

Sydney Observer

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IN PRINT SINCE 1996

**HAPPY BIRTHDAY
HARBOUR BRIDGE**

STRIKING FEATURE WALLS

VALE GLENN WHEATLEY

**MENOPAUSE AND
MENTAL HEALTH**

MEET JAMES WEST

HYDRATION AND SKIN

How Plants
Heal us with

**SOPHIE
THOMSON**

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From the Editor

Can you believe that we are in March? How quickly this time of year often flies. As we bid farewell to February, let us also say goodbye to things that may be weighing us down, greeting the month of March with a lighter energy than perhaps we have previously carried.



Say 'so long' to the season and the Summer that we didn't really have and surrender to the wettest of weathers that seems to be currently cleansing us. A fresh month and a fresh new start for everyone. Each dawn is a new page in our story after all.

This issue we had the wonderful opportunity to talk to gardening guru, Sophie Thomson for our profile, delving into all things green and the affects that gardening can have on your wellbeing. Our regular contributors have returned for your reading pleasure and we have much to be explored this month including a Senior's Special.

Learn about Menopause and Mental Health, read about Striking Feature Walls and meet James West as he jumps into his new role with television show, Better Homes and Gardens.

Come rain or shine, there is always time to sit down with us. Enjoy.

Jodie Wolf

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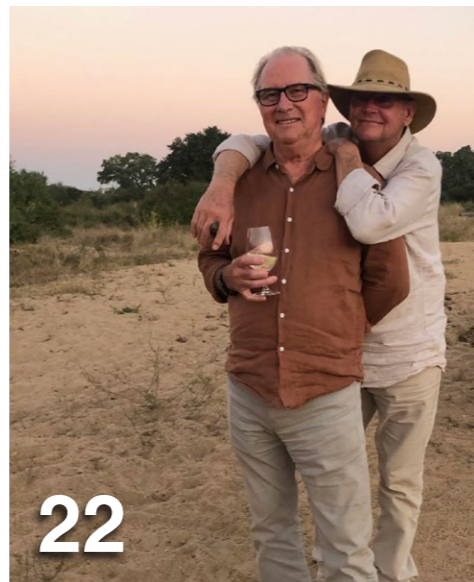
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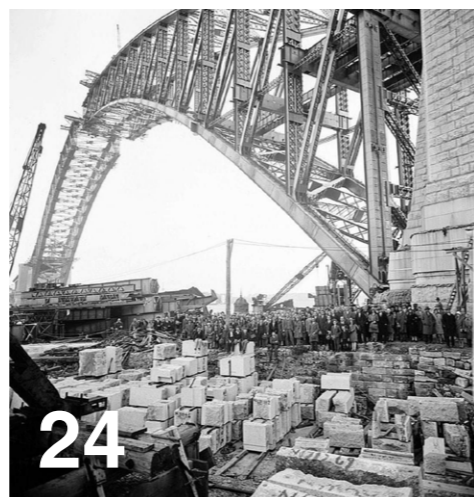
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PLENTY OF PARKING

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Killara	Roseville	Turramurra	Willoughby



@d.shang.photography

Turning Digital into Dollars Workshop

As part of a push to help small business recover from the COVID-19 pandemic, Ku-ring-gai and Hornsby Councils and the Hornsby Chamber of Commerce have joined forces in order to offer small business-people advice around digital marketing. The four-hour workshop will be presented by one of Facebook's top Australian trainers, Heather Porter and is aimed at business owners who are time poor but need to grow their business through digital marketing.

When: 30 March, 4.00 pm - 8.00 pm
Where: Hornsby RSL, 4 High Street, Hornsby.
Cost: \$25 - registration fees will be donated to Hornsby Ku-ring-gai Women's Shelter.

To find out more or register visit:
events.humanitix.com/turning-digital-in-dollars.



Hornsby Art Society Demonstration

An acrylic Demonstration by Wendy Prince. Using different textures and media to create clouds and seascapes. Hands-on element included.

When: 14 March, 7.30 pm - 9.30 pm.
Where: Beatrice Taylor Hall, 25 Edgeworth David Avenue, Hornsby
Cost: \$5.00 members/ \$7.50 visitors.

www.hornsbyartsociety.com.au

Hornsby Art Society Facebook Page



Northern Serenades Food Waste Composting Trial Continues

The Australian Romantic and Classical Orchestra are breathing life back into a late-19th and early-20th century repertoire. For lovers of live music and the symphony of strings, then this will be the perfect evening for you.

When: 23 March, 7.30 pm.
Where: City Recital Hall.

Book your tickets via: www.arco.org.au.

A three-month project is underway in Ku-ring-gai, to assess the viability of composting food waste in apartment buildings. The Compost Cooperative is designed for anyone living in units who wishes to compost food scraps, either by using a compost bin or a worm farm. The goal is to reduce both the amount of food waste in garbage bins and greenhouse gases in landfill. If successful, the trial could see composting systems installed for 20 buildings across Ku-ring-gai. Residents taking part must record a food waste diary, measuring daily the weight of food scraps and to complete two online surveys.

Applications close on 31 March and will be assessed for their suitability before applicants receive a voucher to purchase their compost bin or worm farm.

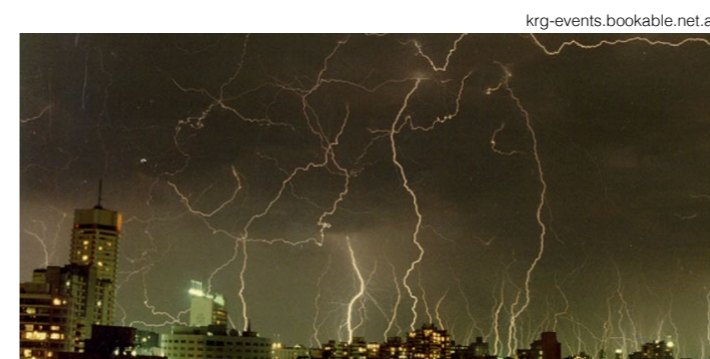
For full details and to apply visit krg.nsw.gov.au.



Solar Power for Ku-ring-gai Schools

A Council-run initiative has launched which helps local schools reduce energy bills and cut emissions through the solar power. Three local schools – West Pymble Public, Lindfield East Public and Sir Eric Woodward School – have become the first in Ku-ring-gai to install new solar power systems through Solar My School. The schools 130kW installed solar power systems will mean annual savings of over \$24,000 and reduce their greenhouse gas emissions.

For more information on the program visit the Smart Schools page via: www.krg.nsw.gov.au.



krg-events.bookable.net.au

Rain, Hail and Blackouts Workshop

This Climate Wise Communities workshop will teach you how to prepare your home and family in the face of a destructive storm. Ku-ring-gai residents will be treated to a simulated, severe weather event using the award-winning 3D Simtable to clearly envisage the potential impacts in your local area.

When: 23 March, 7.00 pm - 8.30 pm.

To book visit: krg-events.bookable.net.au.

#LotsOfSocks Campaign

World Down Syndrome Day (WDSD), 21 March, has been a global awareness day since 2012. The 21st day of the 3rd month was chosen to represent the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. To get involved, simply choose a pair of socks that are going to get noticed. Think mismatched or your most colourful socks, the brighter the better. When someone asks you about your socks you can tell them that you are wearing them to raise awareness of Down syndrome.

For more information visit: lotsofsocks.worlddownsyndromeday.org.



worldsyndromeday.org



LOCAL HISTORY

To Snow or Not to Snow?

Ku-ring-gai Historical Society

Just after 3.30 pm on 27 July 2008 the area around Lindfield, Roseville and Killara unexpectedly turned into a winter wonderland!

“I think the snow here is better than Perisher,” a Roseville man told a radio station. “It’s given a very European feel to Roseville,” a woman said on TV.

And it wasn’t just the North Shore that experienced the wintry delights of snow on that day – many parts of Wollongong were similarly affected.

But was it really snow? Well, according to the Bureau of Meteorology’s senior forecaster, Peter Zmijewski, it was more of a ‘snow job’ than real snow. “It was soft hail,” said Mr Zmijewski. “Snow has a different appearance - snowfalls in flakes.”

Mr Zmijewski explained that while it was cold enough to stop the hail from melting as it fell and cold enough to preserve it when it hit the ground, it still couldn’t be classified as real snow because the mercury only fell to around ten degrees.

“Temperatures need to plummet to around two degrees to produce snow,” he said. “Today’s hail is because it is cold enough that it just didn’t melt on the way down, so it fell, as a soft, melting ice.”

Had such a thing ever happened in Sydney before? Yes, it had, on the morning of 28 June 1836 – and on that occasion, it probably was real snow!

The meteorological table in The Sydney Herald recorded that at six o’clock that morning, the thermometer had plunged to 38 degrees Fahrenheit, which is about 3 degrees Celsius.

According to the newspapers of the day, the snow fell for an hour or so. Roofs were covered and about an inch of snow dusted the metropolis, reaching right down to harbourside beaches.

