try to understand that it can be intergenerational.”

It’s therefore evident just how pertinent self-care is. “Those two words, *I’m noticing* can be very helpful,” Osher says. “*I’m noticing I’m feeling nervous*. Ok well I’m standing in a self-checkout line at Coles, so why would I feel nervous as if I’m about to run across a freeway? Slowly, you’re able to notice your emotional reaction and understand that feelings aren’t facts. It’s about double-checking and asking yourself, is this really a dangerous situation? *No, I’m just about to scan my groceries and leave the supermarket. Ok I can do that. I’m just having a moment*. I think it’s important to normalise conversations around mental illness. 1 in 5 Australians are affected by complex mental illness – to pretend it doesn’t exist is a fallacy. The more we normalise, the sooner we are able to destigmatise it and understand treatment options.” As Osher highlights, “you can’t be what you can’t see.”

Recommended in last month’s issue of *Sydney Observer*, *Better Than Yesterday* is one of Osher’s podcasts, providing

Osher’s Favourite Things

Favourite pastime/hobby?

Riding my bicycle down to the park with a baby seat on the back, off to play on the slides.

Favourite career moment? It’s

a three-way tie – The first *Australian Idol* grand finale, the night the *Foo Fighters* came and played live at *Channel V* and the night I went live for the first time on *CBS* in America.

What is the funniest thing you have read about yourself in the media? Good grief, hard to narrow down. I won’t give the tabloids the credit in repeating!

Favourite spot in Sydney? Can I say my home? Probably Bronte Beach.

A subject or cause you are passionate about? Climate change. This kid that I am holding in my arms as I talk to you is going to live in an Australia that is severely impacted by climate change. Rainfall into the Murray-Darling Basin has halved in 20 years! The sooner we take it seriously and vote for people who take it seriously, the sooner we will all be able to sleep better at night.

“It’s important to normalise conversations around mental illness. The more we normalise, the sooner we are able to destigmatise it.”



conversations that help make today a little better than yesterday. I was interested to know what episodes stood out for Osher. “One is with my wife Audrey, about what the process was like to give birth to our son. There’s also an episode I did with former Australian cricketer Kath Koschel, who’s had to learn to walk three times in her life, one instance being due to a car accident. On the day of court when the man who had hit her with his vehicle was found guilty, she offered him a ride home. Her whole mission is using the power of kindness to heal, and she taught me so much.”

Osher also recently launched an additional podcast with fellow *Australian Idol* host James Mathison – called *Idle Australians*. “We don’t do jobs on television where people get to know us, so podcasting is a great intimate format. It promotes learning, you listen on your own time, and it has more meaning because listeners hunt down a podcast. Like any great project, we were absolutely not ready to launch it, but we did regardless! We’ve spoken to the inventor of chicken salt, the barrister who won the case for Eddie Mabo and more – we’re basically trying to unpack these incredible and relatively unknown Australians who have changed our lives.”

Keep up to date with Osher via his Instagram [@osher_gunberg](https://www.instagram.com/osher_gunberg). *The Bachelor Australia* airs on Network 10 on Wednesdays and Thursdays from 7:30pm.

Loreto Alumnae at Tokyo Olympics

In fantastic local news, three local women have stepped onto the world stage to represent Australia at the 2021 Olympic Games in Tokyo. Interestingly, the three are also Loreto Normanhurst alumnae – Ellen Roberts, Tahli Moore and hurdler Liz Clay. Liz recently stepped into territory previously occupied by Australia's top sprinter Sally Pearson, achieving the automatic qualifying standard. Ellen started playing softball at age 5 with Thornleigh Softball Club. Tahli's first softball club was also located on the Upper North Shore, Kissing Point Club in South Turramurra. Wonderfully, both Ellen and Tahli were selected as part of the Australian softball squad. It is an incredible feat, especially considering Australia's proud history at the Olympics with softball, winning a medal in every Games that the sport has been included in.

Both Ellen and Tahli returned to Loreto Normanhurst to speak with the students and staff about their sporting careers, reflecting on the importance of education and the opportunities they were provided with. "I am so thankful for Loreto and the community around me during and after school – my heart was so full after being amongst it all again," Ellen said. Tahli shared a similar sentiment, noting she was proud to be a third generation Loreto girl, having full confidence in each of the students going on to achieve greatness.

It is wonderful to see these local women taking on the world. Go team Australia!



Loreto alumnae and super sportswomen Ellen Roberts and Tahli Moore.

Financial Literacy Challenge

Madeleine Taplin

Recent findings have shown that the Australian population has one of the lowest levels of financial literacy, particularly in comparison to our neighbouring countries. With only 35% of the population knowing the value of their own superannuation, and fewer than half of the population able to answer basic financial questions correctly, some serious changes need to be implemented. The introduction of the new Treasurer's Financial Literacy Challenge aims to do just this.

Similar in style to the Premier's Reading Challenge, the Financial Literacy Challenge will encourage school children to develop positive money habits, thus increasing their financial literacy. With the roll out having started just recently in NSW schools, students will be challenged with new concepts which will provide them with practical knowledge around managing their finances. By implementing these foundational skills at a young age, children



are less likely to fall into financial traps once they leave school and home, which will ultimately help them build a stronger and more sustainable future.

The NSW Government will work intimately with ASIC to develop the Challenge utilising their pre-existing 'MoneySmart' teaching and resources, with a key focus on developing knowledge, understanding and skills related to money, financial

transactions, investments and income. Additionally, there are hopes that this program will induce a more equal sense of financial literacy, reducing the very obvious gender gap that has remained over recent years. Whilst 50% of men are able to achieve a perfect score in the five basic literacy questions, only 35% of women are able to do the same. This gender divide is believed to be more likely a reflection of social and behavioural factors, rather than any difference in innate abilities, and thus learning in a school environment should help to reduce this and improve overall population literacy.

THE MOST IMPORTANT ELEMENTS OF A WORKPLACE

% of employed Australians who say it is extremely/very important



72%
Workplace wellbeing

Ku-ring-gai Budgeting Workshop

As discussed in last month's issue, Ku-ring-gai Council is presenting a series of online workshops with author Rhonda Hetzel (*The Simple Life, The Simple Home, Down to Earth – a guide to simple living*). The August session (11th, 6:30pm – 7:30pm) is on budgeting and money management – learning how to live well while being mindful of what you spend and keeping control of your finances. This event will be delivered via Zoom and is free for Ku-ring-gai and North Sydney residents only. Those outside of these local government areas are still welcome to join for a fee.

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Living-Simply-workshop-Budgeting>

How to: Finance

Madeleine Taplin

What the Finance? Podcast

How much money should you save each week? Where does your super actually go? The hugely successful Mamamia podcast is all about money. Listen to financial expert and author Melissa Browne as she walks through all the necessary tips for a successful financial future.

The Barefoot Investor Book

The Barefoot Investor by Scott Pape is a number 1 bestseller, providing advice for getting your finances sorted in the simplest of ways. With over 2 million copies sold to date, join the financial revolution and follow this book's easy steps to achieve financial wellbeing.

