



FREE - PLEASE TAKE A COPY MAY 2022

SYDNEYOBSERVER.COM.AU

[f Sydney Observer](https://www.facebook.com/SydneyObserver) [@sydney_observer](https://www.instagram.com/@sydney_observer) [@Sydney_Observer](https://www.twitter.com/@Sydney_Observer)

Sydney Observer

IN PRINT SINCE 1996

Beautiful 'Louise' by

John Klein

2022
FEDERAL
ELECTION

LOCAL NEWS • HOME & GARDEN • SENIORS • BEAUTY & WELLBEING • FOOD & WINE • WHAT'S ON

Len Wallis Audio takes you back to the moment of creation...

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

Len Wallis Audio
64 Burns Bay Rd, Lane Cove
Phone 02 9427 6755
www.lenwallisaudio.com



From the Editor

Hello and welcome, faithful *Sydney Observer's*, to our colourful May Issue. My name is Jay – your new editor! I look forward to providing everyone with the information and entertainment to help get through the month with a smile.



For this May Issue, we focused on all things art. Our profile cover is the fantastic John Klein. John is a renowned artist and painter, and his lovely work 'Louise' is featured on our cover page.

Sydney Observer spoke to John about the practicalities of being an artist, and how he has been able to combine his marketing prowess with his creativity to make him a thriving professional.

We also cover our Bradfield area electoral candidates, as well as informative articles from our regular contributors on Beauty & Wellbeing, Seniors, Food & Wine and more!

Our monthly snack of wisdom comes from the great Socrates:

"He who is not contented with what he has, would not be contented with what he would like to"

Jhouhlias

CONTENTS

- 6. Snippets
- 8. Local News
- 12. Federal Election
- 14. Profile
- 16. Education
- 18. Home & Garden
- 21. Seniors
- 26. Beauty & Wellbeing
- 30. Food & Wine
- 32. What's On
- 33. Clairvoyant



PUBLISHED BY: Kamdha Pty. Ltd.
EDITOR: Jay Houghlias (editor@kamdha.com).
MEDIA RELEASES: news@kamdha.com.
CONTRIBUTORS: Ku-ring-gai Historical Society, Alan Toner, Rejimon Punchayil, Dr Sue Ferguson, Margaret Simpson, Dr Ian Sweeney, Kerry Erwin.
DESIGNER: Frederico S. M. de Carvalho.
BOOKING DEADLINE: 15th of the month.
CONTACT: (02) 9884 8699.
COVER IMAGE: "Louise" by John Klein.

SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* Magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* Magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser. www.kamdha.com

SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

Home, Commercial and Bulk Delivery

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

YES

We have stock of home office chairs new and used

YES

We have stock of desks new and used

YES

We deliver free

YES

We are open 7 days – FOR NOW!

Please ring for advice on which home office chair will best suit your height weight and body

Call now for advice
New furniture – 9982 1077
Used furniture – 9938 5050

POSTUREMATE RANGE

- 3 Lever mechanism
- Adjustable ratchet back
- Adjustable seat and back height
- Seat tilt forward/seat tilt back
- Seat slider
- Adjustable height of arms and width of arms
- AFRDI Level 6 approved
- 10 Year warranty
- Completely Ergonomic
- Mesh back for flexibility and breathing
- Dual based foam for comfort



Showroom:
824 Pittwater Road, Dee Why
NSW 2099

Second Hand Office:
7 Chard Road Brookvale
NSW 2100

The Golf Links, Killara, ca. 1900 / unknown photographer



The Golf Links Killara

sl.nsw.gov.au

Right to Vote

On 21 May this year, most adult Australians will vote in the Federal Election. However, there is a whole section of our community who can be removed from the Electoral Roll and disallowed from having their say: people deemed to be of “unsound mind.”

An alliance of 65 legal, disability and civil society organisations are calling for immediate action to protect the right to vote for NSW people living with disability.

Current electoral laws do not recognise or protect the right of people with disability to vote in elections, including the Federal election on May 21.

Archaic and offensive provisions in the Commonwealth Electoral Act 1918 are still being used to prevent people with intellectual disability and cognitive impairments because they are deemed as being of “unsound mind”.

