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Sydney Observer

IN PRINT SINCE 1996

GO LOCAL FIRST
CAMPAIGN

MEET
KU-RING-GAI'S
NEW MAYOR

CHARCUTERIE
BOARDS

BEST-SELLING
AUTHOR LIANE
MORIARTY

GOLDEN YEARS
FEATURE

The Divine

Marcia Hines

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From the Editor

Welcome to *Sydney Observer's* October Issue.



October is a month of hope for many, with Greater Sydney's restrictions set to ease.

Our profile is Australia's ultimate disco diva – the one and only Marcia Hines, discussing the impact of COVID-19 on the arts, her extraordinary career and more (14-15). Our Golden Years Feature will also be a hit, including articles from regular contributors, a senior's corner and more (20-26)! Additional highlights include a profile with *New York Times* best-selling author and North Shore local Liane Moriarty (32), an article on mental health month (31), charcuterie boards (27), Ku-ring-gai's Spring Floral Celebration (11) and the Go Local First Campaign (8). We also welcome Ku-ring-gai's new Mayor, Cr Cedric Spencer, who speaks with *Sydney Observer* about his excitement for the new role (9).

For me, this issue is extra special as it is my last with *Sydney Observer*. I have been a part of this magazine for over 3 years now, and I am grateful for the people I have met, the stories shared and our wonderful community. It has been a joy to be Editor of this incredible publication and I look forward to passing the baton onto someone wonderful who is just as passionate about the local area.

Enjoy the October Issue. I will deeply miss my *Sydney Observer* team and our readers.

Thank you.

Isabella

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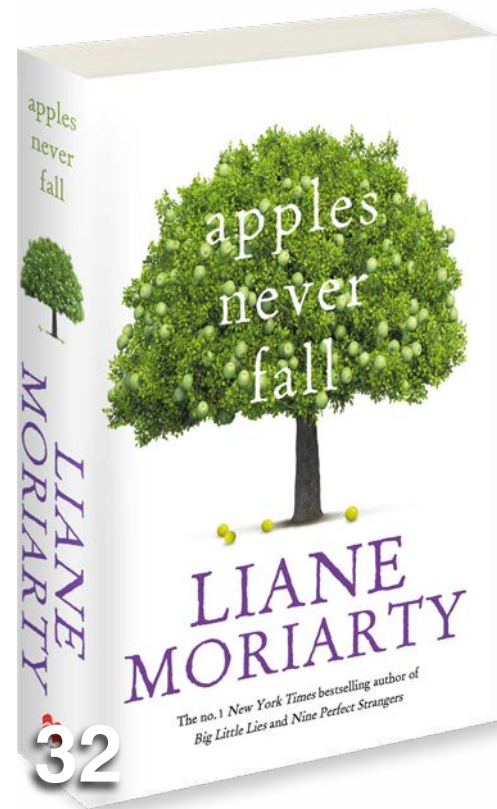
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Chatswood	Lindfield	Roseville Chase	Wahroonga
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East Lindfield	North Wahroonga	St Ives	Warrawee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby

SNIPPETS

Beautiful blooms in Swain Gardens Killara.
Photo by Sydney Observer team member

Ku-ring-gai Schools Go Solar

Ku-ring-gai Council is encouraging more North Shore schools to join the Solar My School program and make installing energy-saving solar panels easier. With solar power and clean energy sources come financial, educational and environmental benefits. The Council has been writing to Ku-ring-gai schools, and thus far eight have signed up – including Lindfield East Public, West Pymble Public and Sir Eric Woodward School, St Ives.

North Shore Senior Volunteer 2021

Local resident and 92-year-old volunteer Kay Tang has been awarded Senior Volunteer of the Year at the North Shore's regional ceremony. For the last 24 years, Ms Tang has taught Japanese Folk Dance, Taiwanese Folk Dance and Flower Making at the MOSAIC Multicultural Centre in Chatswood. As most of the students are first-generation migrants who are homesick, Ms Tang greatly assists their integration into the community while helping them to retain their cultural heritage at the same time. Congratulations to Ms Tang!

The Great Cycle Challenge

The North Shore is renowned for its lovely cycling locations and enthusiastic cyclists. The Great Cycle Challenge is something fantastic to consider getting involved in. Occurring throughout October, the ride aims to raise money, spread awareness and commemorate brave kids affected by cancer. The Sydney Chapter has over 900 riders, including people from Wahroonga, Lane Cove, Turramurra, Warrawee and Waitara.

Local Restaurant Lost in Fire

Sydney Observer was devastated to hear that Peats Bite, an iconic restaurant in Berowra Waters was destroyed by fire last month. Luckily no one was injured, yet our hearts still go out to the local business. Hornsby Shire Mayor, Philip Ruddock also expressed his sadness – “I want to thank the emergency

fire crews who responded to the blaze, especially their prompt actions that prevented the fire from spreading to adjacent residences and its nearby bushland. The Peats Bite restaurant was a renowned local institution, famous for its hospitality, excellent food and entertainment.”



The COVID-19 Digital Certificate

Ku-ring-gai locals and surrounding suburbs, give yourself a pat on the back because our vaccination rates are fantastic! For the fully vaccinated, you will need to keep your COVID-19 Digital Certificate handy to prove your immunisation. Here's how – one option is to download the Express Plus Medicare mobile app. From there you can show your certificate through the app or by adding the certificate to your Apple Wallet. For those who don't have a smart phone or struggle with technology, you can print off a copy of your updated immunisation history statement, which can also show you have had both COVID-19 vaccinations.



Call out for Art Exhibition Entries

To celebrate International Day of People with Disability, Ku-ring-gai Council is hosting the Exploration Art Exhibition later in the year at various locations across the North Shore. Exploration is an exhibition for artists who have a disability who would like the opportunity to showcase their artworks in the local community. Sydney Observer will also celebrate the exhibition in our November Issue. Entries are open until 15th October. Find the sign-up form via: <https://www.krg.nsw.gov.au/Community/People-with-disability>

Reach out to your Neighbour

There's no denying it has been a challenging time for many, and some may be experiencing loneliness and in need of some company and care. There's no better time for us to reach out to neighbours, keep connected and strengthen our community. Ku-ring-gai's 'Reach out to Your Neighbour' card is a way for locals

to connect with neighbours who might need support. Before reaching out to your neighbour, consider whether you can help them with things like shopping, their pets or putting the bins out. Then just fill in your name and street number on the card and pop it in a neighbour's mailbox. Download one via Council's website.

Outgoing Mayor's Excellence Award

One day before the Mayoral Election last month, Cr Jennifer Anderson received the 2021 Local Government NSW Excellence Award and Medal for exceptional service, outstanding achievement and significant contribution to advancing the goals of the Local Government sector. It is an incredible award and recognition for the outgoing Mayor. “I look forward to continuing to serve as Councillor for Roseville Ward for the remaining ten weeks of this council term and re-nominating in October for the 4th December NSW Local Government Elections,” Cr Jennifer Anderson commented to Sydney Observer.



In Style Turramurra

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Small Business Month

Sara Zarriello

Lockdowns continue to cripple businesses in Sydney and the post lockdown forecast doesn't seem to look much brighter – yet small businesses have found ways to adapt.