MoneySmart Website

Created by the Australian Securities and Investments Commission, MoneySmart is here to help. The specially designed website aims to help individuals make more informed decisions, offering numerous resources ranging from personal help to detailed explanations on common areas of misconception when dealing with finances.

Workplace Wellbeing Defined

Isabella Ross

It's safe to say that for many of us, work takes up a major portion of our lives. With conversations around working from home being integrated into our future post-COVID lives, as well as the four-day working week, it is high time that we also chat about workplace wellbeing. "To some, work is simply a job, but to many more it's a lifeline to social interaction, purpose and a place of belonging," notes McCrindle Research. Furthermore, McCrindle Research shows that wellbeing is a key priority now among workers, with 83% saying it is up to the employer to facilitate wellbeing within the work environment. So, how do we achieve this?

3 ways to enhance workplace wellbeing:

(Black Dog Institute)

1. Smart Work Design

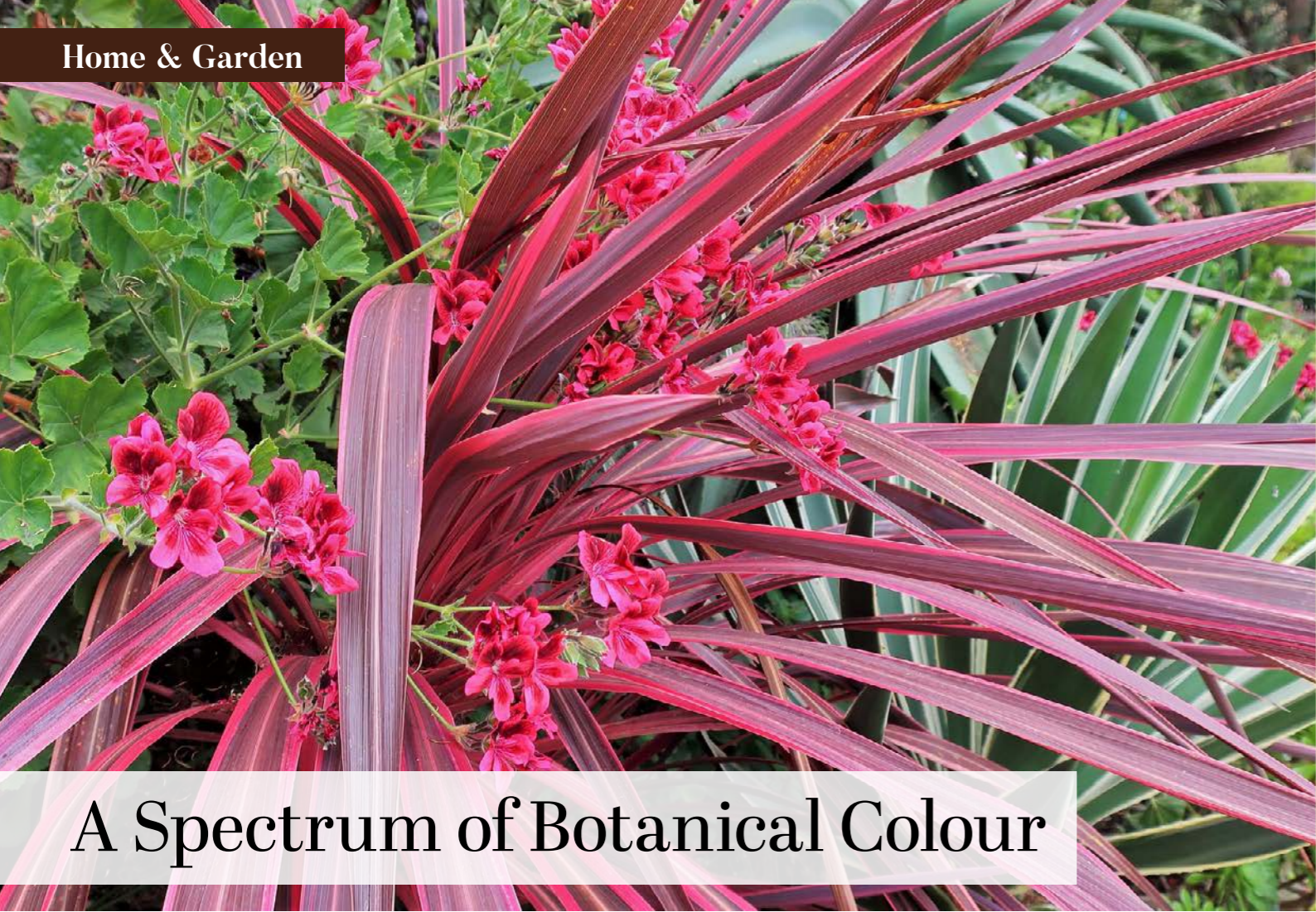
This is all about establishing a flexible and efficient work environment – whether it is flexible working hours or working from home options or involving staff when it comes to brainstorming sessions and monitoring staff workloads. For in-person workplaces, it is also great to ensure ample natural lighting and indoor plants, as this has shown to improve mood among office workers.

2. Building Resilience and Better Work Cultures

Resilience is a key skill for all, especially within a work setting. It is ideal that workplaces provide training to their employees, as well as short courses that focus on stress management and resilience, especially for those in high-risk, corporate or busy jobs. Encouraging mentoring as well is a great way to foster healthy relationships that aim to build one another up rather than tear each other down.

3. Increasing Awareness of Mental Health

Just like the school yard, there should be a zero-tolerance policy towards bullying. It is also important to encourage employees to seek help if needed. Providing mental health education to teams, implementing a mental health policy or participating in national events such as RU OK? Day are all options to consider.



A Spectrum of Botanical Colour

Isabella Ross

Like having contrast in our interiors, contrasting vibrant foliage plants are also something to consider when landscaping or re-designing your exterior. Whether it's a variety of greens, bold pinks, shades of purple or bright and light silvers, discover the perfect plants to inject some colour into the garden.

SERENE GREENS

A staple in any garden, green plants are understandably the most common colour option. Yet there is no reason why greens should be considered boring! Whether it's a deep olive, jungle green or a paler hue, serene greens are endless. Agapanthus and arthropodium are great classic options for a soft leafy green. For a striking statement, look for plants like mother-in-law's tongue or the variegated yucca.

THINK PINK

There's no wonder pink is often referred to as the universal colour that looks good on everyone – it also looks fabulous in the garden. Just like purple, the similar tone of pink contrasts on the colour wheel with green. It is quite hard to find a plant that is completely pink in its foliage, but one variety is cordylines. Electric pink in

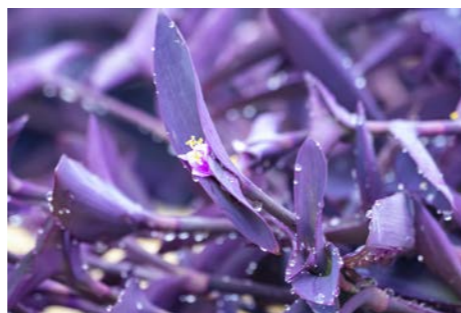
colour, this particular cordyline is beautiful and fairly drought tolerant. The polka dot plant and mosaic plant are variegated pink/green mini shrubs to consider as well.