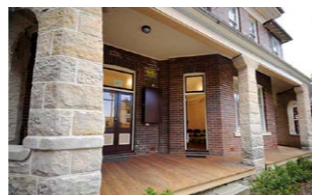
Between 2008-2012, 28,000 people were removed from the electoral roll due to these provisions.

The alliance is calling for the immediate application of the recommendations of the Australian Law Reform Commission’s 2014 Equality, Capacity and Disability in Commonwealth Laws Report.



Exhibit at Wallarobba

Are you an artist, artisan or craftsperson keen to share your creative works with the public? Then consider holding a solo or group exhibition at Wallarobba Arts and Cultural Centre, in Hornsby.



A new way of displaying works has recently been added - a lockable glass display cabinet in the Artists’ Lounge. To make a booking please phone 9847 6050.

Time to Resurrect Scouts

After two years of COVID-19 lockdowns, online learning, and disruptions to organised outdoor activities, Scouts NSW says it is time to resurrect outdoor adventures for the mental and physical benefits of young people.



Scouts NSW programs have resumed in full since the removal of most COVID-19 restrictions. Those new to Scouts can express their interest online, or if they have already visited a local Scout group and met the leaders and other scouts, can complete the online form. For more information or to sign-up, volunteer, or join visit: <https://joinscouts.com.au/>



Hairy Soul by Jane Théau

North Sydney Art Prize 2022

The North Sydney Art Prize is a major biennial arts event. It showcases some of the best in contemporary art from across Australia. The 2022 exhibition features over 110 artworks to be displayed across the grounds of the historic Coal Loader Centre for Sustainability, on 14 May.

“The industrial site provides a unique backdrop for visitors to experience a broad range of artworks: from immersive, site-specific installations within the atmospheric underground chambers and tunnels, to sculptures dotted throughout the picturesque parklands. Then through to paintings, works on paper and multimedia works displayed in the historic cottage and workshops.”

This year’s curatorial theme encourages artists to consider the overarching principles of the Coal Loader Centre for Sustainability. Selected artworks explore sustainability and the environment, addressing the impacts of climate change and consumerism, as well as responding and integrating the natural and industrial elements.

For more info, contact the Exhibition Manager & Curator, A/Team Leader Arts & Culture, North Sydney Council: artsandculture@northsydney.nsw.gov.au

ABC Tackles Mental Health

Space 22 is a new six-part Australian-first documentary series. It attempts to address Australia’s worsening mental health crisis with an integral question - can art and creativity impact mental health?

The series follows seven strangers who have each experienced mental ill health. They embark on an experiment to test if the act of creativity can help heal invisible wounds.

Supported by psychotherapist Noula Diamantopoulos, the participants will be joined by three well-known Australian artists.

Led by singer and performer Natalie Bassingthwaite, who has faced her own mental health challenges, the series premieres on Tuesday 17 May at 8pm on ABC TV and ABC iview.

Chemical CleanOut

Chemical CleanOut Collection items that are accepted range from solvents and household cleaners, floor care products, batteries (including car batteries) and paint and paint-related products.

The next event scheduled in Ku-ring-gai is 28 and 29 May 2022 at St Ives Showground 450 Mona Vale Road, St Ives 9am to 3.30pm.

To find out other drop off dates and locations nearby please visit the Chemical CleanOut website. All NSW residents can access locations other than their own area for disposal of chemical wastes unless the event is specified as ‘residents only’ for that particular location.

Pack your unwanted chemicals in secure containers to ensure they don’t leak or spill. Only household quantities accepted 20kg or 20L being maximum container sizes.

Call the Environment Line on 131 555 to find out about correct disposal for commercial chemicals.



Getty Images

Planning for Ku-ring-gai’s future



Ku-ring-gai residents are invited to comment on the following plans.

The **Community Strategic Plan** is the 10 year plan for Ku-ring-gai. The **Resourcing Strategy** outlines how Council’s planned activities will be resourced and funded. The **Delivery Program** and **Operational Plan** includes the proposed 2022-2023 budget, capital works program and draft fees and charges.

The Plans are on public exhibition from **Tuesday 3 May to Monday 30 May 2022** and can be viewed at www.krg.nsw.gov.au/yoursay 818 Pacific Highway Gordon or any Ku-ring-gai library branch.