Towards Parramatta, several inches were experienced and Bathurst had a whole foot. Snowballs were the order of the morning in Sydney streets. Author T.A. Browne (aka Rolf Boldrewood) who would have been ten years old at the time, later wrote of his recollection of children throwing snowballs in Enmore.

It must have been a very cold week indeed because the snow was again reported five days later, though less abundant.

Various theories were advanced, without any universally accepted explanation. Explorer Sir Douglas Mawson postulated at the time that cyclonic disturbances in the Antarctic were not fully understood and that such an event travelling uncharacteristically so far north could have provided the reason for this extraordinary event.

Another recording of ‘snow’ on the North Shore was on 21 June 1951. The Sydney Morning Herald reported a fall in several suburbs – but while something was precipitated (confirmed by Pymble’s Stationmaster as occurring at 11 am) no actual snow formed on the ground.

The Ku-ring-gai Historical Research Centre is located in the historic Old Gordon Public School building, which adjoins the Gordon Library, 799 Pacific Highway (cnr Pacific Hwy & Park Ave).

The Ku-ring-gai Historical Society’s activities can be found on its website, www.khs.org.au.



Cleaning up our Covid Litter

A citizen science project has been launched in response to Australia’s biggest community-based environmental event, which will take place on Sunday, 6 March. Clean Up Australia Day volunteers have been tasked with calculating the number of face mask litter they gather and record them on a national database.

Organisers explain that the last two years have seen a huge rise in single-use plastics, with face masks, takeaway coffee cups and food packaging littering public places abundantly.

Ku-ring-gai Mayor Jeff Pettett said that Keeping Ku-ring-gai litter free is a great way to demonstrate your care for the community.

“Clean Up Australia Day is a great way for residents to show their support for our natural environment,” he said.

Clean up Australia Chairman Pip Kiernan said that surges in online shopping, meal delivery services and the use of disposable face masks and coffee cups mean the environment is feeling the after-effects of the pandemic in ways not seen before.

She said, “Plastics in disposable masks can take many years to break down and researchers have warned that single-use masks could be releasing chemical pollutants and micro-plastics into the environment.”

All registered volunteers for Clean Up Australia Day can join the citizen science project to record littered face masks. Community-based participants receive a free Clean Up kit containing gloves, bags and other resources. Packs for individuals, families or groups are available.

To register please visit www.cleanup.org.au.



Looking for the latest information on retirement living? Visit the

Northern Sydney and Central Coast Retirement Village & Resort Expo

Sunday 27th & Monday 28th March 2022, 10am-3pm
Hornsby RSL Club (4 High St Hornsby) | **FREE ADMISSION**

On display will be the latest resort style developments as well as established villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof. Covid safe measures will be in place at this event, please visit our website for updates.

Don't miss this life changing event!

www.retirementexpo.com.au



The Resilience of Children

To celebrate outstanding contributions and achievements of primary school children in our community, Willoughby City Council has teamed up with Chatswood RSL through its ClubGrants program and launched the 'We Are Resilient' awards program.

COVID-19 has had a major impact on the lives of many and more than ever, children have demonstrated their resilience through acts of kindness, changing lives, helping their community, promoting a good cause, volunteering and generally 'making a difference.'

Children aged 5-12 years who have done something exceptional have been asked by the Council, to submit a photo or artwork with a story demonstrating their resilience. There is a chance to win one of six prizes including digital cameras and book vouchers.

The program has also funded a youth employment readiness program in 2022, supporting young people joining the workplace. This program will offer teenagers the opportunity to learn resume writing, lessons on interview skills, budgeting and tax returns.



Willoughby City Council Mayor Tanya Taylor said, "On behalf of Council I would like to thank Chatswood RSL and the ClubGrants program for their contribution to our Children's and Youth Services

Teams to support the delivery of these important programs to our community." Nominations will close on 25 March. For more, visit: www.willoughby.nsw.gov.au.

KRG Council Rewards Community

An assistance package from Ku-ring-gai Council has been approved to aid small organisations in the community.

This year's community grants were awarded in three categories: small equipment, community development programs and arts and cultural programs, with 44 applications put forward for funding.

Support will see residents with a disability being helped, support for young people considered at risk, as well as camping

equipment for scouts and guides, plus IT equipment for volunteer groups.

The outreach work and the Support Marian Street Theatre group will be sent to Ku-ring-gai's Jewish community plus several church groups and pre-schools have been chosen to receive grants this year in order to purchase resources.

Mayor Jeff Pettett said that due to sporadic lockdowns, organisations haven't been able to go out into the community and fund raise as they normally do.

"These Council grants will help community groups purchase much-needed equipment and give them the chance to get new projects off the ground," he said.

"It's been very difficult for them to keep providing services to the local community - but they keep doing it with a smile on their faces."

For more information about the Council's community grants visit: www.krg.nsw.gov.au.



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Everything for Seniors

Wednesday 23 March, 10am to 2pm

Free event – Everything for Seniors Day 2022

Turramurra Uniting Church Hall and Turramurra Seniors Centre
Wednesday 23 March, 10am to 2pm

- Be inspired to join in the exciting activities available in your community
- Discover fun things to do that will improve your physical and emotional wellbeing
- Find out about Hearing Loss Management, Navigating MyGov and Creating an Easy-care Garden
- 'Come and try' dance, ballet and exercise for strength and balance
- Find the services that will help you to remain in your home for longer
- Talks by Carers NSW, Assoc of Independent Retirees, and Sydney Wildlife Rescue
- Advice and information about local clubs and community groups

No need to book, just come along krg.nsw.gov.au/seniors Ph: 9424 0836





Sophie Thomson

on community and wellbeing

Jodie Wolf

Darren Clements Photography

Growing up around people who were 'obsessive' about gardening and planting, Sophie didn't envisage herself working in the gardening industry and thought that it looked like a, 'really hard way to make a living.'

"My parents owned a florist shop and had a plant nursery, so I actually grew up around plants but as a child I hated it," she laughs.

"Looking back, I grew up in the most amazing garden and I got to climb trees and make cubby's under big bushes. I had a magical childhood. I was very lucky."

It wasn't until her father passed away when she was 21 that she returned to her

childhood home to help her mother and discovered her love for all things green.

She laughs, "It wasn't a deliberate choice, whether it's in my genes I don't know but I always loved nature."

I ask her how she manages to juggle so many hats as she is a woman with a lot going on. "I drop the ball a lot," she jokes.

"I love what I do. I probably do too much. I'm sure people have this image that I get to spend all day playing in my garden. I probably spend less time in my garden than other people.

"I feel very blessed. Gardeners care about living things. I get to hang out with

Sophie Thomson is one of the most admired individuals in the Australian Gardening world. She is also a mother, author and television presenter to name a few strings to her bow. She is especially passionate about the bush fire recovery work she has helped with on kangaroo island and through the Adelaide Hills, drought relief work, building community gardens and the connection that occurs between human beings as a result of these team efforts. I had the chance to chat with Sophie about her love for her career and the importance of community.

people who are on the same page as me which is wonderful."

One of her many ventures is supporting communities by running workshops and visiting communities where people have experienced hardship and sometimes lost their homes and gardens, as is often the reality when it comes to devastating bushfires.

"It's actually really profound. People come together, there's common ground. I hear feedback that it wasn't just about the gardening it helped the whole community come together," she tells me.

"I've had conversations with people through tears, theirs and mine, where they have said that they were more devastated

to lose their garden than their home. Their garden was a living thing. It was their sanctuary, it was where they would go to potter, it was where they fed themselves, it was really important to them. I've been very privileged to work in this space."

We discuss the healing nature of plants and the feeling of calm that being around the colour green evokes. She explains that over the last few years there have been a number of studies that have shown that gardening helps us in managing our stress levels.

She sounds excited when she says, "In the past, people would have said of gardening, 'nice hobby' and they wouldn't have understood how remarkably therapeutic and healing gardening is, not only for our physical health but for our mental health and wellbeing.

"Gardens are a place you can relax, watch the birds and the bees, feel your shoulders drop and suddenly the things you were going through, are better."

I learn from Sophie that there's a naturally occurring bacteria in healthy soil called *Mycobacterium vaccae* and when ingested, the feelgood chemical, serotonin is triggered to release in your brain.

She chuckles, "I always say if you have a garden you can self-medicate and you don't have to worry about overdosing!"

A subject that she feels quite strongly about is being economically conscience when it comes to planting at home and believes that we shouldn't be putting 'nasties' into ourselves, our children or our environment.

"You're not after perfect. If it has a hole in the leaf, you can wash it and you can still eat it and it will taste good. Not with a little critter on it necessarily! When something goes wrong in the garden, you simply go,



"There's a lovely saying, 'more growth in a garden than a gardener sows,' and I just think that gardening is quite healing."

Photos: Darren Clements Photography



'why did it go wrong?' Happy, healthy plants don't get sick! If we don't expect perfection, it's easy."

Her infectious humour returns, "I know nature's not perfect because every morning I look in the mirror!"

