

# Sydney Observer

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IN PRINT SINCE 1996



## Deborah Mailman

"I love laughing. Having a good laugh is the best medicine."

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## From the Editor

Welcome to *Sydney Observer's* November Issue.



Let us all take a moment to exhale. November has arrived and with it many freedoms. The past few months have been riddled with uncertainty and fear. Tentatively navigating the unknown, we have proven to be made of tough stuff and continued to shine, despite the darkness that has threatened us.

Our profile this month is Australia's own- the incredible, sunny, actress Deborah Mailman, talking all things acting, life's journey and how much she loves to laugh.

Wet your whistle with some wine knowledge, learn about your pelvic floor, enjoy articles from our regular contributors, a Senior's section, plus much more to dive into! In this issue, you will meet Alana Kaye, a Sydney woman who is helping the children and their families in Haiti to thrive. Learn about pelvic floor health, spring skin and hear from Ku-ring-gai's Historical Society.

We also have much to explore in the Home and Garden section, plus it's election time again and we showcase the local candidates.

For me, this issue is particularly exciting, as it is my first with *Sydney Observer*. I am overjoyed to jump into the role of Editor at this beautiful publication and I look forward to sharing stories with our community.

I hope you enjoy reading the November Issue as much as we have creating it.

May your day bring you some light.

*Jodie Wolf*

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# SNIPPETS



Balmoral Beach in Spring.  
Photo by Sydney Observer team member



Wahroonga War Memorial.

## Marking Remembrance Day

On the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month, many Australians will pause and observe a minute of silence for those lost in war. “It is wonderful to see our community come together to commend the memory of our fallen. Their stories can never be forgotten. Lest We Forget,” notes Alister Henskens MP, Member for Ku-ring-gai. The Roseville Club, Chatswood RSL or Hornsby RSL Sub-branch are places to consider marking Remembrance Day.



## TreeTops Adventure St Ives Coming Soon

The summer holidays are around the corner and so is the opening of the TreeTops Adventure Park in St Ives Showground. The new attraction is planned to open by Christmas, promising to be a highlight with local families. The adventure park will feature eight high ropes courses for children aged from three years through to adventure-seeking adults. “Families have been enthralled by the new regional playground and this latest attraction will make the Showground a great day out for everyone,” commented Mayor Cedric Spencer.

## North Shore Hospo Booming

There is no denying that the lockdown has had an immeasurable impact on local business, especially hospitality. Hornsby Chamber of Commerce noted that local businesses reported a larger downturn in revenue during the recent lockdown compared to last year, ranging from a 30% to 97% reduction. But it has been fantastic to see our North Shore cafés, restaurants, bars, pubs and eateries being supported by our community. It’s even great to see some local restaurants booked out for months. Referred to as ‘revenge spending’, this consumer purchasing behaviour refers to the idea that we are trying to make up for lost time by spending big!

## Movember: Let’s Talk

Movember is back again, the leading charity changing the face of men’s health. Whether it’s raising awareness or funds for men’s mental health, suicide prevention, and prostate and testicular cancer, men this month are encouraged to grow a moustache and have a conversation. To take part in this amazing initiative, sign up at <https://au.movember.com/?home> and start with a clean and shaven face on November 1! Support is available 24/7 on Lifeline 13 11 14.

## Nominations 2021 Local Citizen of the Year

Ku-ring-gai Council is looking for unsung heroes who have made a contribution to the local community. Each year on 26<sup>th</sup> January, we recognise the outstanding work of the local community’s volunteers and others with the Local Citizen of the Year Awards. The Awards aim to recognise Ku-ring-gai residents who have demonstrated excellent citizenship and a contribution to the local or wider community. Nominations are now open, and close close on Friday 26 November. For more information, visit Ku-ring-gai Council’s website.



## Bandicoot Influx

There has been a rise in the prevalence of bandicoots in parts of the Ku-ring-gai area. Local cases have been noted in East Lindfield, East Killara, St Ives and Frenchs Forest. Often confused with rodents, bandicoots are in fact small omnivorous marsupials. Some locals are angry and frustrated by the species wrecking their gardens or the fact they often carry ticks, others calling for better conservation of the native wildlife, including the bandicoot. For tips on how to live with bandicoots, particularly handy for those living in the Upper North Shore, Northern Beaches and bushland areas, visit: <https://www.environment.nsw.gov.au/topics/animals-and-plants/native-animals/native-animal-facts/bandicoot>



## Bare Creek Trail Run

The Bare Creek Trail Run is set to be going ahead in 2021! Whether you are an experienced runner or just starting out, the run in Garigal National Park in St Ives is a great activity. Participants can choose from 2km, 6km or the challenging 12km and 20km courses. Ticket prices start at \$30, and funds raised go towards The Run Beyond Project – a program that supports young people as they work towards the accomplishment of a challenging but achievable goal event. <https://barecreektrailrun.com/>





## Local History: Abbotsholme College

### Ku-ring-gai Historical Society

After quite some time, Sydneysiders are well and truly tired of lockdown! But did you know that this isn't the only time we've been locked down during a pandemic?

Throughout the Spanish Influenza epidemic of 1919, Abbotsholme College, a private school in Killara – also known as 'The Open Air School' – was the only school in the local area to be exempted from closure, but it was placed in quarantine for many months, with prefects acting as pickets at the school gates.

Strict observance was certainly the rule: students weren't allowed any visitors at all, gauze masks were worn and all letters were fumigated. During this time, open air church services at the College temporarily replaced the weekly march to St John's Church.

The history of Abbotsholme is very intriguing indeed. The school's founder

and owner, John Fitz-Maurice, helped earn it a strong, positive reputation and social prominence over its seventeen years of existence from 1909 to 1925. John Fitz-Maurice had a very interesting background that was never really understood or known about locally. A junior master at the time wondered whether perhaps he may have been the younger son of a titled family in England, who may have been displeased with him when he came to Australia in 1900. What is known is that Abbotsholme was very successful – so it was surprising that after Fitz-Maurice passed away, the school closed down.

In 1967, dormant memories came to light. During that year, Harold Holt disappeared in the sea at Portsea, and amongst the thousands of words written about him, it was mentioned that he served two terms at Abbotsholme, before proceeding to Wesley College in Melbourne. There were quite a few other well-known public figures who were found to have attended Abbotsholme too, including William

McMahon. Just five weeks earlier, a Sydney University lecturer had appealed through the Letters page of the *Sydney Morning Herald* for former students and staff of Abbotsholme to make contact. Almost fifty did so, and their collective reminiscences started to reveal the intriguing story.

As a result of this awakening, it was discovered that John Fitz-Maurice had been buried at St John's Cemetery in an unmarked grave. In 2005, members of the Ku-ring-gai Historical Society, Masonic brethren and parishioners gathered to dedicate a headstone, newly placed on the plot.

The above is only a very brief summary of the amazing article written in 2012 by John Lanser, and reprinted in the Ku-ring-gai Historical Society's journal, *The Historian* (vol. 41, no. 1, November 2012). *The Historian* series offers a vast range of articles of local interest. Details of how to obtain copies can be found on the KHS website, [www.khs.org.au](http://www.khs.org.au)



Moridensky and his mother, Madam Benèia with Alana Kaye.

## On a Mission to Heal Haiti: Meet Alana Kaye

Jodie Wolf

Sydney's Alana Kaye is a woman with an iron will. La Gonève is a small island off the west coast of Haiti where there are no roads, electricity, or running water and minimal medical care. Food perishes in a matter of hours as a result of the extreme heat. Teaming up with another Australian by the name of Ada and La Gonavian President, Samuel Michel, they began working on one medical case at a time there, seeking care and surgery for those in need. *Sydney Observer* spoke with Alana about her not-for-profit charity For you Haiti, which aims to alleviate poverty in the region and create a healthy, prosperous and sustainable environment for children and their families.

**What kind of challenges did you face when you first arrived there? What was the situation with patients?**

Immediate challenges were the language barrier and difficulties in navigating a complex medical system without any prior experience. Baby Peter needed brain surgery to save his life. Despite five surgeries, he died a few months later due to the dirty drinking water in La Gonève. I was so heartbroken that this had happened. It tore my heart into a million pieces. I launched a new program in La Gonève, known as our Child Sponsorship program.

**Tell us about your school in Anse-a-Galets, La Gonève and how you are helping families with special needs?**

We have 425 students from Kindergarten through Grade 6 that learn Maths, History, Geography, Language and Science. Students have unlimited access to Medical Care, with For You Haiti's Doctor and Nurse on site every school day. At 10 am each morning they receive a hot, nutritious meal as a part of our feeding program through the World Food Programme. We also offer assistance and coaching to the parents of our sponsor children on how to start a small business within their community.

**How have your friends and family responded to your mission? Has it always been in your blood to help people?**

Overwhelmingly positive! From the moment I launched, friends and family members started sponsoring children and surgeries left, right and centre. Their love and support have made it the success it is today. My parents are both givers and I think growing up seeing their passion to always put the needs of others above their own naturally rubbed off on me.

**What else is on the agenda for your charity?**

To incorporate inclusion education at our school, putting in concrete ramps for children in wheelchairs and purchase a van made to transport them to and from school each day, closing the gap for kids with disabilities in La Gonève. I hope that every family our program touches become self-sustainable and that our programs are always a hand-up and not a hand-out.

To find out more visit: [www.foryouhaiti.org](http://www.foryouhaiti.org).