Comments must be in writing and quote reference number **S09755/10**

Online: krg.nsw.gov.au/yoursay

Email: krg@krg.nsw.gov.au

By mail: General Manager, Ku-ring-gai Council, Locked Bag 1006 Gordon NSW 2072

All submissions are public documents and will be considered in a final report to Council.

Enquiries: Integrated Planning Team 9424 0000



Help the National Library Preserve Elections History

Our election collection tells the story of our nation. The National Library of Australia is calling on Australians from far and wide to help collect campaign material produced in the 2022 federal election.

Collecting political memorabilia is a part of the National Library's role to preserve and share the history of Australia.

Every three years, in the lead up to a federal election, Australians are bombarded with political party flyers, how-to-vote cards, banners, posters, as well as badges, stickers, and printed material.

This material provides a perspective into Australia's social life and political landscape—the rise and fall of policies, issues, parties and

careers. It offers historians and researchers of the future fascinating insights into the history of politics in Australia.

The National Library is keen to ensure a permanent documentary record of Australia's political history is publicly available. They have been collecting federal election memorabilia comprehensively and impartially since 1983 and have the largest collection of political memorabilia in Australia. National Library curator Bronwyn Ryan said the Library's election memorabilia collection covers every Australian federal election since Federation in 1901.

"Thanks to donations from people living in every electorate in Australia, we've built the largest collection of political memorabilia in Australia," Ms Ryan said.

"Our collection has evolved over time from purely print related material to include digital material. We've got everything from how-to-vote cards and posters, to badges and t-shirts. Now an important part of our collection is election related websites and webpages."

This political memorabilia provides a unique perspective into Australia's social life and political landscape—the rise and fall of policies, issues, parties, and careers.

You can help the National Library collect the stories from your community by donating your local election material.

They are asking you, citizen collectors, to add more political memorabilia and build on this exceptional resource.

Hornsby Art Prize is Back

After being cancelled for 2020 and 2021, The Hornsby Art Prize Exhibition and Competition back in 2022! The event is an annual art award and exhibition which is aimed at showcasing creative talent. The prize is open to artists from across Australia.

The Art Prize and exhibition's goals range from identifying and celebrating outstanding local artists, to positioning the work of Hornsby Shire artists within the wider context of the Australian contemporary art environment, to increasing awareness of culture and the visual arts within the region, to recognising the contribution that the visual arts make towards a vibrant, healthy community.

There are five different entry categories. These categories include painting, drawing, printmaking, 3D works and digital art – stills.

The major prize is worth \$10,000 cash and is sponsored by Hornsby Shire Council. The prize has changed significantly over the years, from a prize with four categories, a major prize worth \$5000 and delivered in a community centre, to the prize it is today; delivered over two sites, (including its home site at Wallarobba Arts and Cultural Centre), with five categories, a \$10,000 major prize and a \$13,000 commitment to the supporting prizes. These changes have been implemented in response to the goals of the Hornsby Art Prize.

Hornsby Shire Council and the Hornsby Art Society wish to thank the artists who have participated in the prize over the past eleven years.

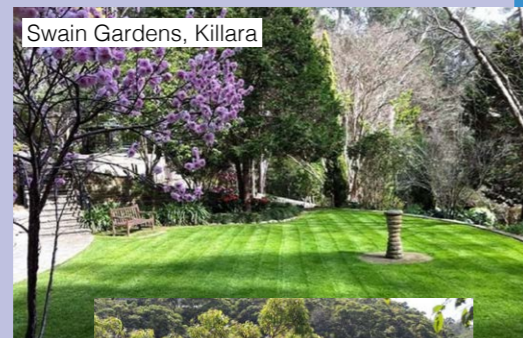
For more information about the Hornsby Art Society visit facebook.com/hornsbyartsociety.



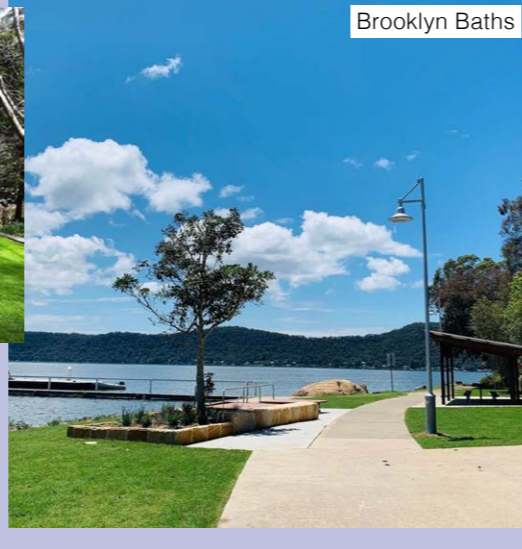
The 2019 Hornsby Art Prize Major Prize Winner, Rew Hanks' "Josephine's Ark".