With Autumn on its way, she is excited about the change and remembers being a kid and making piles of fallen leaves to jump into. She is a, 'girl who loves the seasons,' particularly Autumn but when I ask her which flower would be her favourite, the bells of her laugh sound once again, "Normally the last that I saw because it is the first to mind!"

Wrapping up our conversation, Sophie shares her next project for September 2022

with me. Each year she creates a feature garden for the Royal Adelaide Show, which will host 500,000 people over nine days. This year her contribution is entitled, 'Grow Up'. It aims to show people who may not have a huge garden or space, how to green up what they do have to work with.

"I wanted to make a garden that creates a message. I always want to design a garden to show the positives and possibilities."

I asked her how she feels about this coming event and she describes it as, "An absolute buzz."

To continue to be inspired by Sophie visit her Instagram @sophiespatch or visit: www.sophiespatch.com.au.

Diving Deeper

Your favourite meal and with whom?

Curry with Michael Luenig in the Jasmine restaurant in Adelaide.

Mountains or beaches?

Mountains.

Three things that you would take to a deserted island and why?

Seeds. (She laughs.) If I knew the climate before I get there that would be fantastic! A hat because I sunburn in the shade, and a good friend.

Your three, favourite people?

Being a mother of five you can get in trouble, can I put

kids down as one? (Laughs.) In terms of amazing people — Costa Georgiadis. He has a heart as big as China. I have a picture of him on my desk. Peter Cundall. He's just passed away this year. Two extraordinary men who have touched people's lives.

If you were to choose another career what do you think you would have been suited to?

I love the country so I reckon I could have been a farmer's wife, or a farmer. I could have done big broad, grand scale, open space ... maybe I still can!

What does peace mean to you?

Being in a beautiful garden, outside in nature, It's incredibly important.

Upcycling Through Uniforms

NSW Environment Protection Authority (EPA), are supporting the Sydney-based Worn Up Textile Rescue Program in their uniform upcycling mission.

Worn Up aims to keep 100 tonnes of used uniforms and textiles out of landfill nationally by converting the discarded clothing into brand new objects such as a global first composite called FABtec for furniture and other useful items such as school desks, stools and acoustic tiles.

EPA Organics Manager Amanda Kane said programs like Worn Up are critical with more than 300,000 tonnes of textiles discarded in NSW each year and almost 240,000 tonnes are being dumped in landfill annually.

“Worn Up are helping divert reusable textiles from landfill, while creating jobs in the circular economy, and reducing emissions. Polyester and organic textiles are wasted in landfill and create greenhouse gas emissions. On average, each Australian discards at least 23 kilograms of textiles a year,” she said. “Research shows just 28% of textiles are being recycled and re-used which is not sustainable, and it’s definitely not in fashion.”

Research commissioned by the EPA found that every time NSW households put their red bin out for collection, they send almost half a kilo of textiles to landfill. Each school discards between 100-200 kilograms of non-wearable uniforms each year.

Worn Up founder Anne Thompson said that if more than 3,000 schools in NSW joined the program, they could divert more than



Anne Thompson and Amanda Kane.

310 tonnes out of landfill each year, just from school uniforms alone. “Between the schools and business Textile Rescue programs we’ve already stopped 50 tonnes of uniforms going to landfill,” Ms Thompson said.

Ms Kane believes that everyone has a responsibility to waste less and recycle more. “Initiatives like Worn Up are a great example of thinking outside the box to divert unloved, unwanted clothing from being dumped into landfill, and reborn as new items that can be used and valued,” she said.

Saving textiles from landfill is an important part of the NSW Government’s goal of reaching net-zero emissions from organics by 2030.

To find out more, visit www.epa.nsw.gov.au.



Loreto Normanhurst



Join us for Open Day

Saturday, 19 March 2022

Register now at www.loretonh.nsw.edu.au

Discover where Loreto Normanhurst can take you.

Loreto Welcomes Extra classes in 2022

High demand for its unique educational offerings has prompted the expansion of the Loreto Normanhurst Primary School to three streams in Year 5 and Year 6 this year.

Families are seeking to send their daughters to the all-girls Catholic day and boarding school earlier, to make the most of its award-winning learning model and strong Pastoral programs.

Part of the attraction is the access to facilities and programs from the Secondary School. Primary students engage in specialist music, art, library and language lessons with dedicated Secondary staff, and can participate in a wider range of extra-curricular opportunities in sport, oratory, the creative arts and social justice.

They also benefit from the all-girls educational environment, which is proven to promote higher academic outcomes and increase participation in extra-curricular and STEM subjects for teenage girls. Loreto Normanhurst’s pastoral and wellbeing programs are tailored to girls’ specific social and emotional needs, including their bespoke resilience-building oakSEED initiative which is delivered in consultation



with renowned clinical psychologist Dr Danielle Einstein.

THE INFLUENCE OF AN HOLISTIC CURRICULUM ON HSC RESULTS

Commitment to its holistic education model has yielded outstanding HSC results for Loreto Normanhurst.

The school credits equal emphasis on each tenet of its FACE Curriculum (Faith, Academic, Community and Extra-curricular) with the success of its graduates, with more than 20% of its students achieving an ATAR of 95 and above in the 2021 HSC.

Recent graduate Emily Stockwell agrees that the sense of collaboration, emphasis on student growth and wellbeing, and diversity

of learning opportunities contributed to her high achievement in the 2021 HSC.

“The school encourages everyone to flourish individually,” she says. “You can be your own person.”

A city boarder from the Northern Beaches, Emily was recognised as an All-Round Achiever and came 3rd in NSW for Studies of Religion I. She was also nominated for ArtExpress for her HSC major work and participated extensively in the school’s extra-curricular program.

“I was involved in Future Problem Solving, which taught me a lot about problem-solving and collaboration. I also did a bunch of sports and Duke of Edinburgh. There were so many opportunities in academics as well as extra-curricular— all of them together made for an excellent experience at Loreto and I couldn’t have asked for anything more.”

Loreto Normanhurst is an all-girls Catholic day and boarding school for girls in Years 5 to 12 on Sydney’s North Shore. The school will host its Open Day on Saturday 19 March, 2022 from 11.00 am to 3.00 pm.

Meet James West

Jodie Wolf

If you don't know of him yet, you will. James West has landed a dream role on the television show *Better Homes and Gardens* where he will be researching potential landscaping projects and supporting landscape designer and presenter Charlie Albone to bring them to life on screen.

Immersed in the great outdoors from a young age, James was surprised by a job offer whilst working at his local bottle shop, to start working for a local landscaper. Firstly, enrolling at TAFE University on a Landscape Construction course, he went on to further his knowledge and creativity with a Landscape Design Diploma of which he says, "the built form balanced with the plant's forms is a beautiful relationship!"

Sydney Observer sat down with James to gain some insight into his world and grab some advice when it comes to designing your space at home.

How easy or hard is it to bring a design to life through television, especially for viewers at home?

My design ethos hasn't changed moving into this new role for BHG. I still want my designs to evoke emotion when you're in the space, touch on your senses whether its sound, touch, smell or visual. Also, each space is designed to be unique to that person, they feel themselves in the space and have a connection with it. All designs have their challenges, having Charlie and the team is a huge help. We work collaboratively together to ensure the design and build come together smoothly. The biggest change for myself has been when designing a garden, I need to speak to the viewers at home, not just the individuals we design and build for. My mantra when I started this job was to create spaces that the viewer at home feels capable of doing themselves while still having a beautiful design.

Does it always turn out just as you anticipated?

Yes, I would say. You are always faced with adversity on site however, it's how you can absorb these and keep moving forward like nothing happened. I couldn't ask for a better team here at BHG, we always band together and make it happen!

What are the tough parts about your job? It must be hard work physically and mentally?

Landscaping in general is tough. Before anything you've got to be willing, not just willing, but frothing for the hard stuff. This is why I love landscaping because it 'weeds' out the people that can't cut it. What the job demands out of you it gives back ten-fold. Having an outdoor office, the ability to be creative, watching projects come to life is a beautiful, fun experience and working with plants is just fabulous!

Do you look at gardens outside of your job and always think of ways to improve them when you are not working, or do you manage to switch off and leave work at work?

Like anyone working in any creative job it's hard to switch that part off, well it is for me. However, I enjoy love walking into a space or down the street and doing what I call 'mind designing'. Looking at how you could do something different, what plants may work better, colours textures you could add or just looking at a space and thinking "that's gorgeous, I'll remember that for next time!"

Readers might like to try their hands at creating something beautiful in their own gardens. Where would be an easy place to start for someone that doesn't have a clue?

Before anything go and explore! This is one of the most fun and easiest things to do. Gardens are alive, go and live and breathe them. See what speaks to you, is it the curves and organic feel of the space



or the hard, linear lines that give you a tickle inside. Get in touch with plants, what are you drawn to? Touch, smell and hear them. Gardens are everchanging so go and play, try things in your garden. Start small, it doesn't always have to be the whole garden that transforms. Also, when it comes to plants, show restraint. You might feel like you want to mass it out with every colour of the rainbow but take a breath. A couple of different plant species ranging in colour texture and size go a long way when planting an area out.