Follow their journey via Instagram @FORYOUHAITI







Boonah Creative Art Studio in West Pymble

## Exploration Art Exhibition

The International Day of People with Disability is 3<sup>rd</sup> December and to commemorate, Ku-ring-gai Council is hosting Exploration Art Exhibition. Transcending boundaries and fostering creativity, art is universal to all. This is what Exploration Art Exhibition is all about. The exhibition is set to showcase the artwork and skills of artists with a disability.



importance of initiatives like this for the local disability community. "Through exhibiting their work in a gallery open to the public, they are able to express themselves as artists – not just as people living with a disability. Art transcends ability. It's so important for these people to feel included.

Exhibiting one's art is something every artist wishes to achieve. Julian Baez Avellaneda, Program Designer for CatholicCare's Disability Futures arm highlights the

Importantly, everyone will be able to view this wonderful exhibition, with the first few days to be hosted online for all to see, and later at locations across the North Shore. Readers will be able to view the exhibit of artworks at Gordon Library and Council's Customer Service from 29<sup>th</sup> November – 9<sup>th</sup> December. From 13<sup>th</sup> December to 21<sup>st</sup> January 2022, you can view the exhibition at The Gallery in St Ives Shopping Village.

<https://www.krg.nsw.gov.au/Things-to-do/Whats-on/Exploration-exhibition>

## Local Charitable Donations

Many of us on the North Shore are incredibly fortunate, with the vast majority of adults in the Ku-ring-gai Council area employed in the professional's category in the Census, as well as earning a high income. There are always opportunities to offer support to those less fortunate than us, so we have collated some local charities/organisations that often accept donations.

### OP SHOPS

Op shops are a great way to give pre-loved quality items you no longer need. St Vincent de Paul, Red Cross, Lifeline – there are lots of nearby locations to consider (Hornsby, Waitara, Turrumurra, St Ives, Gordon, Chatswood, Naremburn).

### SHELTERS

Sometimes Hornsby Ku-ring-gai Women's Shelter is in need of food and goods donations. You can keep updated via their Facebook page to see the latest news on what they specifically need. The Generous and the Grateful, who we have previously profiled, is another organisation in need of quality donations. You could also consider donating goods to refugees or people seeking asylum. Drop-off points include Wahroonga's Adventist Development and Relief Agency, Anglicare Refugee Services in Parramatta or the Asylum Seekers Centre in Newtown.



### FOOD DRIVES

Food Bank Australia accept food and grocery donations of all kinds, especially non-perishable pantry items. They also accept online orders made through retailers like Coles or Woolworths – a COVID-safe alternative. If you are a registered local business, you could also consider donating surplus food (free of charge) to OzHarvest! This is then delivered to charity agencies in the local area – win/win.

## Celebrating Freedom Post Lockdown

By Sara Zariello

With Lockdown restrictions beginning to ease across New South Wales, the double vaccinated are welcomed back to restaurants and cafes in a slow but positive reopening.

In September, Deputy Premier John Barilaro stated, "Our roadmap outlines the freedoms that twice vaccinated people will enjoy... which means a meal with loved ones or a drink with friends is just around the corner."

In mid-October, the state reached the 70% double vaccination mark, which waded in the NSW government's plan to revive the state one step at a time.

The lifted 'stay at home' orders for those who had received both doses of the vaccine, was just the tip of the iceberg, with more liberty promised over the coming weeks and months.

In celebration of the return of many freedoms, we've compiled a list of recommendations for you to enjoy with your fully vaccinated status.

### TURRAMURRA FRESH PRODUCE & GOURMET MARKET

The only weekday market on the North Shore is held every Wednesday in Karuah Park from 8 am to 1 pm. It's the place for high quality, fresh and organic products



from cheeses to free-range eggs and award-winning produce. Not to mention a winner of the 2018 and finalist in the 2021 Better Business Partnership Sustainability Awards. It truly is the intersection between sustainability and community engagement.

### HAMILTON AT THE SYDNEY LYRIC THEATRE

Wanting to expand your wings and get out of that 5km loop you've been in for the last few months? Head over to the Sydney Lyric Theatre for a few hours of family fun. Late October brought with it the return of the famous Broadway musical about one of America's Founding Fathers – Alexander Hamilton. Let the brilliant mind of Lin-

Manuel Miranda take you on a journey, incorporating rap into a story layered with greatness and wonderment.

### KU-RING-GAI CHASE NATIONAL PARK BUSH WALK

A guided day trip through the magnificent Ku-ring-gai Chase National Park. Escape from the four walls of your home or work and take the time to get back in touch with the natural world, supporting business owners in the process. It begins at 8 am on Murrua Road, North Turrumurra and finishes at 3:30 pm, with a walking distance of approximately 12km.

Sign up at <https://events.humanitix.com/ku-ring-gai-chase-np>

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## Neighbourhood Network Program

Simon Lennon

Throughout this pandemic and the recent lockdowns, Neighbourhood Watch has broadened its role from preventing crime to encompass other aspects of providing security to vulnerable people. In that spirit, Neighbourhood Watch NSW has launched its Neighbourhood Network Program.

The Program provides information particularly relevant to people supporting their fellow neighbours, including those who might be doing it tough. It's available via - <https://nhwnsw.org.au/covid>

Modern technology is giving most people some sense of connectedness with other people, but some people might not use such technology. Neighbours who are digitally confident can help them by turning to the Neighbourhood Watch NSW website and from there they can download several useful resources for free.

### HIGHLIGHTS OF THE PROGRAM (WEBSITE)

The Program includes a Fact Sheet on the COVID-19 Check-in Card, which allows people without smart phones to check into businesses and other premises that use QR code-compatible devices. Even with the end of this specific lockdown on the horizon, it's still completely normal to be mourning what you're missing - social connection and our normal way of life. With this in mind, there is a Grief and COVID-19 information sheet available. Neighbour Cards are a great way to reach out to your neighbours, with other suggestions offered via the Neighbourhood Network Fact Sheet. For the musically minded - a committee member for Neighbourhood Watch NSW wrote and composed *We are all in this Together, Together*, which is heart-warming so have a listen!

For more information about Neighbourhood Watch generally or the Neighbourhood Network Program specifically, please email Julia Eagles or Simon Lennon at [nhwkuringgaihornsby@gmail.com](mailto:nhwkuringgaihornsby@gmail.com), both in Gordon.

## Cancer Care Wig Library

St Ives Food and Wine Festival 2021 sadly has been postponed to September 2022. The event is the major fundraiser for the Rotary Club of St Ives to support their community and youth programs and local charities.

If the last couple of years taught us nothing else, it is to enjoy family and friends and that the simple joys of life are special. Helping others in our community is the core of Rotary in action and without the St Ives Food and Wine Festival this year, the challenge was how do we help those we had planned to support through the fundraising event?

Reaching out to our community through emails and social media we were able to raise attention to the need for funds for the Northern Beaches Community Cancer Care Wig Library. This particular charity helps women as they undergo treatment for cancer and suffer from hair loss. The service provides free wigs to cancer patients.

Rotary Foundation came to our support with the match of \$1 for every dollar raised up to \$2,500. With the \$2,500 matched grant from Rotary Foundation and donations from the community, it means the Wig Library will receive a total of \$5,130 thanks to a generous community.

We have learned to do things differently through the challenges of COVID-19 and thanks to the kindness of others we continue to support those in greater need. You can make a direct deposit into the Charitable Trust Account for the Wig Library and all money received will go directly to that charity.

Email [mrsdibarnes@yahoo.com.au](mailto:mrsdibarnes@yahoo.com.au) for details on how to donate.



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# 2021 NSW Local Government Elections

The Elections will take place on Saturday, 4 December 2021, 8:00 AM - 6:00 PM. Ku-ring-gai Council residents and ratepayers will be electing ten Councillors. Two Councillors will be chosen to represent each of the five wards: Comenarra, Gordon, Roseville, St Ives and Wahroonga.

## VOTING ELIGIBILITY

Voting in local government (Council) elections is compulsory for all electors included on the residential roll.

## NON-RESIDENTIAL ROLL

If you are not a resident, you may be entitled to vote if you own, occupy or lease property in the local area. The fact sheet below provides more information on the non-residential roll.

To check your enrolment details see the Australian Electoral Commission website at <https://check.aec.gov.au/>.



Last Day – 2<sup>nd</sup> November. Midday Close.  
Lodgements 12 midday cut off 3<sup>rd</sup> November.

## Who are the Candidates?



**JAYAMALA GUPTÉ - Comenarra Ward**  
An artist herself, she would support the arts and improve facilities for residents.



**KAY SMEDE - Comenarra Ward**  
She passionately wants to be involved in representing her local community to help improve their health and welfare.



**BORU - Comenarra Ward**  
Meet hopes to bring a modern-day business approach to council, particularly in the way it interacts with all Ku-ring-gai resident touch points.



**ROSHAN WICKREMANAYAKE - Comenarra Ward**  
The main goals for Roshan are community service, and to work with the Environment and sustainability.



**GURDEEP SINGH - Comenarra Ward**  
He brings with him a long and valuable in-depth experience in consultative approach to community matters.



**JEFF PETTETT AND TRISH LYNCH - Comenarra Ward**  
They will continue to fight for better facilities, roads, footpaths and our local neighbourhoods.