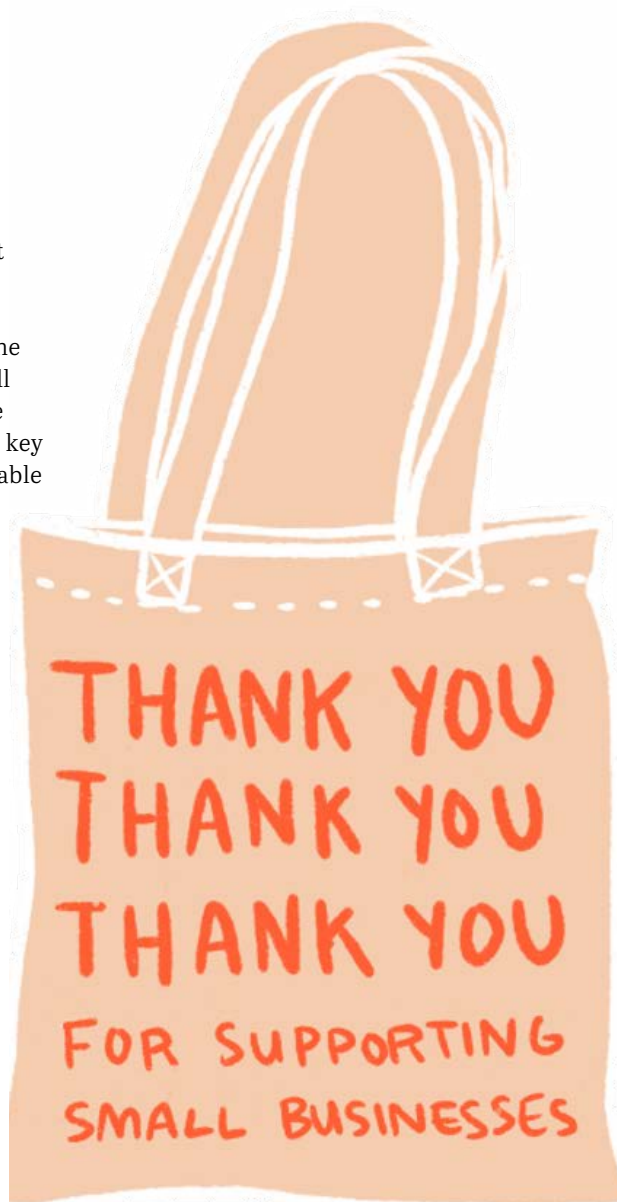
The months-long lockdown has contributed to 42% of businesses feeling uncertain about their future or that of their workers' futures. The Berejiklian Government boosted the State economy by providing businesses with access to thousands of dollars' worth of grants this year. Even so, many continue to struggle in an ever-changing economic environment. The Australian Bureau of Statistics recorded that in June this year, 27% of businesses reported difficulty securing suitable staff and almost 1 in 5 businesses not having enough staff based upon their current operations. "These businesses are the ones we all need still standing to drive the recovery on the other side," Prime Minister Scott Morrison has noted.

As Business NSW Chief Executive Daniel Hunter highlights, "the only way out of this is to continue to comply

with government restrictions and get vaccinated as soon as possible."

Importantly, there's an array of online portals that curate lists of local small businesses for people living in those areas to visit. Adaptation has been a key way our local businesses have been able to stay afloat – turning to takeaway food, pre-mixed cocktail bottles, online seminars, revitalising ecommerce websites, virtual tours, grazing boxes, art/hobby classes remotely and art kits. Their resilience is incredible.

The best way for consumers to celebrate Small Business Month NSW is to show your love, dollars and engagement. For small businesses themselves, look to online seminars, business chamber meetings, networking events and government support packages. Remember – small businesses can only thrive if their local community continue to lift them up in difficult times. Let's keep supporting local and we can continue to grow our communities long after the pandemic is over.



Go Local First Campaign

With Small Business Month in mind, it is great to hear that Ku-ring-gai Council is the first in Sydney to get behind this year's national campaign to support local businesses during COVID-19. Go Local First is a campaign encouraging us to buy from local small businesses and keep money and jobs stable in Ku-ring-gai. It's run by the Council of Small Business Organisations Australia (COSBOA), and thus far has improved economic prospects, given a boost to businesses and helped maintain good connections between businesses and customers.

"We know that local businesses are doing it tough, but we also know that people are doing everything possible to keep their businesses relevant and to survive until the pandemic is over," Mayor Cedric Spencer notes.



All local small businesses are eligible to join Go Local First – the only requirement is to be based in Ku-ring-gai. By joining (for free), small businesses get free digital marketing materials, a free business listing on Ku-ring-gai Council's website until 30th June 2022 and the opportunity to have their business profiled by COSBOA and promoted through the Go Local First campaign.

"As a North Shore resident and long-time advocate for local business people, I am thrilled that Ku-ring-gai Council is the first Sydney council to join our relaunched Go

Local First campaign!" said COSBOA CEO Alexi Boyd. "I encourage Ku-ring-gai residents to support their local business community and spread the message to Go Local First."

Helping Local Businesses during COVID-19

1. Buy goods/services from their website.
2. Buy presents in the lead up to the festive holidays, as well as gift cards or credit from your favourite local business to help their cash flow.
3. Share recommendations of local businesses on your social media pages.
4. Check in with the businesses to see if they have altered their services.
5. Give a donation. Cash is always appreciated.

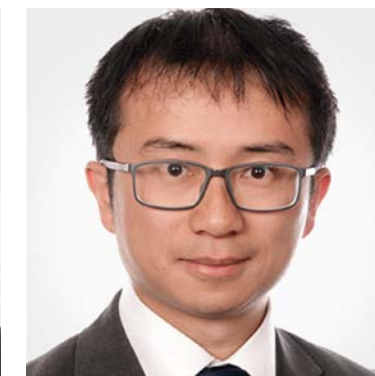
<https://www.krg.nsw.gov.au/golocalfirst>

Ku-ring-gai Elects New Mayor

Ku-ring-gai Council has elected a new Mayor and Deputy Mayor. Cr Cedric Spencer was elected Mayor and Cr Sam Ngai Deputy Mayor at a recent Council meeting.



Mayor Cedric Spencer and Deputy Mayor Sam Ngai.



Two candidates for the mayoralty were nominated at the meeting – Cr Jennifer Anderson from the Roseville Ward who has served for the last two years as Mayor, and Cr Cedric Spencer from the Wahroonga Ward who has served for the last year as Deputy Mayor. The vote being tied 5-5 in favour of both candidates, the election was conducted by a draw by General Manager John McKee, with Cr Spencer being the successful nominee.

Cr Cedric Spencer is a solicitor and an academic who runs his own law firm in Gordon. He is of English, Portuguese and Chinese heritage, speaks several Asian dialects and lives in Pymble with his wife and son. Cr Spencer's qualifications include a Juris Doctor, a Doctor of Business Administration, a Master of Business and Graduate Diplomas in Laws, Transport and Distribution Management. He has been admitted as a solicitor and barrister in

the NSW Supreme Court and High Court of Australia.

Mayor Spencer spoke with *Sydney Observer* about the honour to be elected Mayor of Ku-ring-gai. "It's an important time for our community as we begin to emerge from the pandemic and I am proud to be leading our community at this time.

I am keen to progress the major urban renewal projects that the Council has been working on. These are the Lindfield Village Hub and the Turramurra Community Hub. Both these projects will be hugely beneficial in providing new community facilities such as libraries and public spaces for residents. It will also be a much-needed boost to economic activity in the local area, as Ku-ring-gai enters the post lockdown rebuilding period. I am very interested in involving younger residents in decision making in projects that affect them directly. The consultation with young people on the upgrade to Jubes Mountain Bike Park has been a great success. We are now seeking young leaders aged 12-18 years who'd like to be involved in decision-making on the new youth precinct at St Ives."

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The Importance of Community

Sarah Wainwright

As I reflect on lockdowns, I am reminded of the importance of community. Community can be defined as a group of people living in the same place, having a particular characteristic or interests in common, or the sharing of attitudes. Importantly, the word 'community' conveys a sense of togetherness, solidarity, homeliness and positivity (Lowe, T. 2021).

It's interesting to observe how community has changed over the years and what they can look like now. Online communities such as Facebook and Instagram, and virtual gaming worlds are increasingly accessed and deeply valued. Checking in, participating and having conversations online have become a part of our daily routine. Online communities can help to mitigate loneliness, keeping individuals connected with loved ones as well as with a wider network around the world and indeed around the clock.

Being part of an engaging community gives us a sense of belonging, opportunities to relate, share our personal lives and support each other too (Clarabut, J. 2020, *Wellbeing People*). To this end, my friend and fellow book-clubber Vanessa Hughes comes to

mind. Assistant Minister at St. Andrew's Roseville, Vanessa focuses on the pastoral needs of women at St Andrew's and oversees their Belonging Ministry. "My work in our Belonging Ministry focuses on welcoming and community, so this topic is close to my heart," Vanessa shares. "I grew up in South Turramurra and now live in North Turramurra and have always been very blessed with a rich experience of community. This shapes my ministry work; creating a space to feel connected and known."

"I believe we are created for relationship. We are hardwired to want to belong, so there is something spiritually, emotionally and psychologically beneficial when we experience connection in a community. Although community is enriched by shared values, it isn't about losing our uniqueness. In fact, interacting with people who are different to us is vital, but rather being known and accepted for who we are is a special benefit. More than that, we can demonstrate care and contribute to the lives of others and express our deeply felt purpose. In this way, community is more than just an identity marker but an enriching web

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_

of relationships. Loneliness is our fastest increasing health risk. It is a topic that comes up in so many of our book club reads – community is our best antidote!"