The pandemic has shone a light on mental health and ways we can relax our over-active brains. Gardening is said to have a meditative effect. How true would you say this statement is?

Very true! This crazy world with live in growing denser by the minute, people need an out, a way to tap out of the craziness and chill. Gardening is a great way. I can't be a bigger advocate for it. Go out in your garden and stick your hands in the ground, get in touch with it. Change screen time to plant time. If it's pruning your bonsai, dead heading your salvia's flower spikes, good old weeding or just lying down in your garden. All great ways to soothe the mind.

For people reading that may be thinking of getting green fingered, what are your top tips for creating a calming space to kick back with a coffee or a book?

Think about creating spaces in your garden, courtyard or whatever space you have. It doesn't have to be big, you could arrange some pots for example, so you now have a little area slightly screened that you can steal away to. If space isn't an issue, apply the same principle with bigger plants and garden beds. For me it's about not making everything direct. Curves and informal screen within gardens create depth and cute pockets to chill in.

Where do you spend your time to relax when you're not at work?

So, when it comes to relaxing, I'd be jumping in the van with my girlfriend Ruby for a night over the weekend and scoring a few waves somewhere, or just reading a book and playing games. Basically, getting into nature whenever I can. Running, skating, quizzes and beautiful friends fill the space nicely.



It's a Frog Frenzy

Alan Toner

Sydney is renowned for its natural beauty of lush bushlands and incredible wetlands. The bushland is dominated by Sydney Sandstone Gully Forests, home to Sydney Peppermints (*Eucalyptus piperata*) and the Sydney Red Gums (*Angophora costata*) trees. These trees provide immense shade, leaf litter and enhance soil moisture on the ground within the bushland of Sydney.

Often, bordering Sydney's bushland are the wetlands which include marshes, coastal swamps, and creeks too. In these places, you may find plants such as the Coral Fern (*Gleichenia dicarpa*), Spiny-head Matt-rush (*Lomandra longifolia*) or even Knobby Club-rush (*Ficinia nodosa*). These plants provide the perfect habitat for local frogs of Sydney and where there are frogs, you have a healthy environment. Chances are, where you find frogs there will be a high biodiversity in flora and fauna too.

Have you heard or seen any frogs lately? Although frogs are usually small and

unseen, Sydney's frog population continues to fluctuate in most environments and there are a few factors that influence these changes. Whether it is water quality and quantity, habitat loss, invasive species, diseases or changes in local weather patterns, frogs are very sensitive to environmental changes.

In Sydney's winter last year, there were many frog sightings during the daytime but frogs are usually nocturnal. In addition, there were many reports of frog deaths with red markings on their bellies and feet. Could it be the deadly Chytrid Fungus or something else causing frog deaths? Nonetheless, it is not clear as yet what the cause was but what is clear now, is there is an increase in Sydney's frog populations.

With the increased rainfall and mild temperatures experienced in Sydney lately, there has been more frog sightings and fewer reports of frog deaths. Frogs to be on the lookout for are the Red-crowned Toadlet (*Pseudophryne*

australis), Green Stream Frog (*Litoria phyllochroa*), Common Eastern Froglet (*Crinia signifera*) as well as the Green and Golden Bell Frog (*Litoria aurea*).

Sydney Harbour National Park, Manly Dam and the 'Brick Pit' in Olympic Park are ideal places to explore Sydney's bushland and wetlands and spot a frog frenzy during twilight hours.

When leading Twilight Discovery Tours in Sydney Harbour National Park, I often show my customers the adorable Red-crowned Toadlets hidden among the Coral Fern along the bushtracks.

So get outdoors and go spotting frogs for yourself, with children or with an accredited tour guide like myself but be mindful to always admire frogs from afar and avoid disturbing their environment.

Alan Toner is the owner and founder of Sydney Harbour EcoWalks Tours. Visit www.ecowalktours.com.au



photowall.co.uk

Striking Feature Walls

Christa Nicola

Just when you thought feature walls were a thing of the past, they are back and bolder than ever. Express your creativity with striking wallpaper, a hand-finished artisan surface or a textured design. You can really unleash your individuality with feature walls and lift your home's mood and interior experience. Feature walls are the ideal way to reflect your sense of style.

You can choose something bold to create an eye-catching focal point and pair it with neutral tones. White, cream or grey shades are excellent choices for your other walls. The end result will make a statement without dominating or overcrowding the space. Or you can create little sanctuaries in your kid's bedrooms to reflect their tastes.

Sydney Observer spoke to Lucy Montgomery, Interior designer and creative director of her own namesake homewares and furniture brand, Lucy Montgomery Collection, to get her views on the best way to highlight your walls. She believes feature walls add dimension to an interior by creating a focal point and a playful element of persona.

"Different effects can be achieved through the selection of colour, pattern and texture. A blue or green stripe is crisp and breezy, whereas more vibrant colours like terracotta or ochre are undeniably chic - a bold gesture that announces the significance of a room. Coordinating a feature wall with your furniture upholstery can truly elevate a space and create a 'zone' in an open-plan space," she said.

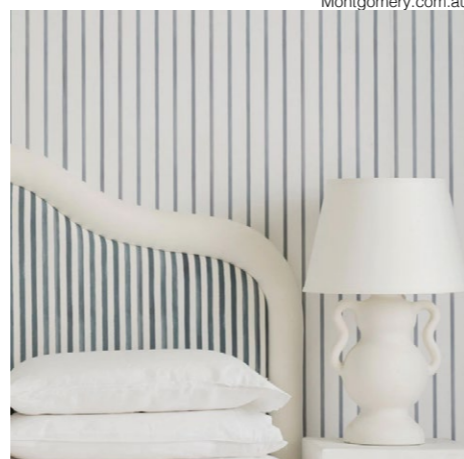


photowall.co.uk

Feature walls offer a quick and easy way to spice up a space. They can be striking or soft. Sometimes a subtle pattern can inject just the right amount of interest into a room without overwhelming the space. Whether you want a big change or a modest upgrade, a feature wall could be just the thing you need.

And Ms Montgomery thinks wallpapers can do just that. "Wallpapers have been given a new lease on life. There are endless beautiful designs available, yet few have lasted the test of time like the perennial classic- a stripe.

"I decided to design my signature hand-painted stripe for a wallpaper range as it is extremely versatile, creating an unexpected moment in any scheme. Used in a powder room, a striking stripe creates a sense of surprise and fun for your guests. It's a classic statement that is as timeless as it is eye-catching."



Montgomery.com.au

Whether you want to liven up a living room or turn a nursery into a secret garden fantasy, wallpaper and feature walls can do just that. Let your creativity run wild with the wide variety of choices you can make to turn your house into a unique, classic or artistic hub.

Return of the Worms



All the hard work that you have invested in creating a luscious, green lawn could be undone overnight this coming season by a small leaf eating caterpillar, the dreaded Army Worm.

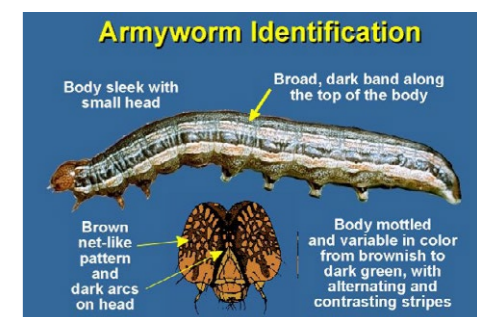
You can tell that your grass has been invaded by this particular worm's army, by spotting patches of the lawn that appear shorter or browner in colour where the grass leaves have been chewed back to the runners. There will also be much more bird activity, as they will be there to feast on the army worms that are living in your lawn.

These little critters are nocturnal, meaning that they hide during the daytime and do their damage at night.

Sydney lawn expert Gerry Faehrmann says that the army worm generally appears in Autumn just before the cool weather arrives, making it harder for the lawn to recover for winter.

"The first sign of army worms is the devastating damage they do to your lawn, in effect they eat the leaf of your lawn back to the stem, and overall, it would appear your lawn has been badly scalped," he said.

"Confirm the presence of army worm pouring soapy water over 1 square metre of lawn and covered with a large rag, you will see the offending army worms rise to the top of the grass."



University of Nebraska-Lincoln

Faehrmann advises that to help control Army Worm damage, you can apply the insecticide Yates Baythroid and water in and the army worms will die overnight. He also suggests that you fertilize the lawn areas to help the lawn recover quickly.