**CARMEL HOFFMAN - Roseville Ward**  
She believes she can deliver an honest and unencumbered service to the community.



**ANTHONY CHING - Roseville Ward**  
He is currently a board member of Christian Community Aid NSW Ltd (CCA), supporting youth with various programs such as wellbeing days, and a counselling service.



**ALEC TAYLOR - Roseville Ward**  
As a local independent Alec is focused exclusively on the community.



**SHANKARI NADANACHANDRAN - Roseville Ward**  
Shankari is passionate about Roseville Ward and Ku-ring-gai and was involved in the successful campaign to redevelop Marian St Theatre.



**HENRY YUKUN SONG - St Ives Ward**  
As a prospective councillor, Henry will support infrastructure improvement and sustainable development in Ku-ring-gai Council for its liveability.



**AMANDA BRIEN - St Ives Ward**  
Amanda is an education policy professional who works in State government on school curriculum and assessment.



**ADRIENNE MCLEAN - Wahroonga Ward**  
Adrienne stands for community, integrity and understands the importance of being of service.



**CEDRIC SPENCER - Wahroonga Ward**  
As Mayor, his focus is on building relationships with other community leaders. He believes it is important to recognise our shared values and act in the best interests of local residents.



**PETER KELLY - Gordon Ward**  
Peter Kelly is a veteran of the Australian Army where he served in both the Infantry and the Intelligence Corps.



**MIKE LI - Gordon Ward**  
Mike believes in supporting sick and disadvantaged children and in representing and helping immigrants in Gordon settle into the local culture.



**BARBARA WARD - Gordon Ward**  
Barbara serves on the boards of Lifeline, Studio Artes, Royal Rehab Foundation, Marian St Theatre for Young People and Chair of several other NFP's.

# Protection measures for COVID-19

The following key protection measures will be adopted to minimise the risks associated with COVID-19 at the election:

- Electors, election staff and political participants must check-in and check-out of voting and counting centres using the Service NSW QR code.
- Anyone who is queuing to enter, or gathering outside, a voting and counting centre must wear a mask at all times.
- Anyone who enters a voting and counting centre must wear a mask at all times.
- We encourage electors to bring their own pens or use the single-use pens which will be provided at voting centres, to mark your ballot papers.
- Remember to maintain physical distance at voting centres.
- Please use hand soap and/or hand sanitiser and paper towels are available in the bathrooms.



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

The next election for Ku-ring-gai Council is on **Saturday 4 December 2021**. Ku-ring-gai residents and ratepayers will elect 10 Councillors, with two Councillors representing the five wards of:

- Comenarra • Gordon • Roseville
- St Ives • Wahroonga

Candidate nominations open on **Monday 25 October** and close on **Wednesday 3 November 2021**.

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

Applications for Postal Voting close on **Monday 29 November**.  
Polling day is on **Saturday 4 December**.

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

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Lisa Tomaselli

# Deborah Mailman

Jodie Wolf

Deborah Mailman is one of Australia's most successful actors. She was awarded both the AFI and Film Critics' Circle Award for most outstanding actress for her portrayal of 'Nona' in the film *Radiance*. Admired by many, her career has spanned over film, television and theatre. *Sydney Observer* was overjoyed to sit down with bundle-of-fun Deborah and talk all things acting, the rise of female Directors and how much she loves to laugh.

Season two of ABC'S *Total Control* is here and Deborah shares with me how thrilled she is to be back to work after over a year, Covid-19 having plunged Australia and most of the world into lockdown. "It's a great team! To actually get back to work was fantastic and to get back into the shoes of Senator Alex was really fun! Once the camera started rolling it was just head's down and doing the work that we needed because we know these characters so well now. It was so lovely to see everyone again." Deborah laughs, "I do feel quite nervous second time around. I guess we've established the show now, we know who Alex is as a character, so this time there's probably a bit

more expectation and you always want season two to be better than the first basically."

The series is directed by Rachel Perkins who has devoted her career to the growth of indigenous filmmakers in Australia. Deborah believes there's a real mission when it comes to the subject of gender in the arts.

"It's really exciting for some time now actually to see a lot of female directors and producers you know taking that leadership and obviously, Rachel being one of them who is one of my oldest, dearest friends.

"I did my first film with Rach' back in 1997 – *Radiant* - so we've known each other for a very long time and when I moved from Brisbane to Sydney I was sleeping on her couch for some time." She laughs, "She was the only person I knew in Sydney, so she generously offered me a place until I got myself on my feet. Female Directors- fabulous! Even on an international scale when you look at Kate Shortland who's an Australian Director who just Directed *Black Widow*, we're seeing more opportunities and people just kicking a\*\*e, it's fantastic. It's so great to see."

We talk about the "unique perspective," that *Total Control* offers viewers regarding politics in Australia and the impact of first nations production company Blackfella Films,

"It's about making films that matter to us. We can really tackle those issues that affect our communities all across the country in regard to incarceration, deaths in custody", she says, "I think this story works when you've got an outsider coming into something that's so established in such an institution as Parliament House, and I think that's what people can hopefully connect to. When you've got someone coming in and offering that observation and keen eye and tearing it apart a little bit as well."

Mailman didn't always envisage working as an actress and credits her, "fabulous" Drama teacher, Miss Denise Murphy, with igniting the passion for her craft. "I never had the thought of becoming an Actor I was actually on the trajectory of becoming a teacher, that's where my heart was and the path that I was really following. I just fell in love with the sense of play that drama offered and when I realised that I could study, that's when I went- this is what I wanna do", she says, "I felt that I did ok with it actually. It was a subject that I loved, it inspired me, and I always wanted to go and get a tertiary education, so it all fell into place."

When asked what make her tick artistically, she notes that "It comes down to the ideas really. What interests me and the team behind those ideas, that's how I make my decisions. I don't really have



Photos: Lisa Tomaselli



too much of a blueprint or a template or much of a plan. I've never had a plan!", she giggles.

"Even to this day I really don't have a plan. I just look at things as they come and read them and if they excite me if it's well written and there's a great team around it, then I'm in!

It's nice to get the opportunity to hop around when it comes to roles. I love it all. I love to get the opportunity to do live

entertainment and comedy and have a bit of fun and be silly in that respect but also have roles such as *Total Control*, to be able to have so much opportunity and flexibility as I possibly can you know."

With her career star shining, I was keen to know what lies on the horizon for Deborah. "I don't know!", she laughs, "I have no idea and I'm not worried. You can't plan for this industry. I've got a passion project of mine that I've been working on for a number of years with some friends. It's developing a family story for the stage. We've been chipping away at that for a number of years now but aside from that, I don't know. I'm just gonna see what comes over the next couple of months, see what's in store for next year. Hopefully season three-fingers crossed. It would be great but there's no word on that yet."

With an impressive list of roles under her belt, Deborah Mailman and her infectious sense of joy are sure to continue making waves in the creative industry for many moons to come.

*Total Control* airs November 7 on the ABC.

## Diving Deeper

**What is your favourite book?** *The Neverending Story* by Michael Ende.

**Who would be your ideal dinner date?** You know what, I'd love to go with Miriam Margolyes. I think she'd be heaps of fun! Yeah, I'd love to have a sit-down drink with her.

**Advice to your younger self?** Trust yourself a bit more.

**Any tips for young actors or anyone thinking of getting into the industry?** Be prepared to do the work. It's a hard industry. Be flexible, diversify your skills and don't give up.

**Where in Australia would you choose to be?** I really wanna go back home to where my family is in Cairns. I haven't seen my Mum in close to two years. So, go back to Cairns and see my family.

**What's on your Bucket-list?** Gee. I'm not an adrenaline junkie that's for sure so you can forget bungee jumping and sky diving! (she giggles) Gee, what would I love to do? You know what, I wanna become a keen gardener. I sort of dabble in it, but I don't really know what I'm doing so I'd love to learn a bit more and actually be really good at it. Understand botany and horticulture, I'd love to have knowledge around that and have my garden looking amazing and just saying, "yeah I did this." I'd love that.

**Three words to live by?** Let's go with kindness to others, compassion and humour. Fun. Let's have a sense of humour around things. I love laughing. Having a good laugh is the best medicine.





## Should CPR be part of the Curriculum?

It's well known that when CPR is performed correctly on an individual, that individual's rate of survival greatly improves. CPR is especially vital when it comes to out-of-hospital cardiac arrest cases. Sadly however CPR training and performance rates are quite low.

Approximately half of Australians (56%) have undertaken a CPR course at some point in their life, many do on their own accord. According to a 2018 report by the Australasian Journal of Paramedicine, CPR training programs are most commonly undertaken after school years due to work requirements and/or personal interests. Although the 56% statistic may sound promising, it can be greatly improved upon – hence the conversation, 'should CPR be part of the high school curriculum?'

A study from Edith Cowan University (2020) found that 97% of 18 to 21-

year olds support the idea of making cardiopulmonary resuscitation (CPR) training mandatory in Australian high schools. The study's co-author Dr Brennen Mills said there were some significant benefits to implementing mandatory training among high school students in Australia.

"Young people in high school are also a perfect captive cohort for mandatory CPR training. Currently cost is one of the significant barriers to Australian high school students accessing CPR training, and that means there is less access for students from lower socio-economic areas," Dr Mills highlights. "Making CPR training a mandatory part of high school curriculum would go a long way to eliminating that disparity among communities. The more people out in the community we have trained in this essential skill, the more chance there is they will effectively intervene and potentially save the life of someone."