PRETTY PURPLES

Surprisingly, there are a substantial amount of purple-toned plants on offer for avid gardeners. Purple fountain grass and black rose succulents are lovely options for desert-style gardens. Bromeliads always pack a punch, known for their architectural foliage and giant size – and lucky for readers there are some purple red species of bromeliad. Last but not least, purple heart also known as tradescantia pallida is a stunning purple groundcover that can be easily cultivated – just keep an eye that it doesn't overgrow.

SPARKLING SILVERS

Silvery-grey foliage is not incredibly common, but so very lovely to include in the garden. One native flora option is the iconic emu bush, previously discussed by our wonderful contributor Brian Roach. Whether added to a pot to give a 'waterfall effect' or used as groundcover, dichondra silver falls is just stunning as well. Also investigate lamb's ear and cineraria silver dust.



Entertaining the Kids in the Garden

Isabella Ross

Now that we tend to spend more time within our own homes, it can become challenging trying to keep the kids stimulated within their own familial environment. The more ideas the merrier when it comes to keeping the kids entertained – embrace the greenery you have and look to the backyard for some safe family fun.



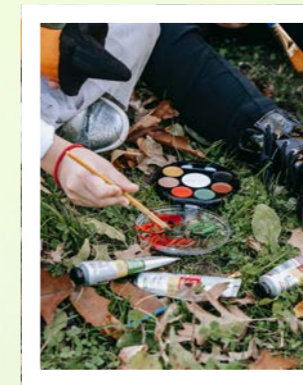
Sandpit Exploring

Sandpits are a godsend – yes, they can be messy, but a quick clean of the feet and hands under the hose will do the trick. A shell-shaped sandpit is great, with major retailers like Bunnings and Big W having some great options. Opt for a dual sandpit, so that when the sandpit isn't in use, you can use the other half of the shell on top to ensure the sand stays clean. Hide some plastic toys within the sand too!



Chocolate Egg Hunt

Who says a chocolate egg hunt is only limited to Easter time? If a yummy chocolate discovery is what will entertain the kids – so be it, they can have a healthy dinner to offset the sugar. Regular chocolate bars will do perfectly, or you could buy a bag of small chocolate eggs and hide them in bigger plastic eggs. Simply hide them around the backyard. To excite the kids even more, you could organise the day prior for the kids to create or embellish their own egg hunting baskets.



Art among the Leaves

Embrace the beauty of the outdoors at this time of year, by rugging up and partaking in some art in the backyard. Some simple pots of paint and pieces of paper is all you need. Guide the kids through an art session by painting what you can see in the garden, whether it's painting a picture of different coloured leaves, a sneaky bush turkey, some flowers in bloom or the trees.

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Designer Dressing Rooms

Madeleine Taplin

Once the traditional freestanding cupboard or built-in robe was a staple of the bedroom, yet now we are seeing an increase in the use of walk-in-wardrobes, ticking all the convenience and stylistic images of our dreams! The process of designing a walk-in-wardrobe can be easier said than done, especially with the countless options available to choose from. Luckily for you, we have all the tricks to help you on the way!

THE SPACE

Getting the size and space right is key. Typically, they are most suited to a larger bedroom and located next to, or in line with the ensuite, but don't let this discourage you! The important thing about a walk-in-wardrobe is that they're designed for your specific needs and wants, and therefore can be made to work in any space – consulting with an architect could be the answer if you are unsure.

LIGHTING

Good lighting is very important when getting dressed and choosing an outfit. Often overlooked, this is one of the 'must-consider' when designing your wardrobe space. If the space doesn't receive any

natural light, opt for cool artificial light rather than warm-toned lighting. Don't be afraid to have fun with lighting either, whether it be utilising some downlights or splurging on a fancy chandelier for the centre of the room to add some opulence.

FURNISHINGS

If you have a little extra space in your walk-in-wardrobe, it's always great to make it feel homely with a few extra furnishings. Think about the inclusion of either a chaise lounge, chair or ottoman which can operate as both a space to sit down and put on your shoes, or even to lay out clothes for the next day.

MIRRORS AND COLOURS

A walk-in-wardrobe is a luxury space and should feel bright and airy. This can be exaggerated in smaller spaces with the use of colour and mirrors. Not only are full-length mirrors a necessity for pulling together the perfect outfit, but they can also make a space feel larger and open. Paired with lighter or softer paint colours, you can achieve the feeling of endless space as well as a sense of brightness. Look for soft greys and shades of white for the walls and ceiling, and these can then be paired with either white or wooden cupboards or open shelves.



Maison Valentina



Grevillea Butterfly Beauty close-up

Our Native Flora Waiting in the Bush

Brian Roach

Australia's native flora is unique. It has developed in isolation from the rest of the world over millions of years. While known to our original inhabitants and used in many ways, those with formal qualifications in botany have only got into the act in the last two hundred years or so. It is hardly surprising therefore that new species are still being found in the wild and brought into cultivation. The most obvious example in recent time is *Wollemia nobilis*, the Wollemi Pine. It was 'discovered' in 1994 by David Noble (hence the specific botanical name) on the outskirts of Sydney but undoubtedly it had been quite familiar to the local Indigenous people for eons. The plant is now quite widely available thanks to the great propagation work done at Mt. Annan Botanic Gardens.

Some time ago I wrote about another plant, *Homoranthus prolixus*, Golditops and recommended it as a low-growing, very hardy plant for the garden. About twenty years ago a small group from the Australian Plants Society were visiting Copeton Dam, around Inverell looking for a particular grevillea. Fortunately, they were there in October and able to see this magnificent plant in full flower. The genus *Homoranthus* is well known with around thirty species and most have pale lemon flowers. The members of the group at Copeton Dam realised the plant they saw was a *Homoranthus* but the brilliant yellow flowers had them puzzled. Some material was collected and brought back to Sydney Botanic Gardens where it was keyed out as *Homoranthus prolixus* which had never previously been brought into cultivation. Although still not widely available, it is propagated by Westleigh Native Plants westleighnativeplants@gmail.com

Peter Olde would generally be regarded as the foremost authority on the *Grevillea* genus. Around ten years ago he was botanising in Western Australia when he came across a single *Grevillea* in the wild which he did not recognize. He was able to determine it was a hybrid of two different species in the same area, *Grevillea fililoba* and *G. hirtella*. He posted back some cutting material and I was able to propagate a couple of plants and have grown one in my garden for the best part of ten years. It grows to around 1m high with a similar 1m spread with soft, light green foliage and lovely pendulous red flowers. I have continued to propagate this plant and recently, in consultation with Peter, gave it the name *Grevillea Butterfly Beauty*. Currently, it is only available from Westleigh Native Plants.

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.



Wollemia nobilis, Wollemi Pine



Grevillea Butterfly Beauty



Homoranthus prolixus



Homoranthus prolixus close-up



Essentials for Dad

Rejimon Punchayil

Plan ahead for this Father's Day to find the most suitable gift. Look for a comfortable and functional chair, a rise recliner or a lift chair that will assist the person to easily get up or to recline. There are options to fit every budget, style and size. You can even get one customised to your own specific requirement without the wait!