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www.seniorsfestival.nsw.gov.au

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premier.ticketek.com.au

Seniors Festival Lunch Cruise

25 March - 3 April
Where: Sydney Harbour
Cost: From \$75.00
Website: <https://www.captaincook.com.au/whats-on/seniors-festival/>



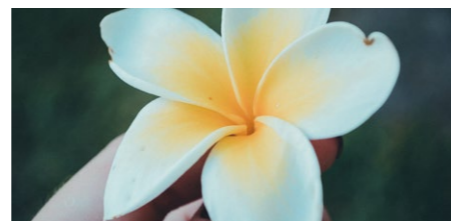
Historic Willandra House Open Day and Morning tea

8 April
Where: Ryde
Cost: Free
www.eventbrite.com.au



Art of Ageing Photographic Exhibition

Contact the venue for exhibition schedule
Where: Crows Nest Centre, Ryde Library, The Kirribilli Centre and more.
Cost: Free
www.seniorsfestival.nsw.gov.au



Aloha Fun

29 March
Where: Turrumurra Seniors Centre/ Croquet Lawn
Cost: \$15.00
www.seniorsfestival.nsw.gov.au

Understanding Dementia

29 March
Where: Hornsby Library or broadcast live via zoom.
Cost: Free
www.hornsby.nsw.gov.au/library



Fauna and Bushfoods Experience

29 March
Where: Roseville, West Pymble and more.
Cost: Free
krg-events.bookable.net.au



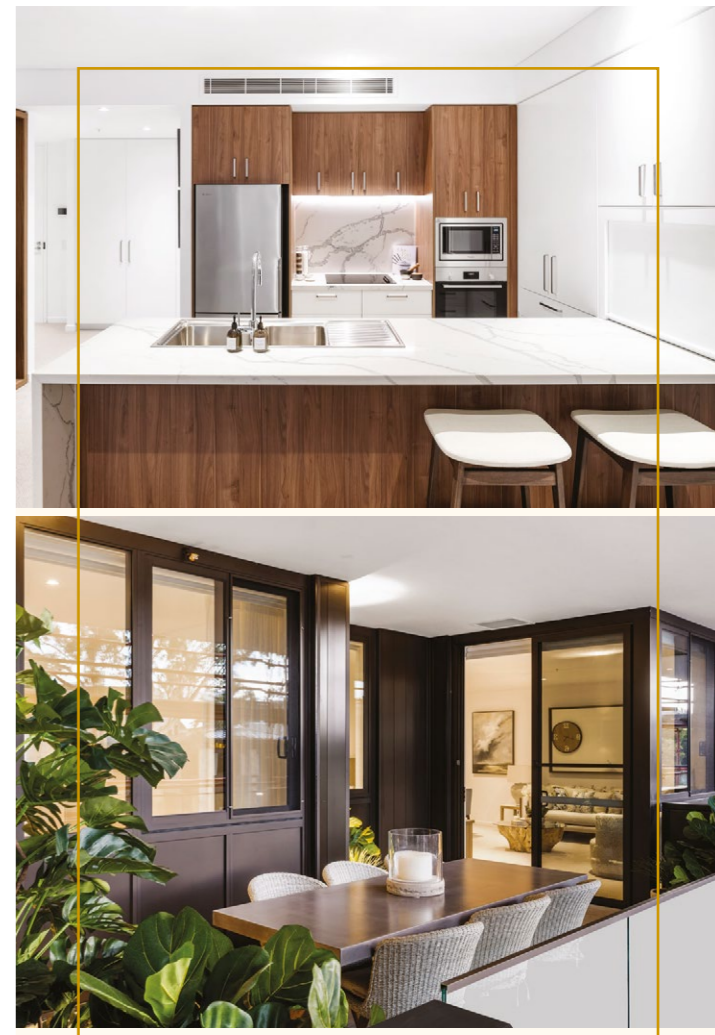
The 2022 NSW Seniors Festival is Here!

Now in its 64th year, the Seniors Festival has returned from Friday 25 March! There are many opportunities to celebrate the festival, whether in person or online. Stay active, socialise and explore new activities, taking some time to reconnect to yourself and the community. Over 500,000 seniors are predicted to take part in the events this year, and with events popping up all over the state, there is something for everyone which means that nobody will miss out.

The Seniors Festival Comedy Show is also returning this year and will provide some welcome comic relief for the new year! Tickets for the show will be released on 2 March and are completely free.

Seniors Minister Natalie Ward said that the festival is a great way to promote inclusion and encourage the older generation to get involved through health, art, music, technology and physical activity. She said that this event would build on a strong legacy of, "showing NSW seniors how much they are valued."

The NSW Seniors Festival runs from 25 March to 3 April. To find out what is on offer in your local area, visit the Seniors Festival website (www.seniorsfestival.nsw.gov.au) for more information.



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A Tribute to Glenn Wheatley

On Tuesday 1 February 2022, Glenn Wheatley, Australian music industry icon, passed away, aged 74. The musician, manager, radio pioneer and entrepreneur had a colourful existence and launched the career of Delta Goodrem, helping her debut album *Innocent Eyes* to sell over one million copies in Australia. His other management credits include Pseudo Echo, Real Life and Australian Crawl. Wheatley also created charities to fundraise through televised concerts, including the Hay Mate charity to raise money for farmers, the benefit for Rwanda, the concert for the troops in Dili, and countless contributions to other charities in which he was immensely proud.

CAREER HIGHLIGHTS

1948

Wheatley's played bass in the band Masters' Apprentices, from 1968 to 1972 and performed on some of their greatest hits, including 1971's 'Because I Love You'.

1970s

During this decade he helped open doors for Australian music overseas with the global success of Little River Band, selling over 30 million albums and scoring 10 US Top 20 singles including *Help Is On Its Way* and *Reminiscing*.

1980

His most successful partnership came with John Farnham, lifelong friend and creative soulmate. Wheatley took over Farnham's management during this year and re-launched his career. Wheatley also launched Australia's first commercial FM station, EON FM, which would rebrand as Triple M. He continued to invest in radio stations throughout his lifetime.

1986

The biggest comeback in Australian music history was achieved by Farnham and Wheatley with the *Whispering Jack* album, which is now the highest-selling Australian album in ARIA history, while Farnham scored ten No.1 albums with Wheatley as manager. Wheatley also transformed Farnham into one of the most successful touring artists in Australian history, selling millions of tickets in arenas and later outdoor festivals.

1992

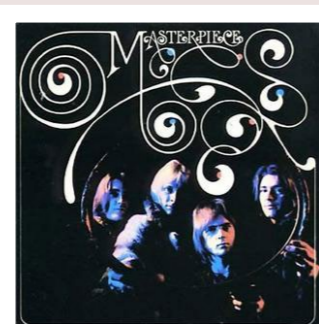
In 1992 he helped stage the Australian musical version of *Jesus Christ Superstar*, featuring Farnham, Kate Ceberano and Jon Stevens. It played over 80 arena dates across the country, while the soundtrack album - released on Wheatley Records, went 12 times platinum.

1998

Wheatley was inducted into the ARIA Hall of Fame as part of The Masters Apprentices, whose hits *Turn Up Your Radio* and *Because I Love You* are Australian rock classics.

1999

He released his autobiography, *Paper Paradise*.



First and last *The Master Apprentices* albums with Glenn Wheatley.

2022

Wheatley's son Tim shelved his new single and EP release. The long-planned EP was to include a stunning, heartfelt cover of *The Masters Apprentices* classic *Because I Love You*. "We were planning the release of *Because I Love You* for months," Tim said. "We just fell three days short."



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Happy Birthday to the Harbour Bridge

Australia's most recognised, photographed and loved landmarks, the Sydney Harbour Bridge, will celebrate its 90th birthday on the 19th of March 2022.

From the day that it opened to the first cars (and horses) back in 1932, it has been greatly admired worldwide as an engineering marvel thanks to the brilliance of chief proponent John Job Crew Bradfield.

The Bridge's steelwork weighs 52,800 tonnes and is held together by 6 million rivets, each one driven in by hand. The structure sits 134 metres above sea level, almost as high as The Great Pyramid in Egypt, and is 503 metres long.

Bridge Climb's CEO Deb Zimmer believes that everyone has a story that involves the Sydney Harbour Bridge.