## Well Wishes, HSC Class of 2021

There is no denying that this year's cohort of Year 12 students have had a particularly challenging experience in the later years of High School. Whether it be the interruptions in Year 11 during 2020, and the months of lockdown we experienced in Sydney, it's needless to say that the HSC class of 2021 should be very proud of their resilience. "The return to school provided parents, teachers and students with certainty and a path forward," notes the NSW Government. "We know the last few months have been tough on the school community and we are deeply grateful to parents, teachers and students for the sacrifices they have made."

The HSC final written exams will commence November 9, with results expected to be released in late January of next year. *Sydney Observer* wishes the class of 2021 good luck in their final exams – the community is behind you.



### 3 Tips for HSC:

- 1. Create a study timetable:** mark out times for study as well as breaktimes and self-care. Balance is crucial. *Sydney Observer* interviewed a 2019 North Shore graduate high achiever, and her advice was – "it's important to know where your strengths and weaknesses lie and structure your time around that accordingly."
- 2. Take care of your mental health:** HSC can be an overwhelming time, especially amidst a pandemic! Be kind to yourself, try your best and remember your final mark is not the be-all and end-all.
- 3. Look to the NSW Government's 'Stay Healthy HSC':** this website has a bunch of handy resources on studying, wellbeing, tips for parents and caregivers and how to beat procrastination.

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc>

## Joyful Return to School

This week saw school Kindergarten students return to learning on campus and it was such a joyful occasion for students and parents alike.

Arden Anglican School adorned both their Junior Campus in Beecroft and Secondary Campus in Epping with 'welcome back' banners and teachers decorated their classrooms to celebrate the return of students following the COVID-19 lockdown. "We had music playing in the street as our children arrived with their parents" explained Mr Watkins, Head of Junior School, "and it created such a wonderful atmosphere. Everyone was so happy – students, teachers and especially the parents. There is nothing like having our students on campus," he added.

Head of the Senior school, Mr Simon Przydacz is pleased to be able to help the students focus on their remaining time and have the opportunity to be with their cohort again before the Higher School Certificate commences.



"Our eldest students have embraced these extra few weeks with great enthusiasm," he said.

Arden recently announced the appointment of their new Principal, Mr Justin Beckett

who will commence his headship at Arden in January next year, enthusiastically supported by the School Community.

Enrolling now for 2023 and beyond. Limited places in Year 5 in 2022.



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- > 1st in AAMT Maths Talent Quest, MANSW Mathematical Investigations, and ICAS Mathematics Medal, 2020
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Antonio Rajaratnam (HSC, 2020) with Headmaster Russell Bailey being awarded the 2021 Parramatta City Junior Citizen of the Year Award from the Mayor



# A Cautionary Tale of House Flipping in Sydney

Sara Zariello

Home renovation and improvement shows have blasted our televisions lately, but don't think that it's all as easy as it looks. *The Block* and *House Rules* make home renovating and selling look like a piece of cake. Often, we get a picturesque version of house flipping on TV that usually leaves out the real work taken to get a property from not so hot to a fabulous buy.

## WHAT IS PROPERTY FLIPPING?

It is an investment strategy in which you buy an undervalued property, maximise the properties features through renovation and then selling the property for a profit. To do this, you need to be financially stable enough to fund a project that will eventuate with you purchasing a property and selling that property for, ideally, a 10% profit or more. This will also involve a deep understanding of the current conditions and forecasted future of the area's real

estate market. Being able to budget is an important skill to have when looking into house flipping.

## WHAT'S THE DIFFERENCE BETWEEN HOUSE FLIPPING AND RENTING HOUSES?

Flipping is a fast approach whereas buying and renting out a property is long-term. Each has its benefits and downfalls. The main downfall of house flipping is that it can be a more volatile strategy to renting. If you go over your budget when renovating or the property sells for less than you had strategised, this could lead to a lesser profit or none at all. If you're looking for a long-term income generator, potentially stick to buying and renting.

## WHAT PROPERTY SHOULD I BE LOOKING AT FLIPPING?

Look for any property that is significantly undervalued or houses in distress. This could mean a property that has been on the market for a while, ones that need to be sold fast



due to the owner's relationship breakdown, deceased estates, or bankruptcies. Strategise how you can flip the house, what kind of profit you are estimating, how you will fund the building costs and what the current owner is willing to let the property go for. Flipping is a fast-moving and lucrative business – but only if you're set up for it. Keep an eye out and do your research.

# 3 Inexpensive Remodelling Ideas for the Home

Whether your home needs a refresh or you are planning on selling, there are lots of cost-effective ways to remodel.

## 1. UPDATE CABINETRY AND REPLACE HARDWARE

Kitchen renovations don't necessarily have to cost an enormous amount of money to be beautiful. Whether it is painting the cabinetry doors yourself, or replacing them courtesy of Sydney Doors – a fresh coat of paint can make a world of difference. It's also key not to forget your handles and hardware throughout the home – whether your cabinet, bathroom, door or kitchen handles. Opt for something both contemporary yet classic that will be trendy for years to come.

## 2. POLISH YOUR WOODEN FLOORS

As the years go on, and particularly if you have pets or kids in the home,

our floorboards can get pretty scuffed, scratched and dull. According to Century 21, homeowners should consider refinishing the wooden floors in their homes. The DIY approach is to sand down the wood floor and then re-stain it. If you would prefer to pay someone to do the job, it is relatively inexpensive, especially when weighing it up replacing your flooring altogether.

## 3. REINVIGORATE YOUR LIGHTING

One option is looking into fluorescent or incandescent LED lights, which are commonly a hit with buyers and good for the environment. If you have a lot of hanging fixtures, it may be worth investing in your local electrician for the morning and installing some recessed lighting. Embrace the showcase and purchase a chandelier of some sort for the hallway or high-ceiling spacious bedrooms – there are plenty of stylish options for under \$200.



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# ENHANCING YOUR HOME: Instantly Transform Your Space

Jodie Wolf

Now that restrictions have eased across Sydney and you are permitted to invite more visitors to your home, now could be the perfect excuse to revamp your interior. An uncomplicated room makeover can feel powerful and restorative.

Each room should have a positive effect on you when you enter it, whether that means a sense of calm, or one that lifts your mood. Start small and decide on an area that feels stagnant in energy as your first point of call.

When considering your changes, remember what Designer Edward J. Wormley once famously said, "Furniture is needed for practical reasons, and because it must be there, it may as well be as pleasant as possible to look at, and in a less definable psychological way, comforting to the spirit."

Making changes in the home doesn't have to be dramatic. Throw pillows, for example, are the quickest way to liven up a living room or bedroom by introducing a new print or colour.

Here are three simple steps to add some spice to your abode.



## Give Life to Your Hallway

Immediately induce feelings of warmth and welcome by laying a runner on the floor. Layering is key, so adding a central piece of furniture, such as a tasteful table and some exceptional wallpaper to compliment the space will complete the transformation easily.



## Make a Splash

A colour change can be a simple, yet effective way to renew love for a space. Staircases are an easy place to start by using different shades of one colour on the steps, darkest at the bottom through to the lightest at the top. You could also incorporate shades of the colours that you use around the room, by painting photo frames or adding some flowers as a final touch.

## You Can Handle It

Art Deco has always found its way into modern-day interiors. Think satin-finished brass and polished nickel, rose gold and black opaque finishes. Switch outdoor handles and cupboard knobs either yourself or by hiring a professional. Update a room with a colourful lamp from the same era. Your room will be oozing chic in seconds.

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# The ABCs of Native Flora

Brian Roach



## A – Acacias

If I were pressed to recommend a smaller-growing wattle for Sydney gardens it would be the Crowded-Leaf Wattle, *Acacia conferta* or the very similar Golden-Top Wattle, *Acacia mariae*. They put on a stunning golden display, growing to around 2m and are very amenable to heavy pruning. Finally, if you're looking for a local wattle that's not very big in size but very big on repelling all intruders, have a crack at the Spike Wattle, *Acacia oxycedrus*.

## B – Banksias

The *Banksia* genus contains around 75 different species and is part of the Proteaceae family. Many of our striking banksias come from the west, but we do have some really great ones on the eastern side of the country. Some great *Banksia* recommendations include *Banksia serrata*, *Banksia robur*, *Banksia spinulosa* and *Banksia vincentia*.



## C – Christmas Bush

Perhaps one of the more iconic Australian native plants, at least on the Australia's East coast, is the NSW Christmas Bush, *Ceratopetalum gummiferum*. The plant occurs naturally all along the coastal strip of NSW, thriving in sandy, impoverished soils and coping with whatever the summer seasons bring. It's the foliage of the plant that provides the red colour. After the white/cream flowers begin to fall away around the end of October, it's the calyx or leaves at the base of each flower that turn a bright red. The dwarf form grows to around 1.5 metres and in 2001 was registered with the Australian Cultivar Registration Authority and given the name 'Johanna's Christmas.' More information, including current availability can be found at [www.johannaschristmas.com.au](http://www.johannaschristmas.com.au)

**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.

Brian has been a wonderful contributor at *Sydney Observer* and we are thankful to him for promoting our country's amazing Indigenous flora. He has decided to retire, and sadly this will be his last contribution. A big thank you from the whole team to Brian!

# Local Gardening What's On



## Homegrown Herbs Webinar

Learn to grow delicious, seasonal herbs at home. Discover herbs which will flourish in pots, sandy soils, shady gardens and raised beds.