It is also important to keep up essential exercise, especially amid lockdowns and restrictions, as exercise is great for both emotional and physical wellbeing. A Pedal Exerciser is a great investment. It's portable, functional and you can use this while sitting in the comfort of your chair enjoying your favourite TV programme, radio or music.

For older dads, SofiHub Home is a fantastic gift. It's an ambient, assisted-living tool using smart technology. Its advanced adaptive care technology gives people the freedom and confidence to live independently, by providing time-based alerts and spoken reminders and text-to-voice messaging – all without compromising data privacy.

www.comfortdiscovered.com

VOX POPS

Local Dads

"The best present I've received is a hand-made mug that one of my kids created for a school art project."
Martin, Turramurra.

"The best present isn't actually an object... words of love and appreciation always feel more special to me!"
Michael, Mosman.

"My Father's Day 2020 present was a rescue puppy – the Jack Russell cross is a gift that keeps on giving."
Rob, West Lindfield.

"My daughter and wife set up a backyard picnic. We played Finska (a lawn bowls game with wooden blocks) and had a swim in the pool – bee's knees."
Keith, South Turramurra.

"My kids planned a date night for myself and their mum to mark Father's Day. The thought was nice, plus they pretended to be posh waiters!"
Johannes, St Ives.

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The Rise of Dad's Groups

Madeleine Taplin

There is no denying the great role dads can play in their child's life, whether it be their development or emotional wellbeing. As the saying goes, whilst anyone can father a child, becoming a dad takes a lifetime. This Father's Day is not only a great time to show your appreciation for the special father figures in your life, but also shine a light on the importance of dad's groups and support networks.

According to 'Dads Group' an Australian organisation, their initiative is based on a gathering of new fathers meeting together weekly with their kids, a coffee and a local playground. Nowadays the meetings can also be online. Amazingly, over 70 Aussie groups have been established in the last 5 years, with 33% of dads in the general community having no idea of places they could go to make friends compared with 3% of dads who attended Dads Group events.

Just like the classic mother's group, a dad's group is all about promoting positive



parenting, whilst providing new dads with a support network and a range of parenting tools to help them on their journey. Whilst discussions of postpartum depression are becoming normalised among mums, it is crucial to note that fathers can also suffer from these same issues. Dad's groups place an emphasis on not only providing positive social relationships, but also easier pathways to health services when required. By doing such, they aim to decrease the risk factors often associated with mental illness and suicide, whilst helping to increase

family wellbeing and contribute to better child development.

Many suburbs across Sydney now have their own groups available to both new and old dads, offering support, friendship, advice, and more. Check out the following links to find a dad's group perfect for you:

<https://supportforfathers.com.au/working-with-dads/dads-programs/>

<https://www.dadsgroup.org>

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Shifting Lifestyles with Age

Madeleine Taplin

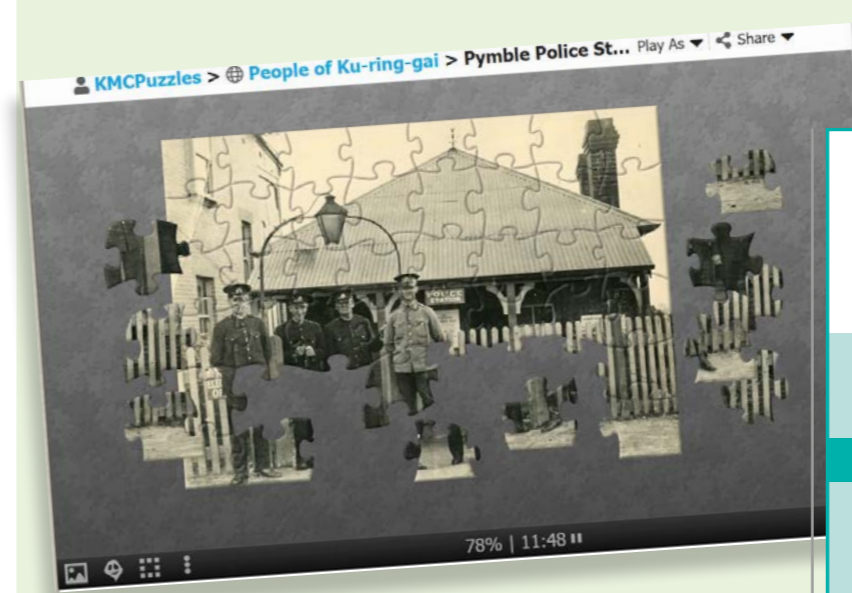
Sadly, there seems to be a preconception of ageing as a negative experience. We often look at the downsides associated with ageing, such as loss of muscle mass, reduced immune system, changing digestion and loss of skin elasticity, rather than many of the positives associated with ageing. However, individuals often forget that when we slow down and take charge of our wellbeing, our lifestyle choices can impact the process of ageing.

A recent study has shown that 70% of physical ageing occurs due to lifestyle, with the remaining 30% due to genetics. Whilst we can't change our DNA, we can change how we choose to live our lives, allowing us to be happier and healthier. These suggestions may sound obvious, but that's a good thing – simple works!



Stop Smoking

Interestingly, people of middle to older age were the most likely group to smoke daily in 2019. It's therefore important to remind seniors that smoking significantly increases the risk of heart and lung problems. Furthermore, recent research has shown that quitting smoking decreases your risk of early death by almost half!



Life Online Ku-ring-gai

Local History Puzzles

Using some wonderful historical photographs from the Ku-ring-gai Library Local History collection, Ku-ring-gai Council has created a collection of online puzzles that you can access from home via Jigsaw Planet. The puzzles are designed for a range of ages and abilities with lots of puzzles to choose from, as well as different number of pieces too. Options that stood out to *Sydney Observer* include scenes and people of Ku-ring-gai, whether it be historical images of Roseville Middle Harbour, horse event competitors at St Ives or the Pymble Post Office in 1900.

<https://www.jigsawplanet.com/KMCPuzzles>

Ku-ring-gai Fitness Centre Online Workouts

For those who are members with Ku-ring-gai Fitness & Aquatic Centre (and if not, membership is quite reasonably priced), you can get access to over 800+ online workouts, including many that are suited specifically to older adults. Exercise is still an important aspect of maintaining wellbeing and health, so staying active at home is achievable and can be fun! Guided virtual workouts include yoga, mindfulness, strength, cardio and more.

<https://www.krg.nsw.gov.au/Community/Life-Online>

Join your Neighbourhood Library

If you haven't already, it is thoroughly recommended that you join your local library network. Being a library member provides you with access to Ku-ring-gai's collection of over 20,000 e-resources including books, audio, newspapers, magazines, movies, documentaries and more. It is also possible to become a member if still in a period of lockdown – you can confirm membership details over the phone and your library card will be mailed to you. Having used the online library system ourselves, it is also good to know that it's fairly straight-forward to use, meaning less stress for those who struggle with digital technology.