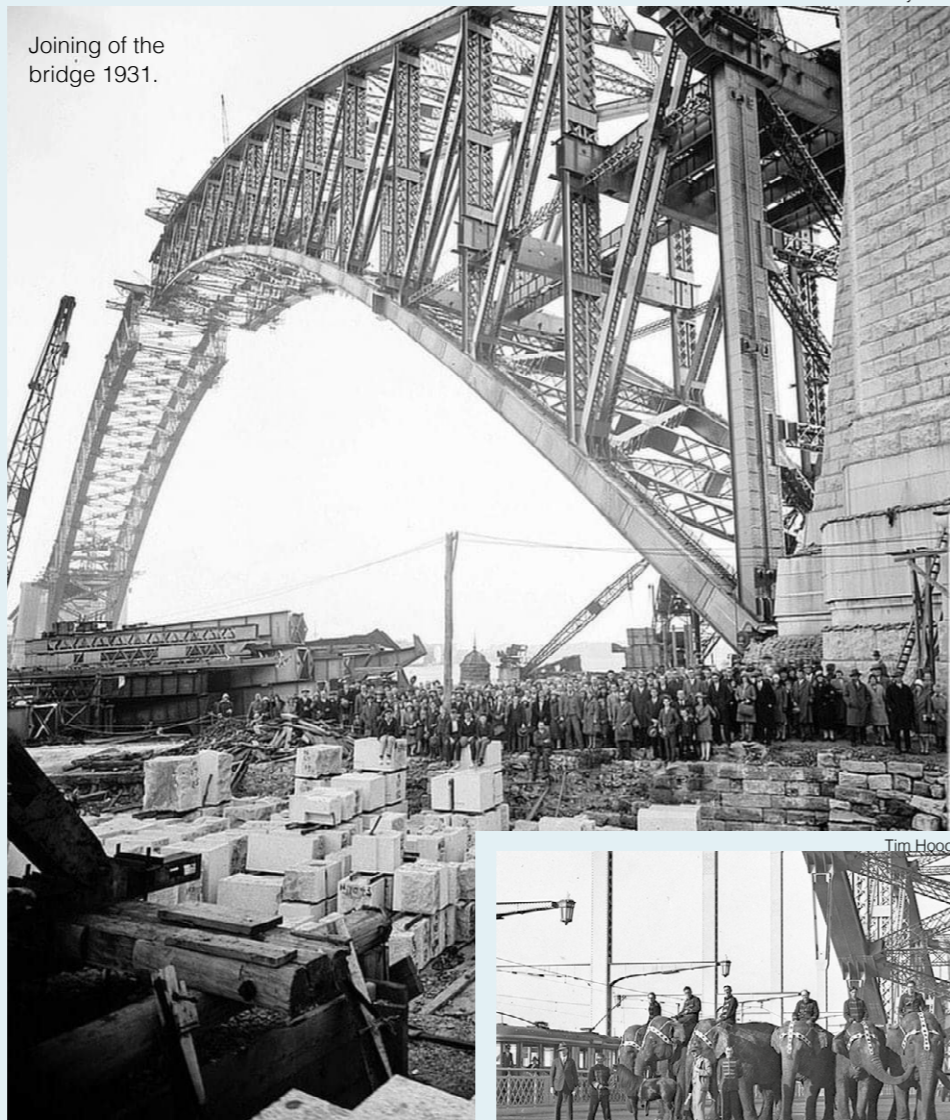
"Whether you've scaled to the summit with us, watched it put on a spectacular New Year's Eve fireworks display, or simply taken a train ride over it, the Bridge has played a part in many people's lives," she said.

One story most Australians are familiar with is Paul Hogan's career pre-stardom. At the age of 23, Paul got a job as a rigger on the Sydney Harbour Bridge which, in the 1970s, required nerves of steel. Paul worked on the Bridge for over a decade and, during this time, was thrust into the international limelight.

One of the lesser-known stories of the Sydney Harbour Bridge involves elephants and a horse and is most likely the first publicity stunt to ever take place on the Bridge.

Nicknames for Sydney Harbour Bridge

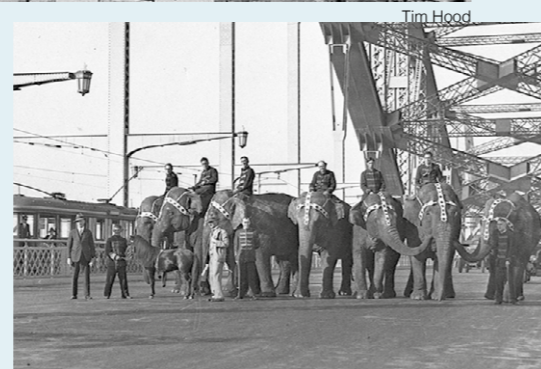
- The coat hanger
- A symphony of steel
- The arch that cut the sky
- The humpback whale
- The iron lung



State Library NSW



Sydney Harbour Bridge 1931.



Tim Hood

City of Sydney Archive

Is there a Buzz Around You?

Hearing is one of our most important senses, enabling us to connect to the world, to our environment and people. While many of us take it for granted, a person suffering a hearing loss knows the value of this precious sense.

"For those who have the ringing constantly, it is seemingly impossible to ignore and profoundly affects their quality of life. While tinnitus does not cause hearing loss, it can, for obvious reasons, impede hearing."

The clinicians and audiologists at AUDiOHEALTH, which has family-run branches in Cairns, Smithfield, Atherton and Sydney, provide individual hearing tests and personalised services for those suffering from tinnitus and other hearing problems.

According to the Australian Government's Department of Health, one in six Australians experience some form of hearing loss. The good news is help is easily available.

Lead author and audiologist Kate Lewkowski, from the Curtin School of Population Health, said the results of a recent survey indicated one-quarter of the Australian workforce suffered from tinnitus, including half a million who live with it constantly.

Not only are they highly trained in the field, but they are also well known for their dedication, support and friendly nature that go above and beyond in helping their clients receive the best hearing solutions to their individual needs at an affordable price.

AUDIHEALTH, a local family-owned hearing healthcare practice that has had three generations of family members committed to the profession, has been instrumental in helping those with hearing problems improve the quality of their lives.

"We estimate that more than 500,000 Australian workers experience constant tinnitus, indicating the prevalence of tinnitus in the Australian workforce is high," she said.

Because they are an independent clinic, their range of technological-advanced and latest innovative products are sourced from the widest range of manufacturers to improve your hearing and standard of living. They can also provide hearing aids that activate connectivity via apps enabling clients to direct stream from their phone, television or tablet.

Joanna Magee, AUDiOHEALTH's director and a clinician with more than 30 years of experience, said one hearing issue thousands of Australians suffer from is tinnitus, which is a ringing or buzzing in the ears. For some, tinnitus is infrequent or temporary, while in others the noise is severe and constant.

While scientists and health experts don't know the exact physical cause of tinnitus, several sources are known to trigger it such as exposure to loud noises, ageing and some prescription medications that are harmful to the inner ear and the nerve fibres connecting the cochlea to the brain. Conditions such as otosclerosis and Ménière's disease are known to cause tinnitus.

Whether you are looking for hearing tests, the latest hearing aids with outstanding service and support, or the best value and best-priced hearing aid batteries around, be sure to book an appointment at AUDiOHEALTH on 1800 301 231 or visit www.audiohealth.com.au for more information.

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Keep Walking

Rejimon Punchayil

Mobility is an important aspect of our everyday life. Mobility promotes not only our social and emotional well-being, but it also plays a vital role in our physical well-being, functioning of our critical internal organs. Walking enhances the overall health of muscles, bones, joints, circulation, heart, lungs, digestion, bowels, mind... However, with walking comes the risk of falls. Falls result in broken bones, bruises and fear of falling. The saying, 'Use it or lose it,' couldn't be more true when it comes to mobility in older age. There are easy solutions that help us move while keeping us safe and steady on our feet.

WALKING STICKS

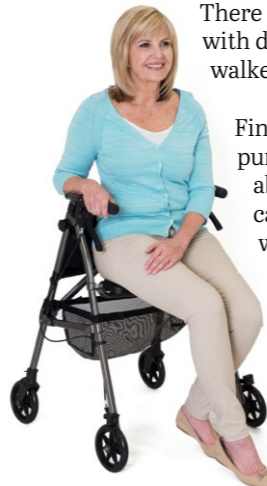
These will help if you have painful joints but may not be enough if your balance is not so good.

WALKING FRAMES

Some call them Zimmer frames or ball walkers. They are easy to fold and provide greater support than walking sticks. They are light and easy to manage.

SEAT WALKERS OR ROLLATORS

With a seat and four wheels. Then there are three-wheel walkers without a seat. Most of them have hand brakes. There are special walkers for those challenged with dementia, Parkinson's etc. A poorly fitted walker can do more damage than good.



Find a walker that is appropriate for the purpose, suits your personal situation, and above all your personality. From the ultra-light carbon fibre walker or the fashionable Nitro with big wheels, there are plenty of choices.

It is essential to find a walking aid that meets your needs and budget. Needless to say, it also shows your personality and taste. Please have a chat with an Assistive Technology specialist at Comfort Discovered or visit www.comfordiscovered.com.

Try Accommodative Coping

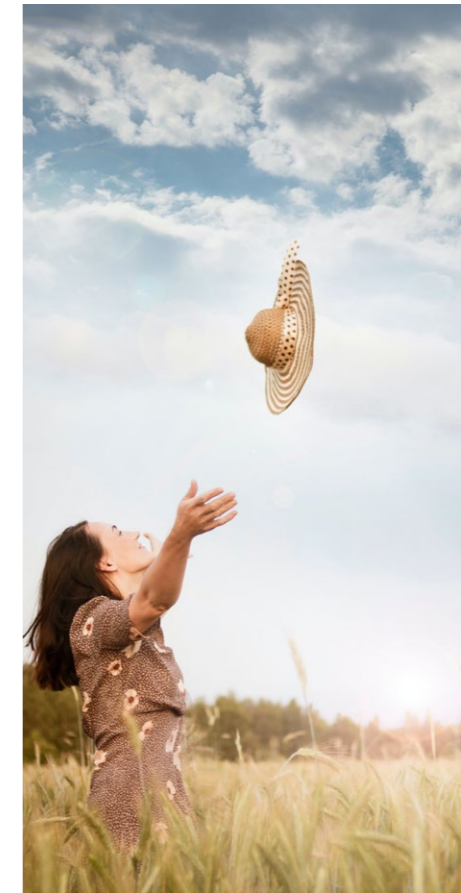
Dr Sue Ferguson

As we get older, we face more situations that feel uncontrollable, where there isn't anything that we can do to change our circumstances. Such as the death of a loved one, being diagnosed with a chronic illness, or developing hearing or vision loss, or another disability.