**Date:** 6<sup>th</sup> November

**Time:** 10am – 11am

**Where:** Streaming online

**Cost:** \$20

[whatson.cityofsydney.nsw.gov.au/events/herb-propagation-hands-on-session](http://whatson.cityofsydney.nsw.gov.au/events/herb-propagation-hands-on-session)

## Edible Flowers Webinar

Be inspired by the variety of edible flowers you can grow at home. In this webinar you will learn about edible flowers to grow

in the warm season, and which ones will flourish in pots and small spaces.

**Date:** 20<sup>th</sup> November

**Time:** 10am – 11am

**Where:** Streaming online

**Cost:** \$20

<https://whatson.cityofsydney.nsw.gov.au/events/growing-edible-flowers-online-class>



## Chipping for Mulch

Bring your garden pruning and branches that don't fit in your green bin and have them chipped into mulch. You can also take home some free mulch, even if you haven't brought any branches to be chipped.

**Date:** 21<sup>st</sup> November

**Time:** 7:30am – 12:30pm

**Where:** Council Depot Galston

**Cost:** Free to Hornsby Shire residents

[www.hornsby.nsw.gov.au/lifestyle/events/chipping-days/chipping-for-mulch-galston2](http://www.hornsby.nsw.gov.au/lifestyle/events/chipping-days/chipping-for-mulch-galston2)



## Climate Wise Communities Workshop

Rain, hail and blackouts – Ku-ring-gai residents get more than a fair share of destructive storms. If a storm caused a week long black out or if hail destroyed your roof, how would you fare? Attend this Climate Wise Communities workshop to find out how you can prepare for disastrous storms.

**Date:** 25<sup>th</sup> November

**Time:** 6pm – 8pm

**Where:** Streaming online

**Cost:** Free

[www.krg.nsw.gov.au/Things-to-do/Whats-on/Rain-hail-and-blackouts-a-Climate-Wise-Communities-simulation](http://www.krg.nsw.gov.au/Things-to-do/Whats-on/Rain-hail-and-blackouts-a-Climate-Wise-Communities-simulation)



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## Local Nature Photography

Photography is such a fantastic pastime that many of us can enjoy – it requires a simple camera or phone with an in-built camera and a subject of interest. Whether it is capturing the extraordinary or the everyday beauty in your surrounding scenery, there is plenty for us to photograph.

Local nature photography has been going gangbusters, especially via Council's 'Capture Ku-ring-gai.' It's an Instagram page that anyone can view, whether you have an account or not, showcasing Ku-

ring-gai's natural beauty. Birds, flowers, leaves, landscapes, bushland, wildlife and more, there's lots we can photograph in our very own Ku-ring-gai backyard.

Readers could also consider joining a local photography group. One such example is Northside Creative Photography which aims to cultivate and broaden the photographic interests of its members. They often host presentation nights, photographic walking/exploring tours, and often have meetings at Lindfield Uniting Church Hall (COVID-19 restrictions depending).

### Photography Tips from Australian Geographic

1. Shoot at eye level.
2. Watch out for distracting backgrounds.
3. Hold your camera/phone with two hands – simple, but it will ensure a sharper image and better focus.
4. Sunrise and sunset are great times to photograph.
5. Embrace Negative Space: often it is not just the subject of the photograph, but the environment in which it exists that creates further interest.

### Some Great North Shore Photography Instagram Accounts:

- @melroselanesCAPES / Ku-ring-gai Wildflower Garden
- @infiniteloopPHOTOS / Turramurra
- @d.shang.PHOTOGRAPHY / Blackbutt Creek Track Gordon
- @robsthroughmyeyes / Warrimoo Creek North Turramurra

## 3 Interior Trend Predictions

### Bespoke Pieces

According to The House Directory, we should expect a move towards choosing hand-crafted quality over mass-produced quantity. This relates to the slow living movement, which focuses on slimming down your itinerary and looking for craftsmanship in what you purchase. Whether it's buying from markets, artisan makers or professional crafters, there are lots of places where you can find bespoke pieces unique for your home.



### Khaki Green Walls



Home expert Stuart Clark from Victory Blinds shares that the colour green represents nature, growth and fertility. Recreating a sense of calmness from the outdoors and into the home, khaki green is the perfect colour if you are thinking of re-painting a room. Pair with a crisp white door, architraves and skirting boards.

### Colourful Kitchens

Embrace some colour, whether a bold or soft hue, in the hub of the home – the kitchen. Some colours expected to be popular this season and into the year to come include deep emerald green, a grey sage, navy, dusty pink and cornflower blue. A previous *Sydney Observer* cover, interior design queen Jen Bishop is a fan of a DIY colourful kitchen, noting that while painting cabinetry can be time consuming, it sure pays off!



## Interior Design To the Maximalism

Sara Zariello

It's something we often use up, take up and barter, but what if we looked at space more broadly. We live and breathe in space. It's been there long before we arrived and will be there long after we're gone. So why is it that humans feel the need to fill the empty void of coffee tables with books and corners in loungerooms with statement lamps? Simply put, humans like to fill space.

American Psychologist John Welwood defines this feeling of space as, "Perceptual Space." It, "...is the space out there that we can see and... [feel] with our bodies." Human beings love to fill this perceptual space with nick-nacks and bits and bobs because it brings a sense of comfort. Having meaningful objects that in a way capture a significant moment like a photo album or shell collected on a beach holiday form a rich tapestry of emotion inside one's perceptual space.

The interior design movement, known as 'Maximalism' is the embrace of this part of human nature. It is the act of filling a home with bright colours, textures, and objects that encapsulate the person living there. Essentially a brain dump of the homeowner. Interior designer Keren Richter describes the design as, "... the art of more-is-more...". In complete rejection of its opponent, Minimalism,



this type of interior design leans into collecting objects that hold emotional weight for the decorator. It's a fine balance though. Clashing is not the point – rather, finely curating a collection of objects of desire which draw a thread throughout a space is the aim.

Often the movement is deemed consumeristic and pretentious. It gets

mistaken as a form of excess and lavish living. Opposing these claims are its staunch followers who view it as a rejection of the staleness and often grey living of Minimalism. Rather, it is about mixing different forms of art in one living space succinctly and masterfully. What's wrong with a little colour? No one ever told Gianni Versace, "Not another cheetah print rug!"

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## Centenarians on the Rise – Living Longer

**A**mazingly, centenarians are Australia's fastest growing demographic. Over the past two decades, the population aged 85 years and over has increased by 110% (ABS, 2020).

It does make sense when you consider the increase in Australian life expectancy over the years. Currently, those aged 65 in 2015-2019 can expect to live to approximately 85 years for men and 87 years for women (AIHW, 2021). Boys and girls born in 2017-2019 can expect to live around 30 years longer compared with those who were born in 1881-1900. It is important to note however that further work needs to be done on closing the life expectancy gap between Indigenous and Non-Indigenous Australians.

### THE BLUE ZONE PROJECT:

American researcher Dan Buettner conducted a project aimed at identifying areas of the world with high longevity rates. The study was done in conjunction with a team of specialists including demographers, anthropologists, doctors, epidemiologists and nutritionists – so quite wide ranging! These areas were referred to as 'Blue Zones', which are places with a higher than usual percentage of centenarians and supercentenarians (110+). A few major factors were shown throughout those studied:

- A sense of purpose
- Regular physical activity and movement (none had a sedentary lifestyle)
- Less stress and actively seeking to reduce stress
- Having and maintaining solid and healthy relationships
- A moderate consumption of alcohol throughout life
- Not over-eating

Sydney itself has some 'Blue Zones', often correlating with a higher socio-economic area (Torrens University, 2021). What the research highlights is not only how fortunate we are to live where we live but also the importance of acknowledging one's privilege and trying our best to close the gap. Sydney Suburbs with the highest life expectancy rate include Castle Hill, Gordon, Killara, Pymble, St Ives, Turramurra, Warrawee, Northern Beaches, Randwick, Macquarie Park, Marsfield, Willoughby, Castle Cove.

"Variations in the median age at death between suburbs are impacted by many factors including socioeconomic disadvantage, as influenced by unemployment, education, housing and income," noted Professor John Glover when releasing the Torrens University data.

### Advice from Centenarians

#### Australian Eileen Kramer, 107 years

A dancer, Eileen credits an active mind and body – regularly dancing, painting and writing a story a day.

#### Scottish woman Jessie Gallan, 109 years

Before passing in 2015, Jessie shared that staying single was her trick! "My secret to a long life has been staying away from men. They're just more trouble than they're worth." ([goodhousekeeping.com](http://goodhousekeeping.com))

#### Australian Dexter Kruger, 111 years

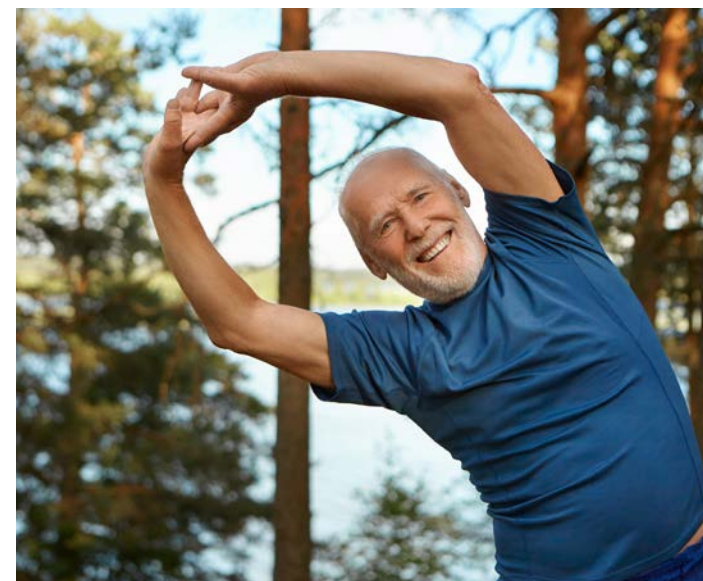
Sadly, Dexter passed away in July this year, but he was well known for his love of sardines, open air, singing and shellfish, along with his advice for us all to roll with the punches and keep on keeping on (ABC).