Enhancing Community at Home and Online

- **Sharing knowledge and resources:** Sharing positive aspects of your community with others online. Communities are rich in resources.
- **Mentor** someone in your social circles or professionally who would benefit from your skills, knowledge and experience.
- **Relationships:** Your online community is a COVID-safe space to develop relationships and deepen our sense of belonging.
- **Encourage** children to help more, and older siblings to be kinder to and set a great example for younger siblings, reinforcing a sense of togetherness at home.
- **Passions:** Have an outlet for passions, spreading confidence and encouragement to others. (Clarabut, J. 2020, *Wellbeing People*).

Ku-ring-gai's Spring Flower Celebration

Madeleine Taplin

Pymble and North Turramurra are home to this year's Spring Flowers Celebration. As we enter October, there is no better time to breathe in the fresh scents of these flowers and enjoy the wonderful array of floral colours to brighten our world!

The celebration will see a selection of colourful displays of flowers installed in temporary planters and hanging baskets along both Grandview Street in Pymble and Bobbin Head Road in North Turramurra. "This year's Spring Flowers Celebration will go some way to brighten what has been a very tough time for residents and business owners," said Mayor Spencer.

Outside of the official celebrations, you can get your fix of 'flower power' from a variety of local parks and gardens. Take a walk through Pymble Soldiers Memorial Park to see a beautifully curated public space. Alternatively, head to the Ku-ring-gai Wildflower Garden in St Ives to see some of the area's most pristine bushland and a selection of locally occurring native flowers. Another hit with locals is Wahroonga Park, known for their seasonal varieties of roses.



Will Writing for Parents

It's not as fun as creating a gift registry or planning a baby shower, but writing a Will is one of the most important steps to becoming a parent. "When you're on the journey of parenthood and welcoming a baby, it can be confronting to think about your Will and appointing someone else to look after your child," says Ms Natalie Darcy, Senior Solicitor Estate Planning at NSW Trustee & Guardian. "But it's an important step to ensure your child is protected and provided for, no matter what life throws your way."

A Will that has been professionally prepared should put your mind at ease by answering questions such as who will be the guardian(s) of your child(ren), how you wish for them to be looked after and what age do you want your child(ren) to receive full control of their inheritance.

Contact NSW Trustee & Guardian on 1300 10 20 30 or visit <https://www.tag.nsw.gov.au/wills/make-will>

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



The Vaping Surge in Sydney Schools

Isabella Ross

In schools across Sydney and NSW, there has been an increase in schoolkids vaping, (i.e. using electronic cigarettes or accessories). What some of these kids do not realise though are the hidden dangers associated with vaping, particularly in young users.

Vape products are often marketed to young people through the guise of fruity flavours and water vapor – yet there is more that lurks beneath. Vape e-liquids have been found to contain chemicals commonly used in household disinfectant, petroleum, cosmetics, paint, nicotine (despite this being illegal in Australia) and eugenol which is used to euthanise fish.

Australia's leading lung health authority, Lung Foundation Australia is calling for a nationwide ban on vaping. 'Unveil What You Inhale' is a campaign driven by Lung Foundation Australia, aiming to promote education and better-informed decision-making.

Prof Adam Jaffe, one of Sydney's leading lung health specialists and a respiratory paediatrician, spoke with *Sydney Observer* and shared his support for this campaign. "In Australia, the use of e-cigarettes in adolescents aged 14 to 19 years rose from 12.6% in 2016 to 14.5% in 2019 according to



the most recent Australian National Drug Strategy Household, despite it being illegal for anyone to sell e-cigarettes to those under 18. Despite the long-term health impacts of vaping remaining relatively unknown, given vape users are inhaling the potentially toxic chemicals found in 60% of all Australian vapes, it's unsurprising that specialists are already seeing the negative effects," Prof Jaffe notes. "The unregulated use of nicotine is another concerning aspect of young people taking up vaping as it means many are unknowingly inhaling the highly addictive drug, and the habit is in turn becoming a gateway for smoking."

Sydney-based Youth Support Worker Selim Ucar shared his expertise too, noting the impact peer pressure can have. "The positioning of vapes as a harmless, fun trend has led to the concerning surge in vape use we are seeing in Sydney schools

– fueled by the immense peer pressure we know breeds within those under 18 age groups. Coupled with little to no education about vaping, young people are left uninformed and unknowingly putting their long-term health at risk as they strive to keep up with the latest trends."

The NSW Department of Education has advised schools that students should not bring e-cigarettes or e-cigarette

accessories onto school premises or use them during school-based activities. Consistent with the Department of Education policies – vaping, selling or being in the possession of e-cigarettes will result in disciplinary action that may lead to a student being suspended from school. Perhaps what is the most salient point however are the potential long-term impacts vaping could have, concludes Prof Jaffe. "Given this unknown nature was also seen with cigarette smoking until a seminal study in the 1950s demonstrated that it causes lung cancer, we need to avoid history repeating itself and educate young people on these potential dangers before it may be too late."

To read more about the Lung Foundation Australia's campaign, to see further research and educational resources, visit <https://lungfoundation.com.au/vaping>



Young Writers Leading the Way

Madeleine Taplin

2021 marks the 20th year of the Young Writers Showcase, with 18 impressive young writers from the 2020 HSC being celebrated for their talents. Usually launched at WordeXpress, a partnership between the State Library of NSW and NSW Education Standards Authority, the Young Writers Showcase gives audiences the opportunity to celebrate the creativity of HSC English Extension 2 students. However, with COVID restrictions still occurring to some degree across the state, the showcase will be held this year for the first time online.

Over the past two decades, the showcase has displayed over 340 students' works, with many going on to use the skills they develop in the classroom in their future endeavours. Minister for Education Sarah Mitchell said, "for many students whose work is published, this is just the beginning of their wonderful journey into creativity, storytelling and production."

The 18 young writers chosen to feature in this year's showcase were selected from more than 1385 students who studied the Extension 2 course in 2020. Of those studying the course, 357 students achieved a result in the Band 6/Band E4 category, with 10 students named as achieving a top state rank. This data is an increase from 2019. Overall, the 2020 cohort achieved the highest number of total Band 6 results in the past five years, suggesting English skills are well on their way to achieving the same accomplishments as other popular courses such as Mathematics.

Dr John Vallance, the State Librarian at the State Library, said the results from the 2020 cohort are incredibly pleasing and he was excited for the public to see their talent. "If the young writers in this year's 20th anniversary showcase keep writing after they leave school, Australia's literary culture will be very bright. The State Library is here to encourage them all to do just that," he said.



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The Divine MARCIA HINES

Isabella Ross

There is no one quite like Marcia Hines. She is a woman with an impressive career trajectory and longevity, adored by Aussies and audiences across the world and a talent for performing. *Sydney Observer* was thrilled to speak with disco diva Marcia about the pandemic's impact on the arts, her support for the 'Vax The Nation' campaign and the importance of joy.

Sadly, the circus/discotheque show *Velvet Rewired* had its upcoming Sydney Opera House season cancelled due to the evolving COVID-19 crisis, an understandable decision that was still tough, Marcia tells. "It's heartbreaking. We had brought out one of the acts from *Velvet Rewired* overseas to Australia, and he was able to go into quarantine for two weeks, but we had to put him back on a plane after it got cancelled. Everybody is feeling it, but I'm no different to anyone else. *Velvet* was a good four months of my work for the year, so that's sad but it's okay."

With an important message urging Aussies to get vaccinated in order to enjoy live music once again, the 'Vax The Nation' campaign is something Marcia immediately knew she wanted to be involved in. "I heard about it some time ago, and I saw no reason as to why we shouldn't all endorse it. I'm endorsing what I believe is the right thing to do." Like many of us, the pandemic as a whole has really clarified what's important. "I'm spending time with my family and friends and I haven't been able to do that in ages. Also, my house is very clean now... I've sorted my house from top to bottom many times - I've ventured into cupboards I haven't seen in years!"

Every now and then during my phone conversation with Marcia, I can hear her adorable Spoodle chewing its squeaky toy - a very relatable aspect of socialisation and virtual meetings in lockdown. "The dog also gets me out of the house and meeting people I otherwise wouldn't meet which I really love. It's the simple things. I said to someone the other day, gee I'm looking forward to going to a dance party!"

It's a feeling of connection and engagement that musicians particularly appreciate. "We all miss the audiences and what we do for a living. What your audience gives you, you give back tenfold. That's why doing something live is a buzz because you know you're on the edge of madness," she tells.

"I saw something Ricky Gervais said, and as you know he's not really into people or very sociable, but even he said he likes to go to a coffee shop to be around people. It cracks me up, but it's true. We're social animals. When I wrote one of my albums, I actually did it while sitting in a coffee shop and I'd listen to people and it would provide lots of inspiration. I'm nosy but that's where the material comes from!"