In uncontrollable situations, you can also use accommodative coping strategies. With accommodative coping, you are still actively involved in coming to terms with your new circumstances and making them feel less negative, or more acceptable. So, it's different to resignation, which involves a sense of helplessness and passively giving up.

Research has shown that accommodative coping is a better predictor of wellbeing in older than younger adults. Accommodative coping involves thinking differently to adapt to the environment. To do this, try:

1. Reinterpreting unfortunate events or unattainable goals (such as by seeing them from another perspective). For example, seeing them as bad luck, or as not very



important anymore. I find asking myself "will this matter in 5 years?" helps me.

2. Lowering your expectations for what you can achieve (it doesn't have to be perfect, just finished).
3. Withdrawing from goals you can't achieve now, and focusing on more attainable and meaningful goals (such as retiring and volunteering part-time).
4. Adjusting to the way things are now, for example by being mindful of both the negative and potential positives of the new circumstances, or by downward social comparison (you're coping better than Mrs B who also has this problem).

As Ann Landers said, "Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it."



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

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Opening our Eyes to Oral Health

Ian Sweeney

Poor oral health is extremely common in the community. Approximately 15 per cent of adults between 20 and 50 years old and 30 per cent of adults over 50 have Periodontal Disease.

There are very few patients who can keep their teeth and gums in optimal health beyond three or four months following a professional clean. Soft plaque may begin to build up on teeth within a few days of having them cleaned. As poor oral health progresses, it can substantially affect the quality of life.

For many years, researchers have shown diseased gums in patients with severe periodontal disease compared to patients with healthy gums, release significantly higher levels of bacterial by-products, such as endotoxins, into the bloodstream. These harmful bacterial components in the blood can then travel to other organs in the body, such as the heart, and cause harm.

Periodontal diseases are serious bacterial infections that destroy the attachment fibres and supporting bone that holds your teeth in place. When this happens, gums separate from the teeth, forming pockets that fill with plaque and even more infection. As the disease progresses, these pockets deepen even further, more gum tissue and bone are destroyed and the teeth eventually become loose.

A recent study was undertaken to identify the association between periodontal disease (gingivitis and periodontitis) chronic diseases including cardiovascular disease (heart failure, stroke, vascular dementia), cardiometabolic disorders (high blood pressure, Type 2 diabetes), autoimmune conditions (arthritis, Type 1 diabetes, psoriasis), and mental ill-health (depression, anxiety and serious mental illness)

Approximately 64,000 patients with an average age of 45 years were studied. In this group, periodontal diseases were shown to be associated with an increased risk of developing cardiovascular,

cardiometabolic, autoimmune diseases and mental ill-health.

Importantly, the study showed patients with a history of gum disease were almost 40% more likely to develop mental ill-health.

Studies such as this reinforce the need for early identification of gum disease, early treatment of gum disease and regular dental appointments.



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

At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.
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Hydration Essentials

Amy Sandig

Want to learn the secrets to keeping your skin looking healthy and glowing all year round? The answer lies in one simple strategy – hydration. Your skin is made up of 30% water and every cell in your body relies on it. This 360-degree view of hydration will leave you equipped with the expert knowledge to plump out and revitalize your skin from the inside out.

You have probably heard all the reasons why diet counts and the benefits of collagen-rich food. However, one essential benefit that is often overlooked is the ability of certain superfoods to nourish your skin, reduce inflammation and boost antioxidants. All while adding an extra dose of hydration!

Two popular ingredients brandished across nearly every top skincare brand are pomegranate and green tea. You may be wondering if they are worth the hype? The answer is a definite yes. Pomegranates and green tea are both rich in polyphenols which boost cellular hydration and hold in moisture. Giving your skin an added layer of protection against harsh winds, sunny days, and other environmental stressors.

Other essential vitamins and minerals that contribute to your body's overall levels of water retention include magnesium, potassium, and vitamin D. You can find these ingredients in dark organic chocolate and colour rich foods such as berries and dark green leafy vegetables.

Dehydration can happen easily, with time spent in front of the screen, too much sun and astringent products like tea and coffee working overtime to slowly deplete your natural reserves. Prevent this from happening by switching it up with a mixture of spicy herbal teas or a dash of lemon to your water.

Go one step further to ensure your skin is protected at every level and keep enforcements on hand. This can include concentrated serums and specialised day creams that only take a few minutes to apply and offer benefits that last the whole day. When choosing which creams to use – the world is your oyster.

The North Shore is stocked to the brim with powerful products. The choice is yours. Shop by ingredient choice at local retailers such as Kiehls in Chatswood



Chase or Innis Free in Westfield shopping centres. For complex issues get a full assessment and medical-grade skincare from the doctors at Kendall Cosmetics in West Pymble. Take a beach day and go to the Powder Room at Seaforth to purchase the 'all in one,' Superfruit Day Crème by Danish skincare brand *Beauté Pacifique*.



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



PNG Tree

Menopause and Mental Health

Jodie Wolf

We've all experienced a mother, an aunt, sister or friend fervently fanning themselves in the middle of what feels to you, to be a cool, winter's evening, desperately loosening any clothing they have on and mopping their beaded brow with haste.

You may even have been through this natural transition already or be clamped within its claws as we speak. What is this merciless creature I speak of? The Menopause. It's one of life's certainties that can affect women in various ways and decrease their enjoyment of life in the process.

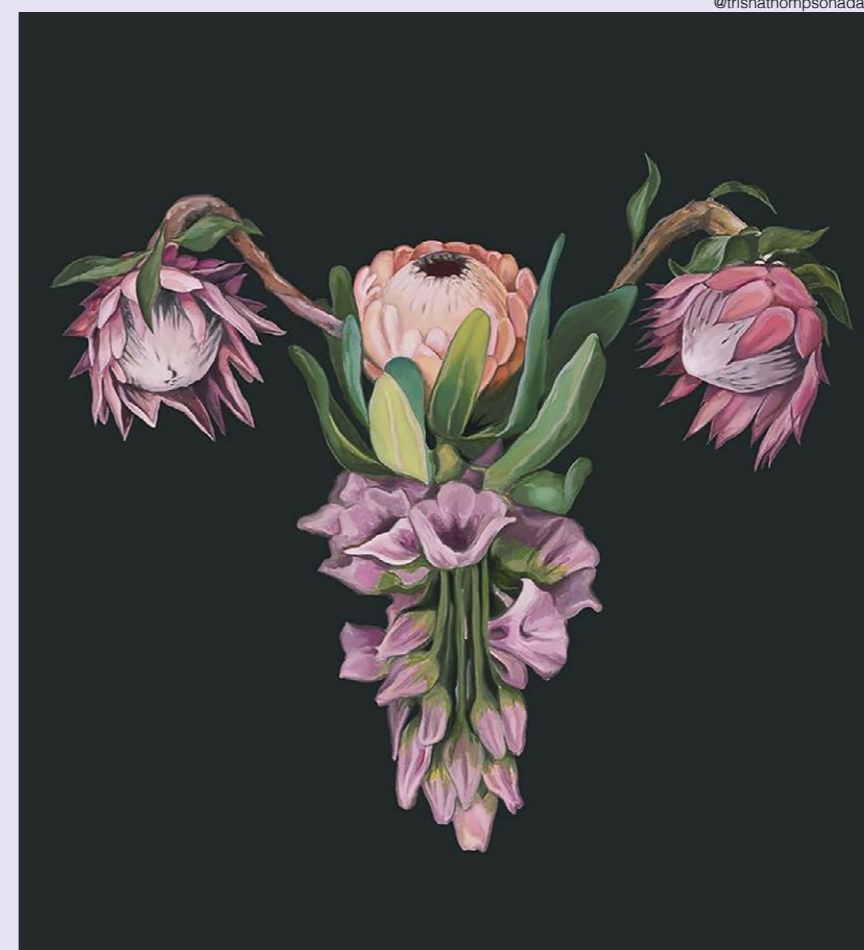
As a women's ovaries begin to age, the body begins to evolve as reproductive hormone levels drop. At some point in the mid-to-late 40s, periods will start to lose their regularity but increase in their length and strength when they do arrive, accompanied by many other symptoms that can continue for several years after one's menstrual cycle has stopped altogether.

Symptoms can include dry skin, mouth and eyes, increased urination, insomnia, headaches, racing heart and hair thinning or loss to name a few. Others report a racing heart, painful or stiff joints and memory problems.