<https://library.kmc.nsw.gov.au/>

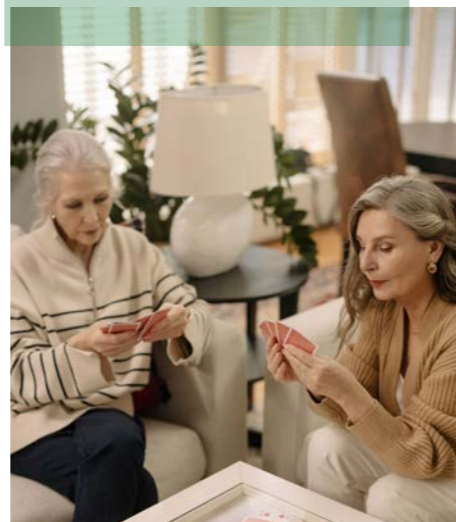


Improve your Diet

There are plenty of eating plans to help lose weight, but people often forget that changing diets aren't just about dropping the kilos. You can significantly lower your health risks by making a few tweaks to your diet. The Mediterranean-style diet is great – high in fruits, vegetables, whole grains, olive oil and fish, and low in fatty meat, sugar and processed foods.

Challenge your Brain

Our brains love tackling fresh tasks, and this is no exception as we age. Whether it's playing cards, taking up learning a new language, researching something of interest to you, completing crosswords or a sudoku in the daily paper, all helps reduce the risk of cognitive decline.



Get Quality Sleep

Lack of sleep impacts our memory, emotions, weight and even our appearance. As we get older, it becomes harder to fall and stay asleep, but it is important to remember that no matter your age, you still need a good number of hours. By increasing sleep, you will find yourself far more relaxed and energised, thus improving wellbeing.

Be Active Regularly

It is well known that exercise significantly helps our physical health. By increasing your levels of exercise, you lower the risk of heart disease, type 2 diabetes, high blood pressure, and even some cancers. This follow-on effect is known as the 'compression of morbidity', meaning you stay healthy longer in your later years. Additionally, exercise is one of the best things you can do to help prevent mental conditions such as dementia, anxiety, depression and loneliness.



Aged Care Workers Needed

The Role

Due to an exciting expansion to our funding, we are seeking enthusiastic Home Care Workers for the Hornsby area, including Hornsby, Galston, Asquith, Wahroonga, St Ives, Pymble, Epping areas.

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We can offer casual or permanent contracts to fit with your lifestyle and personal commitments.

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Your Skills & Experience

- You must own a car and have a driver license
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- Current First Aid Certificate
- Current Australian drivers licence, a reliable registered car and comprehensive insurance
- Experience in Home Care or Community Aged Care
- Flexibility in your availability, as services provided can be in the evening or on weekends.
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The Getting of Wisdom

Dr Sue Ferguson

According to psychologist Dr Igor Grossman, being wise includes being humble about what you know, sensitive to possible changes in social relationships, open to a range of different perspectives and to actively search for ways to put together different viewpoints. As Socrates said, “the only true wisdom is in knowing you know nothing.”

Higher scores of wisdom have been linked to better relationships, better emotion regulation and higher life satisfaction. Wisdom can also contribute to improved leadership, shedding light on societal inequality and promoting cooperation. A review found that reflection on your life’s experiences, being open to new experiences and the determination to remain wise, are important in the development of wisdom. Older adults have greater emotional regulation, positivity and self-reflection compared with younger adults. Research suggests that one of the most effective strategies for boosting wisdom is to take a self-distanced point of view, such as taking the perspective of

a fly on the wall, or by using the third person perspective to describe yourself.

TRY THIS RESEARCH-BASED ACTIVITY TO INCREASE WISDOM

Think of a recent conflict/argument you’ve had with another person, or an annoying social situation, (including by phone or Zoom):

- Try to visualize this event from a third person perspective. Picture yourself in the event and ask yourself, “why are they feeling or behaving this way?”

- Then use your name as much as possible as you describe the event and your stream of thoughts. For example, if your name were Cathy – “Cathy thinks... Cathy feels...” Do this about a different event each day for a few weeks and you may start to learn more about why you and others do what they do, how context influences behaviour and new ways to resolve conflicts.

As Phil Jackson said, “always keep an open mind and a compassionate heart.”



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

Milk Bar Memories

Margaret Simpson

Milk bars were an important part of baby boomer childhood. They were a combination of an unlicensed café, inexpensive restaurant and lolly shop all rolled into one with a focus on milkshakes. Milk bars provided an inclusive, relaxed place for eating and socialising as opposed to segregated hotels and tea rooms. Not only for teenagers consuming hamburgers and chiko rolls, but couples and families enjoying a mixed grill and a pot of tea. They were also a common vocation among the Greek migrant community, many of whom ran them as family businesses. In some towns, milk bars weren’t always as welcoming, especially when they were the hangout of local ‘rockers.’ Rockers often congregated in doorways, sat in booths hunched over malted milk shakes, or played the juke box or pinball machines!

A distinctive milk bar ‘look’ developed from the 1940s and ‘50s. It featured an abundance of



White Rose Café, Dunedoo.

chrome, plastic veneers and neon lighting. The humble milk bar was the most widespread expression of modernist architecture in Australia. I have fond memories of the milk bar at Balgowlah, which we frequented as children. Sometimes we’d be given sixpence each to buy lollies. There was no self-service back then, so the shopkeeper would pull a small white paper bag from the wad on a string and fill it with the selected lollies we chose. At 2 or 3 a penny, you’d get a surprisingly large number of Chocolate Freckles, Mint Leaves, Sherbies, Love Hearts, Cobbers and

Milk Bottles. There were also Milkos, Choo-Choo bars, White Knights, Rosy Apples and Sherbet Cones. Sadly, milk bars have mostly disappeared from Sydney suburbs but some still survive in country towns with alluring names like the Niagara, Blue Bird, Olympia and the White Rose.

Margaret Simpson is a Ku-ring-gai local who was previously a curator at Sydney’s Powerhouse Museum, as well as possessing a passion for social history.



Andy Chilton/Unsplash



Northern Cemeteries
Always

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

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.

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

Retirees see their Kokoda Residences' Future

Excitement is building in more ways than one at Kokoda Residences in Waitara! There was a tremendous response to an invitation to go onsite and see the latest construction stage of Vasey Communities' striking new retirement apartment village. Held recently, the 'Behind the Hoarding with Kokoda Residences' event consisted of four onsite experience sessions with three sessions filled by prospects interested to see the new retirement development. The remaining session was filled with parties who have already placed deposits on a Kokoda Residences apartment.