It's lovely to see that a passion for music runs deep in the Hines family, with daughter Deni Hines a very talented singer as well. "It's wonderful to share passions period. I love when I hear other singers like the *Bee Gees* who are related perform together. Even when Deni and I sing together, we sometimes can't work out who is singing and whose voice is on the recording, which is really sweet."

With such a successful career, I was intrigued to see what advice Marcia would give to the next generation looking to make their mark in the arts industry. "My advice would be run! No, that's just my twisted sense of humour. What I would really say is make sure you're doing this because it's the one thing in your life that makes sense and gives you joy. The arts are a beautiful thing. But, if you are doing it for the fame, you'll become bitter and twisted and that's not nice. Joy is key. Still to this day going to watch something or see something performed is joyful. To be on stage with my fellow colleagues doing gigs brings joy."

With some exciting work scheduled for New Year's Eve and a new album around the corner, it's safe to say Marcia Hines has and will continue to bring joy to her audiences for many years to come.

Keep up to date with Marcia via Instagram [@themarciahines](https://www.instagram.com/themarciahines) or her website: <https://marciahines.com/>

Velvet Rewired will be touring other states, and is also likely to return to Sydney in time - *Sydney Observer* will keep you posted!

Photo: Riccardo Raiti



Marcia's Favourite Things

Favourite pastime/hobby? Listening to music and also creating mosaics. You bet I break up the tiles myself - I like to find whole pieces like a plate and work around that.

A favourite career moment? I'd have to say one is when I won Queen of Pop (*TV Week's* readers' favourite competition). It was special because at that point in time, I wasn't an Australian citizen. I am now but back then the people used to get the magazine, cut out the coupon, write who they wanted to win, put it in an envelope, put the stamp on it and send it off. There's care in that. It made me feel incredibly loved.

Favourite spot in Sydney? Centennial Park.

What is the question you are most asked? 'What's my favourite song in general?' Far too hard. If I were to choose a song I recorded though, it would have to be *Fire and Rain*, as it was the first one I did. I can still hear how nervous I was in the recording.

Your proudest moment? From a mother's point of view, it would be having a child.

A subject or cause you are passionate about? Aged care. My mother was in aged care when she was alive, a place in Randwick and they treated her so well. I was able to go in and sing music to her, they would read her the newspaper. People don't take good enough care of the elderly. Everyone deserves that care and kindness - it's the easiest thing to show.



Photo: Daniel Boud

A Seasonal Refresh for the Home

Madeleine Taplin

With October in full swing and the situation in Sydney still a bit uncertain, now is a good time to distract with some spring cleaning!

To deep clean the house, it's important to start by looking at the places you often overlook during routine cleaning. These are the spaces that are either extremely cluttered or not frequently

visited by the family – for example the garage, various cupboards and drawers, closets, the pantry and more. Use this time to take a good look in your closets and purge the items you no longer wear. Additionally, reorganise the pantry, removing all items that are out of date and reorganising to better fit the upcoming warmer months. Spring cleaning can be fun too – listen to podcasts or some music while you do it! But what should we be looking for when it comes to refreshing our home's design? Here are all some trends to be on the lookout for, setting a new tone for the season.

Assouline



Coffee Table Books

Coffee table books have the ability to add a pop of colour, showcase your interests and even provide a bit of light reading. One particular assortment going gangbusters are the visual travel series by 'Assouline', which are well known for their aesthetically vibrant covers.

Desenio



Photographic Prints

One of the best ways to add personality is through the photographs we display. Consider displaying some of your own travel photos! Travel photography looks like a work of art, yet it has a personal element as well. And the best part is that the prints can be easily switched out for other prints in the future. If you don't have access to your own travel photographs, consider purchasing some. A quick Google search will show you plenty of styles you can use instead.

Coloured Glass

This season is all about bringing vibrant tones into the home in interesting and unique ways. Consider purchasing and displaying a variety of coloured glassware and vases. Coming in a variety of shapes, styles and sizes, coloured glass can be simply used as a decoration to house some gorgeous spring flowers on the kitchen bench, or even as a drinking glass for your cocktails. Blues and greens are particularly on-trend.



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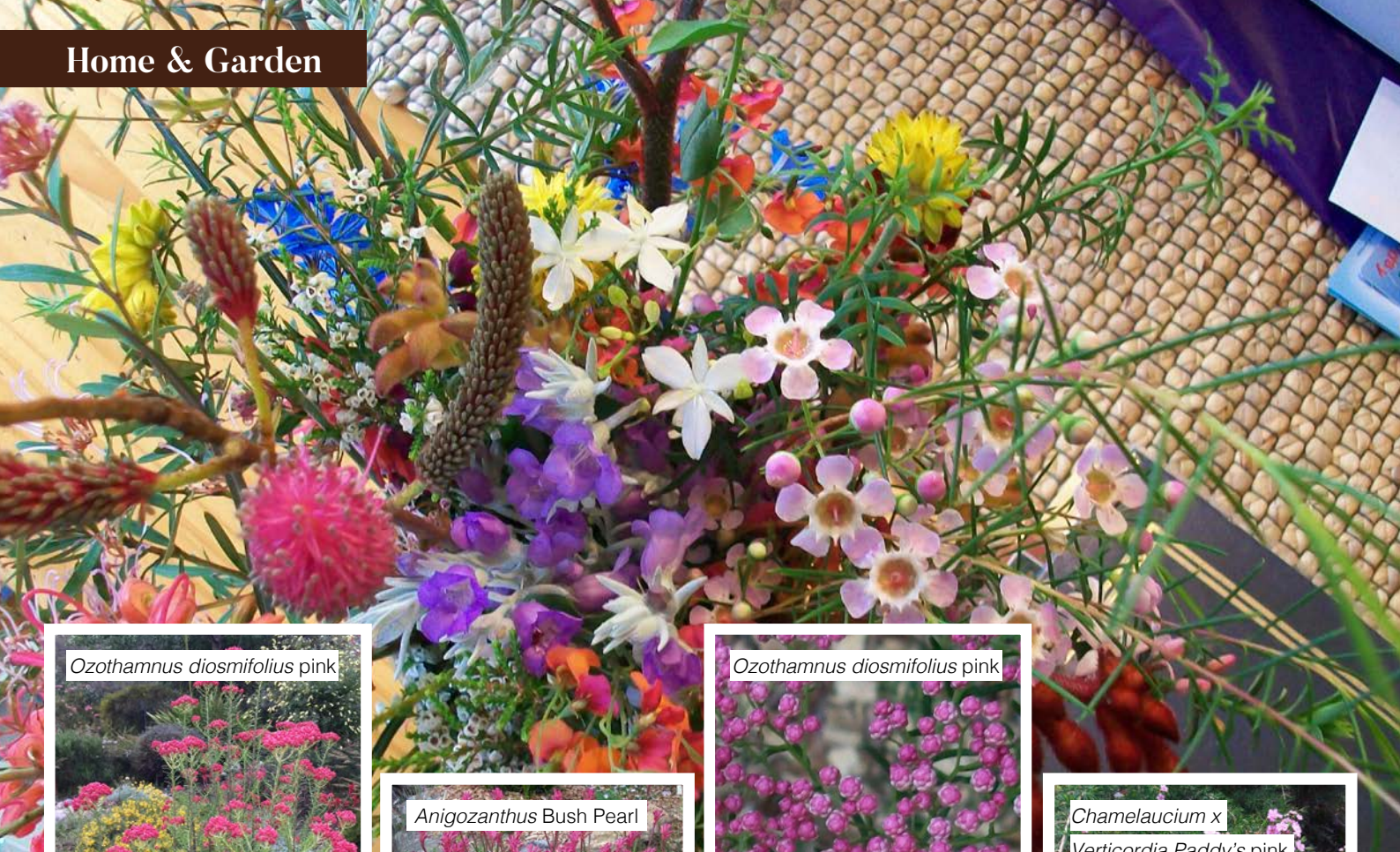


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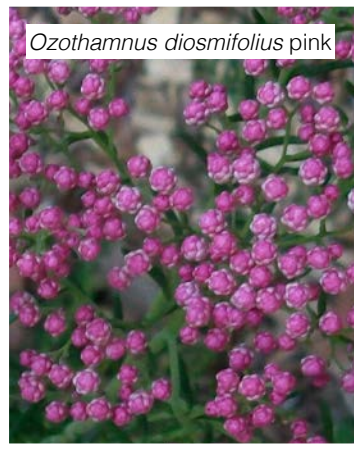
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Ozothamnus diosmifolius pink



Anigozanthus Bush Pearl



Ozothamnus diosmifolius pink



Chamelaucium x
Verticordia Paddy's pink

Natives as Cut Flowers

Brian Roach

A special delight in having a garden of flowering plants is being able to cut some and bring inside to display in a vase for both the visual effect and the perfume. I was prompted to write this article after seeing a vase my wife put together from the flowers in our garden recently which contains around eight native species as the photo attests.