#### Japanese woman Misao Okawa, 117 years

When she was alive, Misao credited a good sleep regimen and eating sushi every day for her health and longevity. Interestingly, Japan has the most centenarians in the world, with over 85% of them being women.

#### French woman, Jeanne Calment, 122 years

The oldest person on record, Jeanne lived to be 122 years and 164 days old. Hilariously, Jeanne regularly enjoyed chocolate, cigarettes, cheap red wine, lots of sugar and red meat.



## Ageing Positively

Dr Sue Ferguson

**P**ositive ageing is the ability to make the best of the experiences of ageing, including maintaining our wellbeing as we age. Doing all we can to keep physically healthy is important, but large numbers of older adults have a chronic illness (often several), yet still live a happy and fulfilling life. How are they able to achieve this? What do researchers say about how to age positively?

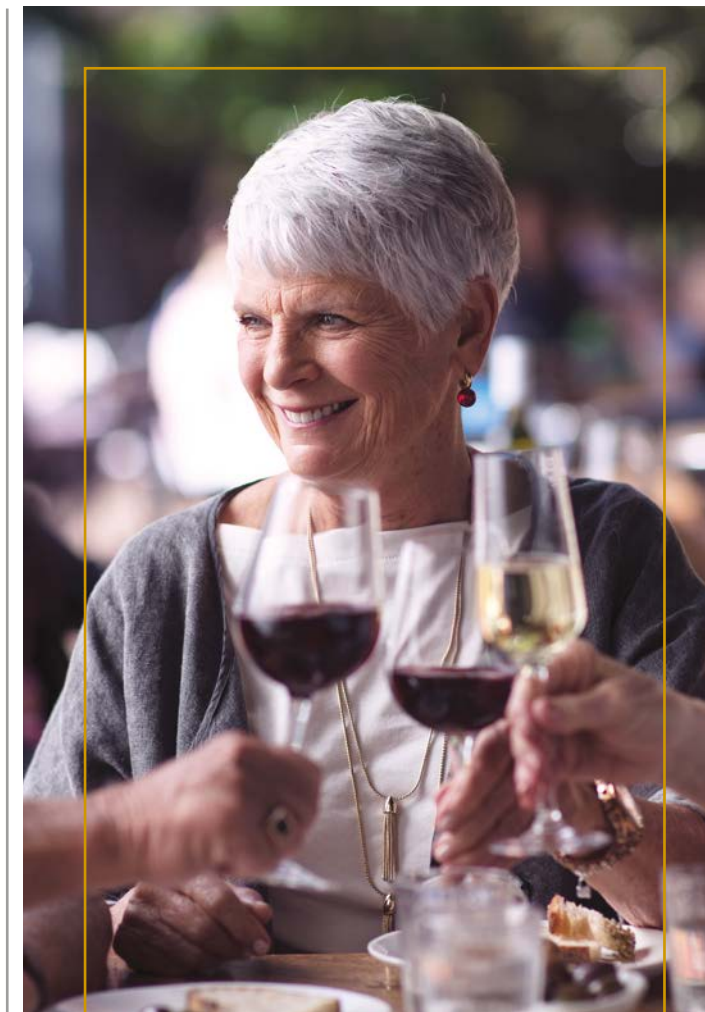
Dr Patrick Hill argues that through life we develop strategies that help us deal with age-related changes. These include the ability to make use of our resources (such as our supportive social relationships and our finances), to be flexible in our approach to problems, to have good decision-making skills, and an optimistic viewpoint (including viewing age-related changes as opportunities). He also emphasises that we also need to learn to accept unavoidable losses, which as many of us know, is easier said than done!

My PhD research confirmed that to age positively, having resources or strengths to deal with day-to-day life is indeed important, as is focusing positively and constructively on the future (through optimism and hope). However, my findings suggested that as well as reflecting on our current circumstances with acceptance, we also need to view ourselves with self-compassion (instead of self-criticism), and to review and accept our past (for example, through positive reminiscence or practising gratitude).

We don't need to be perfect, or positive all the time, or age in some idealised way. What we can try to do is build our coping skills and accept that what's over is over and that what's to come may be better than we think. As the old saying goes, each of us can, "Strive to do the best I can with what I have and who I am." (Unknown)



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



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## When Hair Styling was Laborious

Margaret Simpson

**H**air for women in the '50s was usually worn with curls around the face. This could be achieved with an expensive perm at the hair dresser. Others might have set their own hair at home with pins or rollers.

To ensure you looked good the next day might have involved going to bed with your hair pinned and kept in place with a hairnet. An uncomfortable night was spent for beauty's sake! In the '50s you could choose from various styles, the platinum blonde look of Jayne Mansfield, the Italian cut of Sophia Loren or maybe the pixie cut of Audrey Hepburn. By the early '60s, Jacqueline Kennedy had millions of women copying her flipped bob, often spending an agonising day in tight plastic rollers to do so.

The 'big hair' look was achieved by piling hair on top of your head shaped like a beehive, sometimes with the addition of false pieces. To keep your salon-perfect bouffant in place between visits, experts advised a not-so-glamorous night-time regime. This involved clipping your hair into place and winding toilet paper around the whole hairstyle before covering it with a hairnet.

Going out on Saturday night often required the whole day getting ready. Hours were spent setting your hair in big mesh rollers, drying then teasing and backcombing it into a beehive. The whole creation was held in place with so much Elnett or Hidden Magic hair spray it was stiff if touched. An easier style to sustain was Vidal Sassoon's 'wash and wear' bob cut he famously gave Mary Quant. Unlike the beehive, it required little preparation and actually moved when you danced! By the late 1960s Bob Dylan's anthem, *The Times they are a Changin'*, saw the world as a different place, with the relaxed long hair hippie look worn by both men and women.

*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.*

## Leisure Corner

Sara Zariello

### Local Discounts

Fancy a spot of shopping or some leisure? Be sure to get some great deals courtesy of using your Seniors Card and 2021 Discounts Directory. There are lots of great deals for locals! Forbes Footwear Hornsby is offering 10% off full-priced shoes. St Ives Jewellers has 10% off. If a round of golf sounds like fun (18 holes for \$21, 9 for \$16 – Mon-Fri) then check out Gordon Golf Club. Last but not least, head to Roseville Cinemas for seniors tickets at \$13 daily.



### Handy Mobility Gadgets

For those who are having difficulty using their smart phone due to poor circulation or movement in the fingers, you could try investing in a larger device such as an iPad or use a stylus for your phone. Jar openers are super helpful for people of any age, but especially seniors who have sore joints or arthritis in the hands. Another handy mobility gadget is using Siri if you have an Apple device. Look to this link for a how-to guide: <https://www.seniortechclub.com/tech-recipe/gettingtoknowsiri-012/>

### Hobby Groups

Why not consider joining a group based on your own interests or hobbies? Local social groups to consider include the local walking groups, Australian Plant Society North Shore, Rotary, ukulele classes, the North Shore Community Band or Pymble Players Theatre. For those who would prefer to limit their socialisation to the online world, there are plenty of options, including book clubs, language classes, poetry groups and salsa dancing!



## Obstacles Confront Australia's Over 50s

**A**ccording to new findings from *The Australian Seniors Series: Ageing in the Workforce 2021*, older Australians want to stay active at work but are having to navigate ageism along the way.

Statistics from the report, which surveyed more than 5,000 Australians over the age of 50, reveal that one in five (20.7%) experienced age discrimination at work, which is twice as high as what was reported in 2016 (9.6%) and more than half (54.6%) of females are more impacted by ageism in the workplace than men (10.2%). The report revealed that over half (52.6%) argue the pandemic has made job hunting much harder, with many attempting to give the impression they are younger either at work or during the job application process.

Sydney-based organisational psychologist, Humphrey Armstrong believes that companies have an advantage when they hire anyone over 50. "Interestingly, with skilled migration being pretty much shut down over the last 18 months, the increasing need to find talented, experienced staff presents a great opportunity for organisations to consider



retaining and hiring older people," he said. "Older Australians are an important, relatively untapped talent pool," he added.

Amanda Mackean, Founder and Director of Seeking Seniors, a job and recruitment agency for Australia's over 45s agrees.

"A misconception is that older Australians are looking for those senior and career-defining

roles, but the truth is they want a different pace. Companies have an opportunity to bring in their expertise in a variety of mid-level vacancies," she said.

"Having come up against age discrimination first-hand during my career, I'm hopeful that a wider understanding of the positive contributions over 50s bring to the workforce, will help thousands of seniors facing ageism."