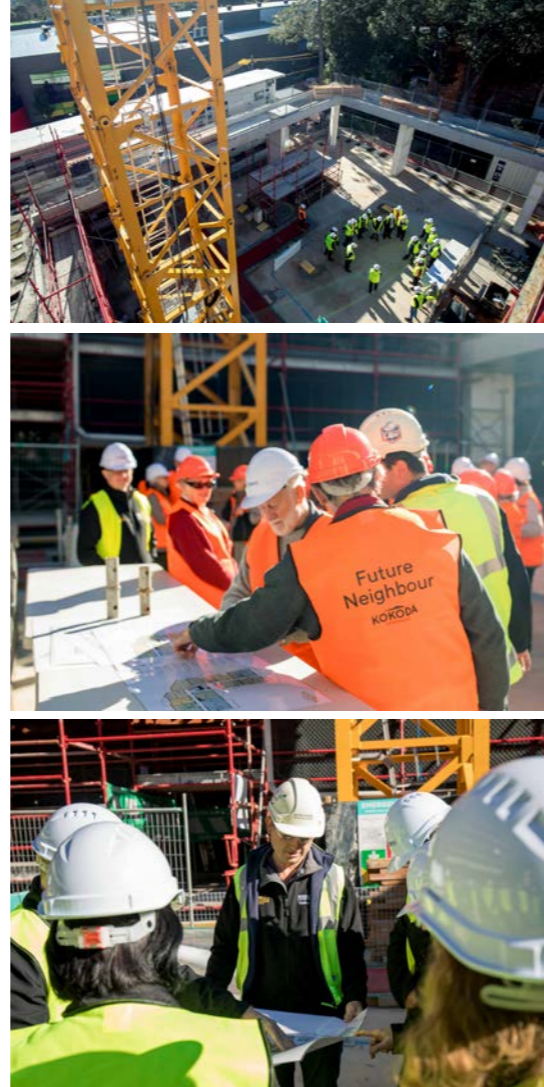
Wonderfully, Kokoda Residences friendships are already established and flourishing. There was a large number of guests in attendance, including introductions from Vasey Communities CEO Graham Hooper along with the Kokoda Residences' sales team and representatives of leading

Sydney commercial builders Richard Crookes Constructions.

Along with morning and afternoon tea at nearby Magpies Club and a shuttle bus delivering them onsite, both Kokoda Residences' guests and depositors received a personalised Vasey Communities' hi-vis vest, especially for their onsite session. Guided onsite, depositors could locate their future apartment's position and orientation along with the vision of the central communal terrace gardens. The experience proved to be an invaluable one for everyone, instilling confidence in prospective residents by witnessing first-hand the quality design.

For more information, please contact the Kokoda Residences sales team on 9299 3953 or visit kokodaresidences.com.au/

You may have to pay a departure fee when you leave this village.



Senior Relationship Services

Isabella Ross

Relationships can be complex at any age, requiring commitment and compromise. As we grow older, couples still need the space to learn and potentially seek professional advice and support, and there's nothing to be ashamed of in that. Read on to discover some great senior relationship services available.

CATHOLICARE

One of the relationship courses that CatholicCare provide is 'Intimate Two', consisting of three sessions with a marriage and relationship educator. The course is well suited to mature-age couples – and even better, the course can be delivered online via Zoom.

catholiccare.org/family-and-individual-services/counselling-and-relationships/marriage-and-relationship-education/

RELATIONSHIPS AUSTRALIA

Relationships Australia's Senior Relationship Services assist older people in preventing and resolving family conflict,

having difficult conversations, planning for the future, improving communication skills and making decisions that protect rights and safety. Services on offer include mediation, counselling, referrals to specialised support services, as well as information and resources. Currently, all sessions are remote due to NSW restrictions but generally you can attend a meeting at any of their locations, a nearby one being Macquarie Park.

relationships.org.au/services/senior-relationship-services

CROWDSOURCED ADVICE

Often, we can get a little sensitive or sceptical when it comes to others sharing relationship advice. Yet sometimes it cannot hurt to revel in some wisdom from those who have been in a long healthy relationship. One particular resource with accounts from over 1500 older people living 'happily ever after' is via Mark Manson's blog *Life Advice that Doesn't Suck*. Just like its title suggests, the advice is actually really interesting:

markmanson.net/relationship-advice



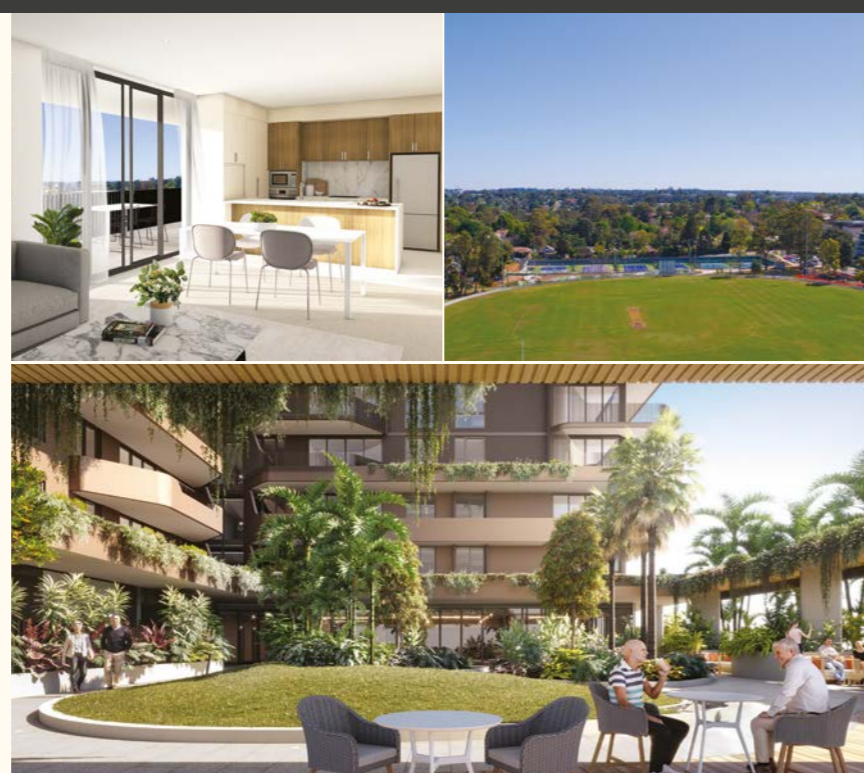
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*Correct as at July 2021. Images are for illustrative purposes only. 6086AL

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What to Expect When Expecting During a Pandemic

Sarah Wainwright

Pregnancy is one of the most exciting and eagerly anticipated times in the lives of many people. However, it can also be a worrying time – during 2020 and 2021, stress and anxiety regarding pregnancy and childbirth amplified for most expectant parents due to the implications of COVID-19.

My friend Lucy Hercus, Doula, Childbirth Educator and Founder of LucyLou Mother Nurture shares her expertise. “When the pandemic hit, it was reasonable to say all were caught unprepared, and to be fair it took the government and community a while to even understand what we were dealing with. Healthcare in Sydney was ahead of the curve, although in the early days many of the necessary actions taken by maternity care providers were distressing. For example, withholding of gas/nitrous oxide as a pain management option due to the lack of clarity around how to sterilise equipment adequately was implemented last year. But don't worry mums, the happy gas has been

back on tap, just check that it still is with current restrictions.”

Lucy continues, “one of the greatest challenges for expectant parents were the limitations on personal support at the point of delivery, with just one support person allowed, and the crack-down on antenatal appointments where no support person was welcome. This is an especially painful aspect, as birthing mothers can be left feeling less adequately supported and saddened to not share what many consider a precious moment in life. The good news is that most maternity care providers expanded their support options, and many now also provide high-quality online tools. Plus, we are now better prepared!”