There's a wealth of our native plants that provide stunning cut flowers. The cut flower industry is enormous and the little Aussie battlers are up there with the best of them. Geraldton Wax (*Chamelaucium uncinatum*) has been the standard bearer for many years, but increasingly other native flowers have come into the marketplace. The Waratah (*Telopea speciosissima*) is a winner, not only being available in the normal red colour but also these days in pinks and whites and hues in between.

In our local bushland, the Rice Flower (*Ozothamnus diosmifolius*) is abundant with its clusters of white terminal flowers but it's the pink variety that is very much sought after as a cut flower. The plant has a natural, upright habit with long stems that are just made to order as a cut flower. What's more, it also makes a wonderful dried arrangement with the colour

being maintained for many months or even years. Just hang the cut stems upside down in a dark spot for a month or so until it has dried and hey presto!

Another native plant with particularly long stems and beautiful heads of small, pink flowers is actually a hybrid between the Geraldton Wax and the Feather Flower (*Verticordia*). It goes under the name of Paddy's Pink and again, it is much sought after in the cut-flower trade. It has a very long vase-life which of course is so desirable for cut-flowers. Kangaroo Paws (*Anigozanthos*) also make wonderful cut flowers. If collecting from the garden, the trick is to make the cut immediately above a leaf lower down on the stem. All going well, a new flower head will emerge from that point. A way to extend the vase life of any cut flowers is to add a few drops of bleach and a dessert spoon of white vinegar to the water – it works wonders.

Brian Roach spent his professional life as a 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.

Native Flora for Spring

Sara Zariello

Australia is home to a plethora of bright flora that blooms in spring. It just so happens that these plants are especially gorgeous and that's why we have put together the below guide full of some especially unique kinds for you to plant this season.



Chocolate Lily (*Dichopogon strictus*)

Suitable in full sunlight and part shade, the Chocolate Lily can tolerate soil, sand and drought whilst it can be found in between cracks in your garden – often disguising itself as weeds. You might be wondering, why chocolate? Well the violet flowers on this plant supposedly smell like the delicious sweet. However, its tubers are the parts that can be eaten, either raw or cooked.



Raspberry Jam Wattle (*Acacia acuminata*)

A native to Western Australia, this plant thrives in full and partial sunlight exposure. Particularly tough, it can handle drought, salt and sandy soils. This plant produces resin, and edible seeds which many First Nations Peoples use in cooking. The yellow of the flowering rods attract all types of birds, making it a great addition to a home garden that thrives in the spring time.



Sticky Daisy Bush (*Olearia elliptica*)

This is a medium shrub that enjoys part to full shade. It can handle any sand or loam soil and can withstand a medium level of water consumption. Its white petals and bright yellow pistil stand out against its green leaves. The Australian Plants Society of NSW recommends gardeners prune this variety lightly after flowering to prevent the plant from becoming dishevelled.

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Golden Years



To celebrate *Sydney Observer's* annual Golden Years Feature, here are some of our favourite sayings on the joys of ageing.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."
Mark Twain (Writer)

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love."
Sophia Loren (Actress)

"Ageing is just another word for living."
Cindy Joseph (Model and Pro-Age Activist)

"Age is not lost youth but a new stage of opportunity and strength."
Betty Friedan (Feminist Writer and Activist)

"Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."
Samuel Ullman (Poet)

Golden Years

Retirement Villages Uniting People

In wisdom, we realise that our confidence comes from a sense of belonging. Being connected to a community is what gives us this sense of belonging. Over time our ability to socialise in our free time expands whilst our community and neighbourhoods are changing. COVID-19 has had a particularly strong influence on people seeking different needs from home design and also their communities. At Uniting we realise that confidence comes from belonging and sharing memorable moments with like-minded people. That's why community and caring are built in at every Uniting NSW/ACT retirement village.



Leonie decided to move to Uniting Mayflower Gerringong in 2010 after doing a village tour.

Moving into the next phase of your life should be an exciting occasion! Uniting believes that everyone should enjoy the confidence of belonging. One person who knows this intimately is Leonie.

Leonie decided to move to Uniting Mayflower Gerringong in 2010 after doing a village tour. "You don't realise the

friendships and the interdependence you'll develop when you move in. Every day I am surrounded by things to do with my friends."

Uniting has had over 50 years' experience to consider each and every detail that makes retirement living more enjoyable. Everyone deserves to discover new passions in the comfort of their home. A

community full of respectful, social and like-minded individuals, and their pets should they choose. A Uniting village is a perfect place to find your new home and your new forever friends in that community, we are Uniting People.

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*Correct as at September 2021. Images are for illustrative purposes only. 6086BL

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Uniting



Grandparent's Day

Madeleine Taplin

Every year, families across the globe have the opportunity to celebrate mothers and fathers, specifically the role they play in a child's development. However, we forget that grandparents are often equally as instrumental in the growth of a child, yet rarely receive the recognition they rightly deserve. Now is therefore the perfect time to celebrate Grandparent's Day just as we would Mother's and Father's Day!

Grandparent's Day, held on the last Sunday in October, aims to celebrate the contributions grandparents make to their families and local communities. Additionally, the day intends to recognise the diversity of grandparent relationships across age groups, cultural backgrounds and geographical locations. Whether a blood relative, or an honorary loved one, grandparents or grand-friends play a vital role in a family.

The bond between a grandparent/friend and a child is vastly different to the one that occurs between parent and child. Interestingly, studies have shown that a close grandparent-child relationship throughout the teenage years is commonly associated with less behavioural and emotional issues, as well as fewer social difficulties with peers. Show your grandparents how much they mean to you and celebrate 2021 Grandparent's Day!

Grandparent



"My grandson and I love going fishing together. The time we get to spend waiting for the fish to take the bait is a great time to catch up on what has been happening in his life and has allowed us to become closer!" – Justin from Mosman.

"I love taking my little granddaughter to her ballet classes. Getting to see her face light up as we reach the studio is beautiful, and then getting to talk about what she learnt in the class on the drive home makes me feel so connected to her." – Pauline from Cremorne.

"My grandkids bring a lot of joy to my life – on their walks during lockdown they often dropped off baked goods to my doorstep (COVID-safe) which has been very delicious and kind." – Neil from Turramurra.

Seniors Corner

Sara Zariello

Older Aussies Back Climate Change

National Seniors Australia has made its support for further action from our Federal and State Governments on climate change. A poll conducted by the organisation shows that 85% of older Australians believe climate change is occurring. Almost 60% of all seniors surveyed have made renewable energy and product choices. Interestingly, 3 in 4 of those surveyed also want action, even if living costs potentially increase. It's a strong call to the Australian Government to drive positive change.



Meal Delivery Kits

The popularity of at-home meal kits has escalated during lockdown. It's a great idea for anyone who requires temporary relief from cooking, a bit of variety or a more permanent option for those unable to hit the shops frequently. Meals on Wheels and YouFoodz are two great programs to consider, offering freshly prepared and ready to eat meals which are both nutritious and delicious. For those who enjoy preparing their meals, Hello Fresh delivers meal plans and the ingredients needed straight to your door.

Chair Exercises to Try

Fantastically, Active Seniors is offering step by step videos on performing chair exercises. Keeping fit doesn't need to be strenuous with these easy exercises using only a chair. These exercises are the perfect trick to keep both mind and body fit whilst at home. They offer aerobic, mobility and strength classes. Easy, free and accessible online via this link: <https://www.activeseniors.net.au/free-exercise-videos/>



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

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

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

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

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

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



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Your Local Community Agent

Maintaining Mental Health and Preventing the Blues

Dr Sue Ferguson

With ongoing COVID restrictions, many of us are feeling generally blah, not quite our usual self. How do we know when it's an understandable new normal for the circumstances, versus something else such as depression? Symptoms to look out for include: not enjoying activities you used to like, having a persistently low mood or feeling apprehensive, irritable, or noticing recent changes in memory or attention. Here are a few steps you can take to help prevent the COVID blues turning into something more serious:

- Stay in touch with friends and family.
- Plan and participate in activities you normally enjoy, including activities that give you a sense of purpose or meaning.
- If your thoughts are negative or unhelpful, then try to rephrase them as something more constructive (e.g. "this is a rough time, but it will pass.")
- Keep physically active and eat a healthy, balanced diet and keep a regular sleep routine.
- Be aware of what your vulnerabilities and strengths

are, including what types of situations make you feel particularly distressed, and prepare for them in advance. Notice and keep track of any symptoms of depression and anxiety. Then let your GP know when symptoms have persisted for a few weeks, are particularly distressing, or are stopping you doing your usual tasks.