Armstrong's career is dedicated to helping people make the most out of their later-life career and retirement transitions. "The shift to flexible and remote working arrangements, means new employment opportunities are now emerging, due in part to the ongoing COVID-19 pandemic," he continued.

"Neuroscience suggests our ability to keep learning extends well into the mid-70s as perhaps evidenced by the huge number of seniors who have mastered platforms like Zoom and Facetime. Many older Australians are competent with keeping up with technology advancements," he said.

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# Travel the World from Home



The Louvre

Missing the feeling of wanderlust, exploration and adventure? Consider some virtual travel. Plenty of world-famous museums and other attractions have recently launched a selection of virtual tours and interactive spaces to help keep those travel enthusiasts satisfied amongst the current restrictions. The introduction of virtual travel is a massive game-changer for seniors, allowing older people to visit the world from the comfort of their couch. All you need to get involved is a computer and your imagination.



The Vatican

Museum. <https://www.louvre.fr/en/online-tours>

## THE LOUVRE, PARIS

Undeniably the most well-known museum in the world that's on everyone's bucket list, The Louvre has recently started its foray into the realm of virtual travel. Utilising their website, visitors can explore the museum rooms and galleries, admire the palace architecture and enjoy the spectacular views! From Renaissance pieces to political artworks, there is something for all. Not only that, but the museum has recently begun exploring the use of virtual reality technology with the most famous painting in the world – *The Mona Lisa*! Virtual travellers can download the 'Mona Lisa: Beyond the Glass' app and transport themselves through either 360-degree video or VR technology into the famous Parisian

## THE METROPOLITAN MUSEUM OF ART, NEW YORK CITY

New York City's most famous art museum is home to pieces from the modern day all the way back to 5000 years ago! See artworks by Dutch master Vermeer, statues from Ancient Egypt and ball gowns designed and created by Christian Dior through their range of virtual tours powered by 'Google Arts and Culture.' It is perfect for those travellers with a wide variety of interests. <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

## THE VATICAN, VATICAN CITY (ROME)

If you are a fan of Michelangelo, Catholicism and some incredible artworks, the virtual tours of The Vatican is a must-

see. The Vatican is a sprawling museum filled with paintings, maps, statues and more, and is home to the current Pope. Whilst nothing beats seeing it in person, the virtual collection that has been put together is impressive in its own right. Take a virtual tour and see Michelangelo's famous Sistine Chapel in high resolution from the comfort of your couch! <https://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>



The Metropolitan Museum of Art

# Essential Accessories for a Mobility Scooter

Rejimon Punchayil

A mobility scooter enhances the independence of its user. It opens up possibilities for someone with limited or restricted mobility. We talked about how to select the most appropriate mobility equipment, how to use a mobility scooter for the safety of the user and the community and other related topics. Let us review the most commonly used accessories for a mobility scooter.



A scooter flag is a must for every scooter as it improves the visibility of mobility equipment as they are out in the public or private space. Using a flag ensures that the mobility scooter is safe not just for its user but also for the general public.

You can fix a bag or basket either in front or rear of the scooter. The size and type will largely depend on the size of the scooter and the user's requirement. A canopy to shield the user from the sun and the light showers is another must-have accessory for a scooter.

In most of the standard non-portable scooters, a side view mirror is a regular feature. Other commonly used accessories are: A walking stick holder, walker carrier, crutch holder, bottle and phone holder, trailer, oxygen tank holder, golf bag carrier and even a wheely bin carrier.

A Pet Carrier is another innovative solution that fulfils the individual need of a mobility scooter user. Please visit [www.comfortdiscovered.com](http://www.comfortdiscovered.com) for more information or a test drive.

# School for Everyone

Sara Zariello

Society can be ageist when it comes to older people. Our understanding of what elderly people perceive is shadowed by enforced societal notions. In doing so, we actually diminish the value of older people who have contributed to the growth of our society, who made strides in their careers, had their own flourishing lives and who continue to be intelligent beings. These schools are turning that perception on its head with intergenerational schools for both young and old.

Various schools across Australia are attempting to pair pre-schoolers and elderly people living in aged care homes together. The aim is to challenge both young and old to create more understanding and connection.

Griffith University studied this in their Intergenerational Care Project. They aimed to re-connect the generations and to measure the impact this would have on its participants. They considered the effects on community, economics, education and the workforce. The three-year study was split into two models. One modal was based on co-location, meaning that both the young and the elderly people were based on the same campus. The other was a visitation modal, meaning the two groups were split over different campuses and both groups needed to travel to see the other.

For eight weeks the two groups of young and old people were educated together. The program proved to be a huge success with the study noting that the program "enhance[d] engagement and create[d] a special bond between young and old..." It also improved the "confidence and communication skills" of the children involved. Education is important at any age and these new intergenerational schools are proving just that.

The media have had a negative effect on how we view ageing. Telling stories and showcasing an ageing society is proving important. The introduction and continued growth of intergenerational programs like the Griffith Intergenerational Care project are vital for our society. So much so that most states have taken up the opportunity like the Maranatha Gunyah Intergenerational Learning Centre in Wellington NSW which has implemented this type of learning and aged care. It's education with a twist and it's benefiting everyone.

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

# Why does my child suck their thumb?

Ian Sweeney

**T**humb sucking is a habit that can develop even while the baby is still in the womb. It's a natural soothing mechanism for many children when they are feeling tired or anxious. Thumb sucking in children under the age of four generally does not cause any long-term problems and most children grow out of the habit before then.

Occasionally a child may continue to suck their thumb up until the age of five. This may have negative effects on the developing dental arch, facial appearance and even speech problems.

Some common problems seen in children who suck their thumb include:

**1. Malocclusion** including open bite and overbite formation. An open bite means there is a gap between the front teeth when the back teeth are biting together, while an overbite means the top teeth cover the lower teeth when their mouth is closed. These can be caused by the outward pressure of the thumb on the upper teeth, pushing them outward.

**2. Speech Impediments:** Altering the position of the developing jaws and teeth may cause lisping and other speech disorders.

**3. Skin Irritations:** Constant thumb sucking may cause the skin to crack, bleed and become infected. Often a thick callus may form on the thumb caused by pressure from the teeth rubbing or biting against the skin.

**4. Social Issues:** Although thumb sucking is accepted in young children, school-age children may face teasing.

Gentle encouragement and support are what your child will need to help break the thumb sucking cycle, remembering the habit may be a coping mechanism for your child.

Anticipate situations that your child may use the habit for soothing. Try to substitute an alternative, such as a soft toy to cuddle or hold on to. Talking with your child will help. Use encouraging language. Little children all want to be older than they are. Referring to your child as a "big boy" or "big girl", may encourage them to cease the habit. Praise, positive reinforcement and rewards for a job well done never go astray. Always be positive and do not resort to negative reinforcements. Tell your child you are proud of them for their hard work.

Don't forget to ask for help if you need it. Your dentist will be able to talk to your child about the importance of not sucking their thumb. Sometimes it just takes hearing the same information from someone other than a parent to convince a child to break a habit.

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## Pelvic Practice

Jodie Wolf

Your bladder, bowel and uterus (in women) are supported by the pelvic floor muscles which are found within your pelvis between the pubic bone and the tailbone. These muscles also contribute to good posture, by stabilizing your hips and lower back, along with the abdominal muscles. The birthing process is aided by strength in this area and provides support for a baby during pregnancy.

When these muscles are weakened, they can create an array of issues. The results of losing strength in this area can be embarrassing for some, meaning the passing of wind involuntarily and incontinence. Some people suffer even further by living with a prolapse. This is caused by stretching or tearing of the supporting non-stretch tissue that holds the pelvic organs in place.

"I would estimate that 90% of people that come to me are women," explains Jenni Davies, APAM, MACP, Pelvic Health Physio and Clinic Director/ Principal of Physio at Beaches Pelvic Physio.

"The younger generations are very embarrassed to ask for help. Plus, society as a whole, dictate that a little bit of leakage is normal after having a baby, having a prolapse is just, 'one of those things.' For men, this is an even bigger stigma because they talk about it even less!" says Davies.

*"One in two of us will have some degree of prolapse or incontinence by the time we're 50 years old."*

Jenni Davies, APAM, MACP, Pelvic Health Physio and Clinic Director/ Principal of Physio Beaches Pelvic Physio

Calum Wilson, co-owner of Bump Health & Fitness and women's health specialist, has over 12 years of experience and trained 1000's of women through pregnancy.

He agrees, "Lack of education is often the problem. Pelvic floor health is an integral part of the core for both males and females. It is overlooked by most people as an area that needs to be strengthened."

"Really, with the current statistics as they are, one in two of us will have some degree of prolapse or incontinence by the time we're 50 years old," says Davies.

"For those that are really nervous, once we've explained what we do, and that it's gentle and that they're fully in control (and no speculums are involved!), they are ok with it. The most common comment I get

after the assessment is 'well, that really wasn't a big deal'. The thought is worse than the reality!"