REDUCING RISK AND ANXIETY FOR EXPECTANT PARENTS, (ROYAL WOMEN'S HOSPITAL):

- Take control where you can!
- Practise good hygiene, washing and sanitising hands. Clean and disinfect high touch surfaces regularly in the car, home or workspace. Where possible stay home, work from home, avoid non-essential travel. Buffer against social isolation with a

rich and varied online life.

- Access information from your midwife, GP, Obstetrician and reliable medical resources.
- Write a list of questions before your next appointment.
- Keep important medical phone numbers in one place.
- Plan for who will be your support person in hospital, who will assist with other children. Also discuss your plans/expectations with grandparents, relatives and friends so they can support you. Organise and be aware of where appointments after birth will be held (phone, clinic, hospital).
- Stay active and hydrated, eat a healthy diet, maintain interests/hobbies and rest when you need to.

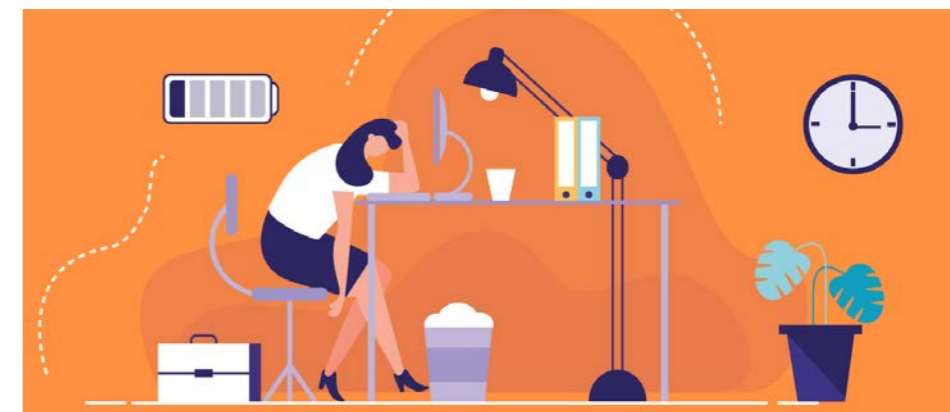
Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology). Writer, Mentor-Tutor, Wife and Mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_ or @_parentingtips2.0_

Burnout and why it's rising

Madeleine Taplin

There's no denying that the past year has made our everyday lives far more unpredictable than ever thought possible. As such, we have seen a rise in the phenomenon known as 'burnout.'

Coined by psychologist Herbert Freudenberger in the late 1970s, burnout describes a severe stress condition that leads to physical, mental and emotional exhaustion. Far worse than ordinary fatigue, burnout makes it incredibly challenging for individuals to cope with stress and handle their day-to-day responsibilities. Typically aligned with emotional or work-related/ workplace stress, now the recent NSW restrictions and unpredictable nature of dealing with a pandemic have resulted in COVID burnout. “It is common for people to experience feelings of distress and anxiety during times of uncertainty,” says Beyond Blue CEO Georgie Harman. However, the important part is being able to adequately



manage and deal with these symptoms of stress in order to avoid complete burnout.

At a basic level, burnout can be avoided by simply increasing exercise, eating a balanced diet and practicing good sleep habits. However, the most effective manner to treat burnout is through asking for professional help, trying some Cognitive Behavioural Therapy or mindfulness. Recent research showed that demand for

mental health support with Beyond Blue was up 24%, and over the past year demand has remained between 20-30% higher than pre-pandemic levels. “We want to reassure the community that we have skilled mental health professionals ready and available to support you through your experience, whatever that may be – there is no issue too big or too small,” Ms Harman concludes.

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

Pasta, Art, Candles – 3 Fun Online Workshops

Isabella Ross



Watercolour for Absolute Beginners

Creatives are in luck! Using water colours isn't something everyone has experience with, so if you would like to get imaginative and do some painting, this course could be perfect for you.

Date: 14th August
Time: 11am – 1pm
Where: Online via Zoom
Cost: \$80, including class, materials and delivery.

<https://whatson.cityofsydney.nsw.gov.au/events/watercolour-for-absolute-beginners-live-streamed-class>



Candle Making Course

Whether it's creating candles for the home, gifts for loved ones or a side-hustle, learn how to make your own candles from an experienced candle maker. Participants will work with soy and beeswax candles and fragrance oils.

Date: 19th August
Time: 7pm – 8pm
Where: Online via Zoom
Cost: \$110, including class, materials and delivery.

<https://www.sydneycommunitycollege.edu.au/course/CMWS>



Nonna Live Class: Homemade Pasta

Learn how to make homemade pasta live from Italy! 84-year-old Nonna Nerina and her family will share with guests their recipes and teach you how to recreate them. Pick a date/time, receive a streaming confirmation email, and then you'll receive a list of simple ingredients to buy for the day (all very simple and available from your local supermarket.)

Date: A date of your choice
Time: A time of your choice
Where: Online via Zoom
Cost: Starting at \$49

<https://nonnalive.com/>



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

Causes and Solutions for Bad Breath

Dr Ian Sweeney

Persistent bad breath, officially known as halitosis, is a delicate topic that affects many people. Understanding what causes bad breath will go a long way towards preventing it.

CAUSES

Halitosis affects over 50% of the adult population and although it originates from a number of different sources, it is estimated that over 90% of cases originate from the mouth. The most common cause of bad breath is poor oral hygiene. Food particles in the mouth which are not cleaned away are broken down by naturally occurring bacteria which release chemicals that have a strong smell. Infections in the mouth such as tooth decay, gum disease or other mouth lesions may also contribute to bad breath. There are hundreds of types of bacteria that may be found in the mouth and many of them are capable of producing bad breath.

Saliva is a natural lubricant and buffer in the mouth. Patients who suffer from persistent dry mouth frequently experience halitosis as the bacteria are not washed away and will build up more quickly. A dry mouth may be the side effect of some medications, mouth breathing or smoking. Halitosis may also be a by-product of certain health conditions. It may result from infections in the nose, throat or lungs, chronic sinusitis, postnasal drip, chronic bronchitis, or disturbances in your digestive system such as gastric

reflux. Additionally, foods such as garlic and onions may contain compounds which when digested, are absorbed into the body. These compounds may then be exhaled or secreted in the saliva.

SOLUTIONS

The management of halitosis may include simple measures such as cleaning and scaling of teeth, deeper cleaning below the gum line, instructions for oral hygiene, tongue cleaning and mouth rinsing. If your problem stems from a dry mouth, consider chewing sugar-free gum or use an artificial saliva substitute to help stimulate salivary flow. Above all, talk with your dentist about your concerns. If your breath problems stem from an oral cause, your dentist can work with you to develop a treatment plan that minimizes odour. Your dentist will take a history, including a list of medications and supplements you are taking. This may be helpful in determining whether the cause of your bad breath is within the mouth or whether it may be a systemic condition. Medical conditions such as diabetes and liver disease may also cause halitosis. If a systemic disease is suspected, your GP should be consulted.

The Australian Dental Association recommends that you brush and floss your teeth twice a day with fluoride-containing toothpaste. Brushing your tongue will also help to remove bacteria that contribute to bad breath. If you wear removable dentures, take them out at night and brush them thoroughly with a denture cleanser before replacing them the next morning.