The Black Dog Institute has a good information sheet on depression in older adults, including symptoms to look out for. <https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/4-depressioninolderpeople.pdf>

Remember, as Bill Berry & the band R.E.M. said: "take comfort in your friends, everybody hurts, sometimes... If you feel like you're alone, no, no, no, you are not alone."

For further help, contact

- Older Persons COVID support line 1800 171 866
- Lifeline 24 hours a day on 13 11 14
- Free psychological treatment with Ageing Wisely: <https://ageingwisely.org.au/site/about>



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

'60s Gold Coast Holidays

Margaret Simpson

The place to holiday in the 1960s and 1970s was the Gold Coast. Forget Bali, European tours or Himalayan trekking, families took a road trip north instead.

The post-war popularity of cars saw traditional holidays in Blue Mountains' guest houses or rented seaside cottages, to which you travelled by train, replaced with car trips and accommodation in caravan parks, cabins and motels. One of the most popular road trips was the Sydney to Brisbane route. Along the way, families were entertained at venues starting with Eric Worrall's Reptile Park at Gosford followed by a relaxing afternoon on the paddle boats at The Ferneries at Matcham.

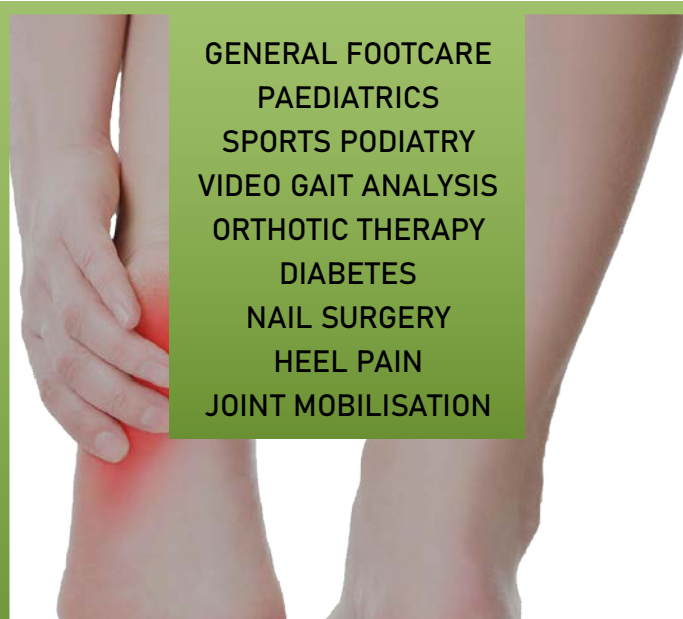
Further up the coast you could visit the Big Banana at Coffs Harbour followed by Fantasy Glades at Port Macquarie. Just after you crossed into Queensland there would be Jack Evans' famous Pet Porpoise Pool and Aquarium at Coolangatta. The *Sea Circus* show was billed as "the world's only comedy porpoise show." Entertainers included the dolphins, Bo-Bo, Splasher, Lu-Lu and Ringo. Teenage girls, recruited from the audience, stood on a diving board to feed leaping dolphins while kids could line up to feed Sammy the Seal.

Near Coolangatta was Gilltrap's Auto Museum displaying over 70 cars, trucks, fire engines, motorcycles and bicycles, while little

kids insisted on seeing Santaland. This was a one-acre fantasy world where life-size nursery rhyme characters and stories were depicted like Snow White and Humpty Dumpty. An unforgettable experience was the Currumbin Bird Sanctuary at Burleigh Heads where you'd feed thousands of colourful lorikeets from plates of bread soaked in honey and water. Additional attractions included Fleay's Fauna Reserve, Hawes' Boomerang Factory and the Waterski Review at Surfers Paradise Gardens.

Reminiscing about previous travels can bring some enjoy – but looking forward to future travel aspirations can be just as exciting!

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.



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Aged Care Info Sessions

Retirement Homes Information Session Date: 11th October
If you're downsizing and considering moving into a retirement home, this info session is perfect for you! Time: 10:30am – 12pm
Where: Online
Cost: Free

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Retirement-homes-information-session>

Understanding Aged Care Costs Date: 20th October
This session explains different care needs and how this impacts your financial situation. Time: 10:30am – 12pm
Where: Online
Cost: Free

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Understanding-aged-care-costs>

Aged Care Services & Rights: Your consumer rights. This info session will explain your rights as a consumer when purchasing aged care services. Date: 27th October
Time: 10:30am – 11:30am
Where: Online
Cost: Free

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Aged-care-services-your-consumer-rights>



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Ku-ring-gai's Croquet History

Ku-ring-gai Historical Society

At the end of the 19th Century and the beginning of the 20th, it was common to incorporate a tennis court and croquet lawn in the development of a large property. This is evident when looking back at historical properties on the North Shore, with evidence suggesting croquet lawns were being established in the local area as far back as 1898. The original Gordon Library (now Lifeline office) was built upon a former croquet lawn. In 1907, the official opening of Ku-ring-gai Recreation Club Warrawee was held. Currently in 2021, Ku-ring-gai has only two croquet clubs: Killara Croquet Club and Warrawee Croquet Club.



What is AT Assessment?

Rejimon Punchayil

When we talk about AT or Assistive Technology, we mean equipment, technology and devices that help you do things safely or things you can't do because of your disability/physical challenges. In the Review of Assistive Technology Programs in Australia, prepared for the Department of Health, AT is defined as "any product especially produced or generally available, used by or for persons with disability for participation, to protect, support, train, measure or substitute for body functions/structures and activities, or to prevent impairments, activity limitations or participation restrictions."



Aids such as a can opener, scooters and beds are some examples of AT products. An AT assessor is someone who is able to consider a person's needs and identify the most appropriate AT. Under the My Aged Care, NDIS and the Dept of Vet Affairs, an AT Assessment report is generally required for funding approval.

The process of selecting/purchasing the correct equipment can be overwhelming. Comfort Discovered as AT specialists offer an independent Occupational Therapist for a personal assessment, considering the medical, physical and cognitive aspects of the individual with a written report. The assessment is conducted in our showroom or at home. The report will include assessment of anthropometrics, trial and assessment of different AT options, detailing equipment trialed and clinical justification for clinicians' recommendations which can be passed onto the relevant funding body. Take the stress out of equipment selection!

www.comfortdiscovered.com/get-help/at-assessment-clinic/

Roadmap Back to Hospitality

Sara Zariello

With restrictions set to ease in the coming weeks, the hospitality industry is set to come back in a big way.

Following a tough year for Australia's hospitality industry, 2021 hasn't served up much better. The constant opening and closing of our cafes and restaurants has put businesses and their workers in tough positions. Casual staff, the backbone of the hospitality industry, have had their jobs and hours cut. Many hospitality workers have had to apply for Job Keeper payments whilst owners have had to develop ideas to keep businesses afloat.

Currently almost 1 in 5 businesses do not have enough staff and 27% of businesses have struggled to find suitable staff to fill currently unoccupied roles. NSW Premier Gladys Berejiklian recently announced the plan to open the State again. As of 11th October (expected date), double vaccinated individuals across NSW will have some restrictions eased.



Stay-at-home orders are set to be scrapped and going out for a drink or a bite with friends and family who have also been double vaccinated will become commonplace. What this means for the hospitality industry is immeasurable. For businesses it means having the ability to hire the casual staffers who they had to let

go, opening the doors that have remained closed for months, greeting patrons again and serving up food and drinks. For those who have lost their jobs, it's the relief of going back to work. October is the beginning of freeing Sydneysiders from devastating yet necessary lockdowns – hopefully for the last time.

Charcuterie Boards

Madeleine Taplin

When it comes to entertaining (once allowed!), celebrating special occasions or date nights, you cannot go wrong with a charcuterie board! Originating in France, charcuterie boards describe the art of assembling an array of cured meats, cheeses, artisan bread and other delicious goodies on a serving board.

cheese and manchego, as well as a quince paste to match. For meats – salami, double smoked ham, mortadella and prosciutto are all good options, whether you purchase all five or just three. To finish off your board, you need something plain, and something sweet. Think about placing some cashews and almonds as well as some fresh fruit such as grapes, figs and an assortment of berries.