Most people are aware of the more common physical symptoms of this transitional time, such as hot flashes but what some people may not know, is how menopause can also affect your mental health.

Sally Andrews, 52, from Manly says that she experienced extreme brain fog when her menopause kicked in.

"I would walk into a room and then completely forget why I had walked in there. I would arrive at Coles and having forgotten my shopping list, have no idea what I had come out to get," she says in disbelief.



@trishathomsonadams

A poor night's sleep due to night sweats, often means that you are more likely to feel irritable the following day and there are many contributing factors that a woman may feel stressed with around this time such as financial worries, health issues, changes to libido or other physical signs of ageing. Mood changes could also arise in the forms of anxiety and mild depression. "I honestly thought that I was going mad," says Sally.

"I was very anxious. I even started to google Doctor it, which is the worst thing you can do, and I freaked out thinking that I had Alzheimer's coming! It turns out that head fog is a common symptom during 'the change' as they call it. What a relief."

Five Top Tips

Natasha Andreadis, Women's Health and Reproduction Educator has given us some top tips on how to manage your symptoms during the hot weather.

- Carry a portable fan on you wherever you go
- Dress in layers to modify your temperature as needed
- Reduce stress
- Cut caffeine from your diet
- Consider alternative treatments to MHT (Menopause Hormone Therapy)

For those experiencing early menopause, which means that menopause has started before the age of 40 years, low mood and anxiety can be another tough factor to contend with during this time.

Pauline M. Maki of the Guidelines for the Evaluation and Treatment of Perimenopausal Depression: Summary and Recommendations, states that "The menopausal transition is a time of increased risk of mood disturbance. Even women with no previous history of depression ... are at increased risk

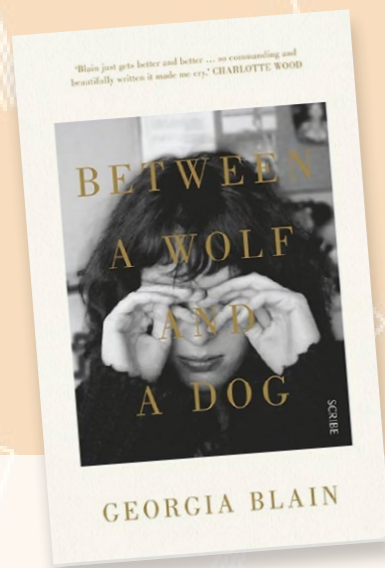
of depressive symptoms compared to premenopausal women. The risk of a major depressive episode (MDE) is also higher in the peri-menopause compared to the pre-menopause in women with a history of Major Depressive Disorder (MDD)."

Menopause can be an extremely isolating time for an individual especially as there do not seem to be a lot of spaces for women to talk freely about what they are going through. Many may be afraid to discuss their mental health issues at all and others have been conditioned by society to believe that their symptoms are just there to be braved.

Let us hope that there is a positive change to come when talking openly about mental health and how this hugely impactful time in a women's life needs to be supported, but most importantly, understood.

Get Lost in Literature

Jodie Wolf



Between a Wolf and a Dog

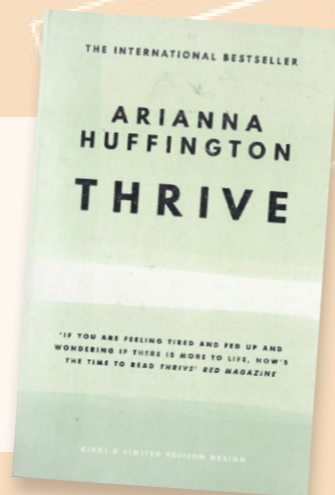
Georgia Blain, Scribe Publications

Taking place predominately over one rainy day in Sydney, Between a Wolf and a Dog explores our capacity to survive sorrow and how we as human beings use the transformative power of art to heal.

Thrive

Arianna Huffington, Penguin

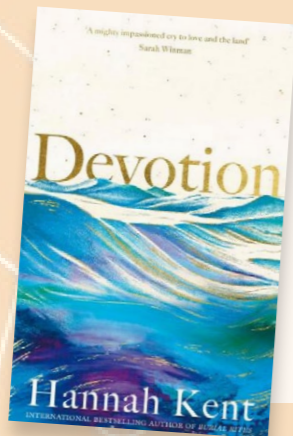
Implementing the latest ground-breaking research and scientific findings in psychology, sports, sleep, physiology and meditation, this book will guide you in ways to revolutionise your thinking and lifestyle for a happier existence.



Devotion

Hannah Kent, Pan Macmillan

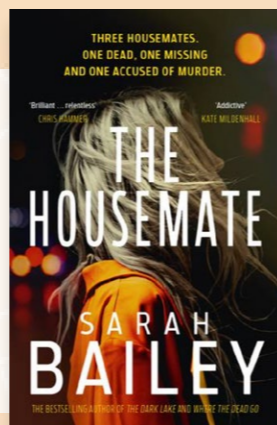
Journey back to 1836, Prussia and meet Hanne and her community. We journey with the characters as they encounter a brutal journey, their hearts set on the promise of freedom. It is a tale about acceptance, a story about the bonds that tie us together but above all, a devastating love story.



The Housemate

Sarah Bailey, Allen & Unwin

Award-winning writer Sarah Bailey has created yet another masterpiece in this provocative, crime thriller. Join journalist Olive Groves as she dives into a homicide case involving three housemates. The web of secrets that she reveals will keep you hanging onto every page with a cocktail of excitement and trepidation.



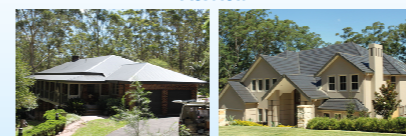
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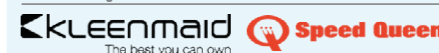
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- Maintaining store standards and cleanliness.
- Assisting the sales and management team with all administration tasks related to the running of the jobs.
- Diary management and arranging appointments, and site visits.
- Dealings with any issues by correctly escalating and following up with suppliers and clients.
- Responding to customers email, text and phone enquiries.

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- Excellent communication skills.
- Friendly approachable and passionate about delivering excellent customer service.
- Well groomed.
- Highly organised, being both proactive and reactive.
- Ability to work well under pressure.
- Excellent time management and the ability to problem solve.
- Ability to work autonomously.
- Detail oriented multi-tasker.
- Advanced computer skills and the ability to learn new software.
- Intermediate to advanced excel.
- Experience with Mac a plus.

Experience in the kitchen industry would be well regarded but is not essential. We are looking for someone who excels at administration, organisation, communication and is extremely computer literate. This is a Monday to Friday 9am - 5pm position.

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Kerrie Erwin

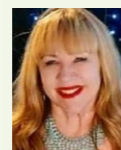
Karen and John were having problems saving money. They both worked very hard but were big spenders and unable to save. When I walked into the far-left section of the home, all I could see was washing all over the place, an old ironing board set up in the middle of the room and untidiness and clutter everywhere. The room was also closed and felt very stuffy, with hardly any light coming in.

When I started to comment about what I was seeing and feeling, Karen started to complain, telling me that she never had time to do anything, did not think she was worthy of having a good life and kept putting herself down. This worried me and I suggested she try 'the art of positive thinking' and begin to acknowledge and write good things about herself, every day.

Over time this would help her with her self-esteem and worth. I told her to be aware of her thoughts and not to permit herself to think negative things about herself again. I then explained how to do mirror work, by looking at her reflection and telling herself she was a beautiful person and deserved the best always, which would gradually help and change her thought-forms.

The other thing to consider in regard to energy was activation. I told them to open up the blinds to let the light in, air the room out every day and then I went on to suggest some good cures. Placing a purple power colour, in the form of a cloth, to cover up her washing basket and buying an Amethyst crystal to place on the empty shelf were two easy examples. Another was positioning a pot of bamboo in the corner of the room. As the plant grew, so did her wealth.

I also suggested the career section needed a once over and suggested a few cures there like a small water fountain that would get the energy going and an inspirational picture to make this section feel important.



Kerrie Erwin is a Psychic and Medium. Get in touch with Kerrie via www.pureview.com.au or kerriejean888@gmail.com.

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Euan Macleod
Adult/child at Murrays 2016
crayon on paper
29x21cm
courtesy Euan Macleod and King Street Gallery on William

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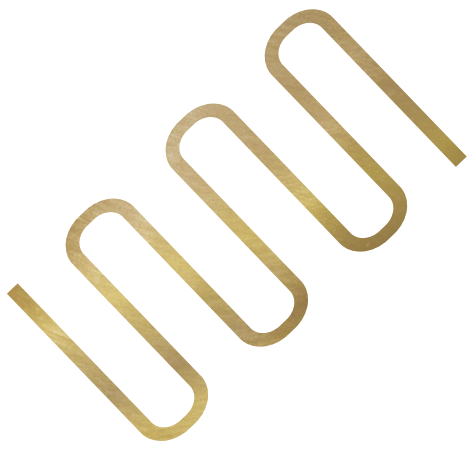


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