### Improve your Pelvic Floor Health

1. Try Pilates. Joseph Pilates developed his method back in the 1920s. It focuses on training all the muscles that make up your, 'powerhouse.' These include the glutes, hips, lower back and pelvic floor.
2. Look after your back. The nerves that supply the pelvic floor muscles and pelvic organs originate in the spine. If there is a significant issue with the spine, it may affect the pelvic floor.
3. Build a routine and stick to it. "Like most things in life consistency is key," says Wilson. "Just like training any body part such as the legs or chest, having Pelvic Floor exercises in your weekly program is essential."
4. Stand with your feet shoulder-width apart. Squeeze in your muscles as though trying to halt your urine flow, drawing upwards inside the pelvis. Relax your bottom, tummy and thigh muscles. Isolate the muscles that are contracting, then relax everything. Count to three for a contraction, release for a count of three.
5. Lie down. Try to feel for the tip of your coccyx (tail bone) with a finger. Contract the pelvic floor muscles. When working correctly, the tail bone should subtly lift off the finger.

## Spring Skincare: From Dry to Hydrated

Sara Zariello

Spring is here and the increase in pollen and unpredictable weather is leaving our skin feeling a little worse for wear.

Moisture lacking skin is not only irritating but it can get worse, leading to cracking and bleeding. Dry skin affects people of all ages and skin types. People who live in dry climates or work outside are prone to this issue.

As you get older, your skin becomes thinner whilst the moisture-producing glands in your skin begin to produce less and less oil and sweat. The collagen and fats in your

skin also stop being produced, causing the skin to look less radiant and bouncy. That's why the most important part of any skincare regime is moisturiser. Finding one that is going to help create that extra moisture barrier whilst improving the overall health of your skin is essential. Look for thick moisturisers for overnight use and a lighter one for day use. To boost your moisture, add an oil before applying your moisturiser in your night time routine.

For those with a high-salt diet, anyone lacking sleep, allergies and natural ageing, puffy eyes can be bothersome. Congestion and inflammation can cause under eyes to appear raised.

Loss of firmness is a natural effect of ageing, whilst some people inherit undereye bags. There are many short term solutions to this issue that can depuff the appearance of under eyes. Applying a cold compress to the under eye, effectively cools and reduces blood flow in the area. Cooling spoons or a crystal roller in the fridge and applying these work well, if not better. Applying caffeinated eye creams also helps. Caffeine constricts the blood vessels, making your skin appear less inflamed.



### Top Tips

1. Make sure to apply sunscreen on top of your skincare every morning. This not only locks in that moisturiser but it also protects your skin from UV rays during the daytime.
2. Be gentle to your skin. Try not to tug and pull and resist the urge to pop or scratch anything.
3. Apply a face mask once or twice a week to get an at-home facial that leaves you feeling fresh every time.



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# There's Always Time For Wine

Jodie Wolf

**T**heo Girardin, 25, began drinking wine from an early age with his family in France. He went on to study wine aged 18 and now works as a Sales Manager for Voila Wine Company. He says that his job is now to talk to people about his passion and make them live an experience. He tells me that wine is very big in his culture and when I asked him what he loved about his favourite drink he said, "Everything. There are so many different varieties regarding where they are from and processes of production. Each and every wine is unique."

Theo enjoys Australian and South African wines but says that his favourite wines are from Bordeaux where he grew up. I asked him what someone should look for when choosing a wine. He told me, "Just research some of the grape varieties used to understand if they have picked a light and easy to drink wine or a complex and heavy one. For red wine, don't pick too young, wine needs time to get better. Wine is like a man- it gets better by ageing."

## Theo's Top Tips For Wine Pairing

- With fish: any white wine or light red wine.
- With meat: definitely red wine, more or less heavy regarding the spiciness of the dish.
- With desert: sweet white wine with fruit or sweets but red with cheese.

## Theo's Recommendations

### RED

2017 *La Croix Saint-Christophe St-Emilion Grand Cru*  
- Complexity and subtle aromas.

### WHITE

2019 *Domaine Courtault, Petit Chablis*  
- Freshness and mineral finish.

### ROSE

2020 *Château Roubine, Provence Cru Classé*  
- Dry and elegant.

### DESSERT WINE

1989 *Château Yquem, Sauternes*  
- Wine of a lifetime.



## Live at the Independent: Daniel Rojas with Ensemble Apex

Chilean-born pianist and composer Daniel Rojas reimagines Latin American music and concocts a cornucopia of melodies and rhythms. Two irresistible concerts will be held at The Independent Theatre, North Sydney in early December.

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## Unearth Your Senses with Eden Gardens

**E**den Unearthed returns for its fifth year with stunning installations in the open-air garden gallery at Macquarie Park, Monday 1 November.

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ephemeral about our environment, often utilising recycled materials and plant products. Picture giant dragonflies, floating houses and a labyrinth made from sticks and stones.

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Discover more and visit <https://edengardens.com.au/pages/eden-unearthed>.



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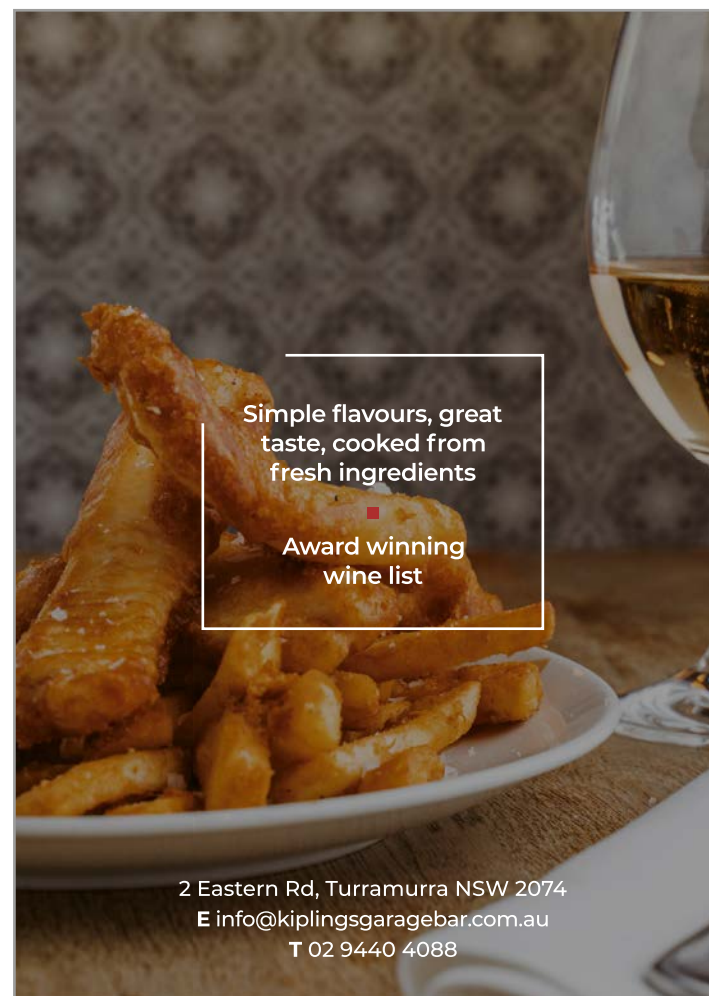


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Kerrie Erwin is a Psychic and Medium  
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Email **editor@kamdha.com** with your **name, D.O.B** and **question** for our resident Clairvoyant Kerrie Erwin.

# Clearing your Space: Feng Shui

*Kerrie Erwin*

The practice of Feng Shui originated in China thousands of years ago and has been passed down through the generations. Feng Shui means wind and water and is used to ensure that people live in harmony with their surroundings. It also refers to the ancient art of placement because it focuses on orienting things like furniture, colours and room locations to balance the chi energy.

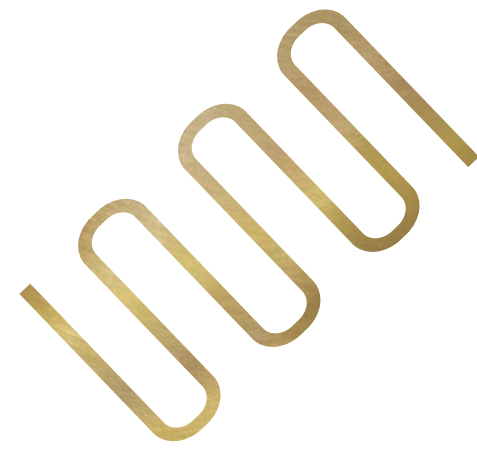
The first thing to do is get rid of any clutter. Doing this you will create an abundant flow of positive energy in your home that may have been causing unnecessary blockages. Once you have cleared all the clutter out, be aware of old smells or mouldy toxic areas. Make sure you always have fresh air in your home with open windows every day.

Now recognize the different areas of your home by dividing it up in nine sections, over your home, like a square grid. Start with the far right of the home from the front door this is your Prosperity Section, next to it

is the Fame and far left is Relationships. Then in front of the Prosperity Section we have Family and Health. Next to that is the Middle Section which is called Tai Chi and then the Creative, Children and Projects Section. Next moving forward to the front of the home, to the left side of the home we have Inner Knowledge, Intuition, the Career in the middle of the front and then to the right we have Helpful People and Travel.

By placing 'cures', intuitively in each section we can enhance the energy. These 'cures' are windchimes, lucky buddhas, mirrors, crystals, fresh flowers, plants, colours, water features and music for example. On a personal level I never have fake flowers in my home as they collect dust and are not a living energy. Overtime you will notice subtle differences in your life and an overall improvement.

Get in touch with Kerrie via [www.pureview.com.au](http://www.pureview.com.au) or [kerriejean888@gmail.com](mailto:kerriejean888@gmail.com). Or you can purchase her book *Sacred Space, Find Harmony with Feng Shui*.



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