The best way to think about creating your own charcuterie board is to cater for the masses. This means not to only include the products you like, but things that others might be more inclined to eat. Homemade hummus or pesto are crowd favourites and combined with bread sticks, pretzels and some lavosh crackers, you are sure to please. Next, add some pickles, olives and stuffed peppers. One of the most important things to add to your board are a selection of cheeses and cured meats. Think about purchasing some brie, cheddar, blue

Charcuterie boards are as much about the presentation as they are about the food! To do this well, think about getting a large enough board to support all your items. Place the dips, breads and crackers in the centre, then work your way out. A great tip is to place items that should be eaten together in close proximity, such as the quince paste and the cheese. Charcuterie boards should feel fun and full, so place colourful items such as fruit between the blander items to create contrast and colour definition. Voilà!



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Skincare Solutions

Amy Sandig

Learn the science behind the ingredients that soothe even the most sensitive skin flare ups. Tried and tested, the top three essentials you can't go past this spring are niacinamide, squalene and hyaluronic acid.

NIACINAMIDE

Niacinamide is a powerful form of vitamin B3, that helps restore your skin's natural elasticity and keratin stores. It is responsible for keeping your skin looking even and taut. Naturally, this topical serum also works wonders as a skin solution for acne, rosacea and unwanted pigmentation. Apply directly onto clean skin morning and night and leave for 20 minutes before applying moisturizer. Protect and defend your skin against the spring weather with a daily application of the Beauté Pacifique Superfruit Hydrating Face Mist in the morning. Finish off your day with a generous application of Niacinamide 10% serum by popular brand, The Ordinary.

SQUALENE

Effectively hydrate even the driest of skins with this powerful ingredient. Squalene is an all-natural oil that is sustainably sourced from sugar cane plants. This weightless formula works to promote diversity in the skin's microbiome. The aim is to lock in natural moisture and soften the appearance of fine lines. High in potent antioxidants, every application reduces inflammation and free radicals, which damage and contribute to dark spots and patches of skin irritation. A definite must have, this skin-saving ointment is lightweight and easily absorbed, plus it is suitable for most skin types. Opt for the multi-purpose 100% Squalene oil by Biossance.

HYALURONIC ACID

Finally, no beauty cabinet is complete without Hyaluronic Acid. Famed for its hydrating and anti-ageing qualities this acid deeply penetrates the skin. When applied topically, the different size molecules work to nourish each layer of the epidermis and restore lost volume. Topical serums differ in strength and power, allowing you to choose your desired level of strength. Available both over the counter and by prescription, Hyaluronic Acid is one of the most popular anti-ageing elements available in the modern world. This wonder product is even effective in treating outbreaks of dermatitis and hastening wound healing. When applied regularly, Hyaluronic Acid boosts skin hydration, creating a soft, dewy complexion and youthful appearance. Invest in a strong skin defence with Immortelle Precious Serum by L'Occitane or Hyaluronic Pure Serum by Apot.Care.



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



3 Fashion Trends this Spring

Isabella Ross



Iris Apfel Inspiration

Turning 100 recently, Iris Apfel has been a fashion icon for decades. An American businesswoman, interior designer and fashion icon, Apfel is quoted as saying, "life is grey and dull, so you might as well have a little fun when you dress. No amount of money can buy you style, it's just instinctive." A sentiment of Apfel's is that it's a matter of accessories and championing creativity and curiosity. Be colourful, original and bold – words to live by in all facets of life, not just fashion!



Leather Skirts

A bit of luxury, class and edge all in one, leather skirts are a staple piece for the wardrobe. Things to consider include the length, flared or fitted, the colour, and material (faux or vegan leather are potentially the more sustainable options). Even better, a leather skirt can be paired with a variety of outfits, meaning it is definitely well worth investing in a skirt you will love for many seasons to come.



Micro Bags

The mini bag is in fact making a bigger style statement than its oversized counterparts. Pretty impractical but hilariously stylish, these micro bags ooze fashion-focused thinking. It's all about editing down the essentials – phone, credit card and not much else! These bags are really only functional for events or dinners – definitely not for a day of errands or grocery hauls. But my goodness, they are just adorable. Luxury brands embracing the micro bag trend include YSL, the LEMAIRE croissant bag and Jacquemus. Although it is important to note, there are plenty of affordable micro bags on the market as well – whether it be crossbody or a mini handle bag.

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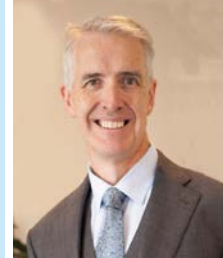


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Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turramurra.

Teeth Grinding: Another COVID Spinoff

Dr Ian Sweeney

Bruxism is the involuntary clenching or grinding of teeth. Often people do not realise they are doing this until a tooth breaks or they develop jaw pain.

Typically, people will grind their teeth at night and clench during the day. Approximately 25% of adults and up to 33% of children grind their teeth. Grinding teeth can affect facial bones, muscles, nerves, as well as the teeth. Teeth may become sensitive, worn down or chipped, jaw muscles may become sore and stiff, while the jaw joint may not be able to open as wide as usual. Stress is well known as a precursor of bruxism. Interestingly, studies from around the world are reporting that stress and anxiety felt by many during COVID-19 lockdown periods has led to an increased incidence in jaw pain and teeth grinding.

The incidence of teeth grinding appears to be highest in the middle age groups, dealing with home schooling, worrying about grandparents, financial problems as well as just trying to work from home. A number of reports suggest people suffering from jaw pain and grinding has doubled through the pandemic. Many

of these studies show participants who experienced symptoms before COVID-19 report an increase in severity of their symptoms since the start of the pandemic. Many children grind their teeth, however since a child's teeth and jaws are still growing and developing, the grinding does not usually become a damaging habit that requires treatment. Most children simply outgrow the bruxism.

Symptoms of tooth grinding to look out for include – headache, jaw joint and possibly ear pain, aching teeth, aching or stiffness in facial muscles, teeth sensitive to cold, loose teeth, tooth indentations on the side of the tongue or cheek and sore jaws while chewing. If you think you are grinding your teeth, you should talk to your dentist about an overall assessment. Possible treatments include repairing the tooth damage, management of the causes of stress with relaxation, exercise or a sleep study and the manufacture of an occlusal splint. An occlusal splint or bite splint is a device worn designed to reduce the bruxing habit while at the same time limiting further tooth damage.

No two mouths are the same. If in doubt, remember, your dentist is the best place to start.

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.

Tune In! Mental Health Month

Sara Zariello

If you find yourself mentally switching off more frequently than usual, this month is the time to relearn how to tune in. Often, we find ourselves facing a number of overwhelming situations and our strongest reflex is to simply hide away. Using tactics like procrastinating, distracting and refocusing your priorities to escape the inevitable are signs of mentally blockading our true intentions. So how do we move past our initial reflex when it comes to distressing or overwhelming situations? Tuning in to ourselves.

October is Mental Health Month in NSW and the theme is Tune in! Instead of being bombarded by our need to escape, we are encouraged to refocus our intentions on ourselves, building self-awareness. Way Ahead breaks this down into 3 parts:

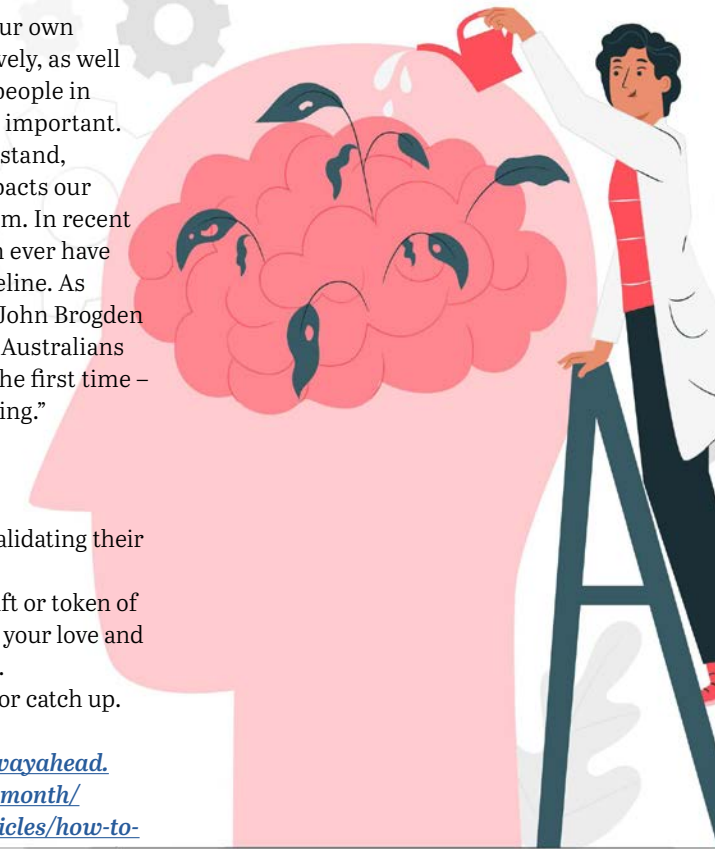
1. Tuning In to your senses
2. Tuning In to your communities
3. Tuning In to stigma

Relearning how to listen to our own thoughts and feelings intuitively, as well as the feelings of important people in our lives and wider society is important. As many have come to understand, helping others positively impacts our own wellbeing and self-esteem. In recent times, more Australians than ever have been seeking support via Lifeline. As Lifeline Australia Chairman John Brogden notes, “the fact that so many Australians are reaching out – many for the first time – and seeking help is a good thing.”