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

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

Zoom-Ready Beauty

Isabella Ross

With work meetings happening predominantly via Zoom now, it doesn't take anywhere near as long to get ready – what a relief! Opting for a simple yet effective skincare and makeup routine is key – 3 products and 5 minutes is all you need to be Zoom-ready.

Multi-purpose Serums

With many of us living very busy lives, it is always fantastic when we find products that are multi-purpose – less effort, maximum benefit. It can also be quite challenging to wrap our heads around the varying skincare serums and ingredients we're in need of, another reason why it's important to find brands you trust.

Recreation Vibrant Skin Oil (\$96) is a 3-in-1 godsend, hydrating, smoothing and plumping the skin.

“With a serum you're getting more potent ingredients at a higher level than you would get in a regular moisturiser, so think of it like an intense HIIT workout for your skin,” tells Nedahl Stelio, founder of Recreation Beauty. “Incorporating a serum like Vibrant Skin Face Oil into your routine is therefore paramount because it's a concentrated dose of highly effective ingredients.”



Mist Toners

A great way to prep the skin as part of your 5 minute routine is a mist toner. They're a real lifesaver when it comes to awakening and refreshing the face, not to mention very soothing. Things to look out for when purchasing a mist are the following – one that doesn't have a greasy formula and good for sensitive skin. One we can recommend is Essano's Hydrating Rosehip Mist Toner (\$13) is jam-packed with natural vitamin A and C.



Skin Tint

Unlike your regular foundation which has the potential to be cakey, skin tints are more lightweight and buildable. A simple way to even skin tone and provide a natural amount of coverage and glow, a skin tint is definitely the way to go. Look for a product that is long-lasting and provides a beautiful dewy finish without being too shiny. Our product recommendation is Ciaté London's Dewy Skin (\$49) – a brand that has a fantastic shade range as well.



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The Reality of OCD



"I like to be clean and tidy, therefore I must have OCD." As Kirk Docker, Director and Series Producer of *You Can't Ask That* said in *Sydney Observer's* May Issue, people with OCD often feel misunderstood. "Many participants came forward saying they really wanted to show what it is to have OCD and dispel these myths. We had one guy that said, 'if you are washing your hands to the point where they're bleeding, that's different from just wanting a clean desk.'" This month's profile, Osher Günsberg is someone who understands the experience of living with OCD. "When I was asked to come on *You Can't Ask That*, I jumped at the chance. If you know my story, you'll know that I have a different brain. One of the things I have is OCD. Sometimes it's been really horrible. Of all mental illnesses, OCD remains one of the most misunderstood. I'm a lot better now thanks to some great meds and some greater doctors who guided me through exposure therapy," Osher has noted previously.

Obsessive and compulsive behaviours aren't just 'a character trait' – a person diagnosed with OCD often cannot control their repetitive thoughts or

behaviour without good treatment or support. It is however great to know there are many support groups throughout Sydney, including one on the North Shore. The Chatswood OCD Support Group meet at Dougherty Community Centre on the 2nd Tuesday of every month at 7pm, COVID-restrictions permitting. It's a group comprised of a small number of people sharing personal experiences in a safe and friendly environment, with a facilitator from WayAhead Mental Health Association NSW.

SANE Australia
<https://www.sane.org/information-stories/facts-and-guides/obsessive-compulsive-disorder>

You Can't Ask That, OCD
<https://iview.abc.net.au/show/you-can-t-ask-that/series/6>

Chatswood Support Group
<http://understandinganxiety.wayahead.org.au/chatswood-anxiety-support-group/>

Isabella Ross

Marking OCD and Anxiety Disorders Week (4th – 10th August), this month is a great time to unpack Obsessive Compulsive Disorder (OCD) and spread awareness about the condition.

Roughly 1 in 50 Aussies have OCD (SANE Australia). It's a type of anxiety disorder, involving recurring unwanted thoughts, images, obsessions, rituals or impulses. SANE Australia notes that a common misconception about OCD is its severity – for example the myth,

Share the Dignity August Drive

Since its inception in 2015, Share the Dignity has collected over 3 million sanitary products being donated to women and girls in period poverty. It's an incredible achievement, and something North Shore locals can also get involved in, by donating sanitary items in this month's Dignity Drive.

With a vision that everyone deserves to be afforded the dignity so many of us take for granted, Share the Dignity makes a real difference in the lives of those experiencing homelessness, fleeing domestic violence or doing it tough. The Australian women's charity distributes period products throughout the year, with over 5,500 passionate volunteers. "This number (of volunteers) was unbelievable, and we were so happy to have such great support from Australia's public that, like us, believe that women and girls should have access to sanitary items," notes Founder and Managing Director, Rochelle Courtenay.

Interestingly, Share the Dignity also played a major role in removing the tampon tax, an 18-year controversy where tampons and sanitary pads were sold with a 10% goods and services tax as they were categorised as non-essential items. Importantly, the tax was removed in early 2019, highlighting the power of public lobbying, petitioning and protesting.



August Dignity Drive

- The March 2021 Drive saw 162,639 period products donated, so it will be great to see the numbers for this month's Drive.
- Accepted donations (must be brand new) include pads, tampons, maternity pads, incontinence pads, reusable pads, period underwear and menstrual cups.
- Local Woolworths stores will have collection boxes at the front of the store from 4th – 31st August. If you cannot physically visit a store, you can mail your donations to *Share the Dignity PO BOX 325, Sandgate QLD 4017*.

Fresh Pizza and Caprese Salad at Home

John Ross

Bring restaurant quality Italian food to your kitchen with this simply classic pizza and caprese salad recipe. Making pizza dough can be a great family activity and it isn't as challenging as some would expect. You will taste the difference – fresh is best!



This is a recipe by John Ross, a professional executive chef with over 30 years of experience.

Pizza Dough Ingredients

- 500 grams pizza flour
- 300ml warm water
- 7 grams dried yeast
- 1 tsp caster sugar
- 3 tsp olive oil
- 15 grams salt

Pizza Topping Ingredients

- Generous handful of ripe Solanato tomatoes
- Generous handful of Perfect Italiano Pizza Plus Cheese
- Small handful of basil to serve
- Pizza sauce of your choice
- Sea salt and black pepper

Method

1. Place the flour in a bowl and make a well in the middle. Add the yeast and sugar into the well, add water and oil to combine. Then add the salt and knead for 10 mins.
2. Divide kneaded mixture into 5 or 6 balls and add to an oiled tray – be sure to place the balls apart within the tray. Cover and let it mature in the fridge for 24 hours.
3. After 24 hours, bring dough balls to room temperature, and then hand stretch or use a rolling pin. Add the pizza toppings. In a very hot pre-heated oven or BBQ (with the pizza tray/stone pre-heated too) add your pizza – in a BBQ with the lid down it should take 6 minutes, or 6 to 8 minutes in an oven.
4. To make the Caprese salad, simply assemble the salad ingredients together on a plate, drizzle with olive oil and season accordingly.



Caprese Salad Ingredients

- 5 slices of fresh mozzarella cheese
- Small handful of basil
- 2 ripe Truss tomatoes
- Extra-virgin olive oil for drizzling
- Sea salt and black pepper

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