3 WAYS TO TUNE IN TO YOUR LOVED ONES

1. Asking, “are you ok?” and validating their feelings by listening.
2. Send them a letter, small gift or token of appreciation to show them your love and that you are there for them.
3. Set up a virtual coffee date or catch up.

<https://mentalhealthmonth.wayahead.org.au/about-mental-health-month/>
<https://au.reachout.com/articles/how-to-become-self-aware>



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RESEARCH STUDY

NSW JPs in the 21st Century

Are you currently appointed as a NSW JP?


Volunteer participants are needed for this study exploring the experience and perceptions of current NSW Justices of the Peace.

We are seeking community-based and employment-based NSW JP to participate.

The aim is to understand the different ways people experience being a JP across different locations. This is not a test. There is no right or wrong answer. The discussion will focus on your perception of the role of the JP; why you do things the way you do; what you consider are the benefits and pitfalls; and what you see as the future for the NSW role?

For further information please contact Janet on 0420 422 236 or email janet.grumley@uon.edu.au

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2021-0027.



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Local Author's Triumph

LIANE MORIARTY

Isabella Ross

There are very few who haven't read a Liane Moriarty novel. International bestsellers include *Big Little Lies* (which debuted at number one on the *New York Times* bestseller list), *Nine Perfect Strangers* and *The Husband's Secret*. A global sensation, the North Shore author has sold over 20 million book copies worldwide. *Sydney Observer* was delighted to chat with Liane about her new novel – *Apples Never Fall*.

First and foremost, congratulations! How does it feel to see your ninth novel published?

In some ways it's exactly the same as the first novel – it's always a thrill to finally hold the copy in your hands and terrifyingly waiting to see what people think. It's kind of like having a new baby – a strange, anxious but exciting time.

Domestic realism, marriage challenges and mystery are strong themes in this novel. What can readers expect?

It's a mystery about a family of tennis players with some of what is known as my hallmark – the dark side of suburban life! I had the idea to write a book about a woman going missing, with her husband suspected of doing it and how the four adult children deal with that possibility. I knew I wanted the fictional family to run a business, as it's a great way to keep them all in one area for the plot. I was having a tennis lesson in a bid to keep up with my son who is quite good at the sport, and from there I thought to myself it would be great to make the characters run a tennis school.

What is the research process like when writing a new novel?

Everything I learn helps drive the story. The important thing is that great things come out of the research, especially if done spontaneously – i.e. the tennis example!

With deadlines, public interest and publisher expectations, do you still find joy from the craft of writing itself?

I do! This time I asked for a longer deadline. Usually, I wait two years between books, but I had three years

for *Apples Never Fall* and I really loved having that extra time. The pressure was off and in a way it gave me a new sense of freedom. I especially loved writing this book. Writing is a job you can do anywhere and set your own hours, so it's easy to find that balance.

Writing brilliant novels also seems to run in the family – what's it like to share a similar passion with those you love?

It's great – you can share things that worry you and they'll understand. You can talk to each other about the terror of how your novel will be received! The bad part is that there is rivalry for material – if something happens in the family or a conversation comes up, it's the only time I wish my sisters (Jaclyn and Nicola Moriarty) weren't writers because then I could have first dibs at all the great inspiration.

I can imagine that with multiple best-selling novels, there comes a lot of media interest. Would you describe yourself as more of a public or private person?

I'm a private type of person but I'm grateful

"The pandemic has clarified for me that the two things I love most about this job is the writing and the opportunity to meet readers."

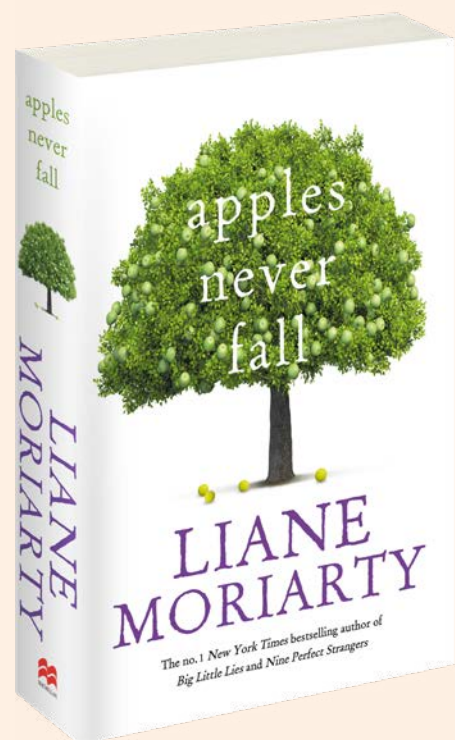


to have the interest. Especially when you are having your first book published, it's hard to get any publicity at all. You are sort of performing as a writer rather than being a writer when doing the publicity rounds. You can be overcome with self-consciousness and spiral with anxiety throughout. The pandemic has clarified for me that the two things I love most about this job is the writing and the opportunity to meet readers – it's a special part of it.

APPLES NEVER FALL IS OUT NOW

<https://www.panmacmillan.com.au/9781760785024/>

<https://lianemoriarty.com.au/>



Middle Eastern Cooking Class

This is a ClassBento virtual live/box class. From the comfort of your home, learn how to cook some delicious Baba Ghanoush, Fattoush salad and Mujaddara (spiced lentils) in this online Middle Eastern cooking masterclass. Ingredients will be delivered to you.

Date: A date of your choice
Time: A time of your choice
Where: Streaming online
Cost: \$120
<https://classbento.com.au/middle-eastern-cooking-with-the-singing-chef>

Create for Mental Health

In celebration of Mental Health Month, this workshop is a way to promote better mental health through creativity. Best described as some art therapy, this creative workshop is a great way to have some fun and stimulate positivity. You will need some basic art supplies.



Date: 12th October, 19th October or 26th October.
Time: 7pm – 8:15pm
Where: Streaming online
Cost: Starting from \$20
<https://whatson.cityofsydney.nsw.gov.au/events/creative-first-aid-mental-health-month>

City2Surf Virtual Run

The World's Largest Fun Run is going virtual. Partake in the run anywhere within your local neighbourhood, and also raise some funds for charity – exercise, entertainment and philanthropy in one!

Date: 17th – 24th October
Time: A time of your choice
Where: Anywhere in your local neighbourhood
Cost: \$39
<https://city2surf.com.au/city2surf-vr/virtual-run/>

Rainwater Tank Workshop

Don't let the rain go down the drain! Learn everything you need to know about installing a rainwater tank at this workshop.

Date: 13th October
Time: 6pm – 7pm
Where: Streaming online
Cost: Free
<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Rainwater-tank-knowhow>

Virtual Wine Tastings

Taste delicious wines with a South Australian winemaker from home via an online, interactive wine tasting session. A two-person pack will be delivered to you, including six wines in 100ml bottles and two crystal stemless glasses.

Date: A date of your choice
Time: A time of your choice
Where: Streaming online
Cost: \$98 for a two-person pack.
<https://cellardoorwinetours.com.au/virtual-online-wine-tasting-tour/>



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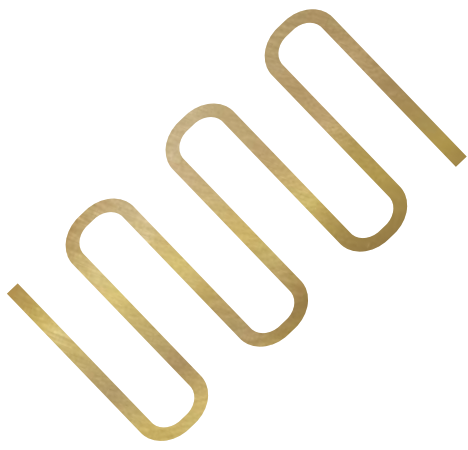
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