Green spaces to visit this month

There's been lots of photos of Swain Gardens in Killara being showcased on social media recently. We love this picture from Ku-ring-gai Council –



Brooklyn is also at the top of its game, with new turf established, plenty of fabulous walkways and Brooklyn Baths which is a swimming enclosure on the Hawkesbury River.



Lane Cove River is another must-visit location. There are lots of family friendly bushwalks around the river, and some great cafés too.

Do you have a local green space that you love? Share it with *Sydney Observer*.



FAST COVID-19 TEST RESULTS

4/10 Bridge St, Pymble NSW 2073

Walk-In Medicare and International Travel Testing
Safework Laboratories offers accredited COVID-19 PCR and Rapid Antigen Testing with results in 24-48 hours

Call 1300 905 180 to make a booking



SW Labs



Funding to be Boosted for New Footpaths

The Council agreed to a long-term vision of delivering a new footpath to every street in Ku-ring-gai at its meeting this week.

The vote to boost footpath funding came as a result of a notice of motion from Cr Martin Smith.

In its draft budget and capital works program for the 2022-2023 financial year, the Council had originally earmarked \$537,000 to be spent on building new footpaths starting in July. An overall maintenance budget for footpaths was set at \$5.2 million. According to Cr Smith, these figures would mean only six new footpaths could be built under the 2022-2023 budget.

Cr Smith's notice of motion outlined an assessment of Ku-ring-gai's streets had estimated an additional 268km of footpaths were required to ensure every street had at least one footpath.

Following debate, Councillors voted to adopt a recommendation that all future

budgets for new footpaths be increased to \$1.25 million. The goal is to guarantee that every street in Ku-ring-gai has at least one footpath. Funding for the new footpaths will come from the overall footpath budget.

Speaking after the meeting, Mayor Jeff Pettett said the Council was in broad agreement that footpaths were a priority for the community. "The goal of having a new footpath built on every local street is a worthwhile one to aim for, as long as the Council can balance the need for ongoing maintenance and upgrades."

The Mayor said that the new funding for footpaths would be included in the draft budget and capital works program for public exhibition throughout May. "The public exhibition is the community's opportunity to have a say how their rates are spent and what the priorities are."

The 2022-2023 budget, fees and charges and capital works program will be on public exhibition from 3 May to 30 May at krg.nsw.gov.au.

A Noble Destiny for Unwanted Clothes

Council is hosting a free clothing and linen collection event at St Ives Showground, on Sunday 22 May. St Vincent De Paul and the textile recovery business BlockTexx will be the beneficiaries of the collection. All linen and clothing in good condition will be sold at the charity's op shops.

It will be the first time that a collection of this kind happens in Ku-ring-gai. The event was an initiative of the Environmental Protection Authority's Waste Less Recycle More program, funded through Ku-ring-gai's waste levy.

According to Mayor Jeff Pettett, "for each truckload of clothing and linen we collect on the day, 10 tonnes of textile waste will be kept out of landfill."

Clothes and linen can be dropped off between 10am and 3pm on the Showground. This is a drive-through event so you need to stay in your vehicle while the team pick up your goods. St Ives Showground is located at 450 Mona Vale Road St Ives.



Recommendations

YOU CAN BRING:

- pillowcases
- towels
- tops
- fitted sheets
- pants
- t-shirts
- flat sheets
- dresses
- singlets
- tea towels
- shorts
- doona/quilt covers.

DO NOT BRING:

No cushions, doonas or pillows, carpets, underlays, curtains, belts or shoes, no underwear, bras or jewellery.

REMEMBER

- Please ensure all clothes and linen are clean and dry.
- Pack your items in the boot so we can safely remove them.
- Don't forget to separate your items into bags or boxes - clothing in one and textiles in the other.

When: Sunday, 22 May 2022 | 10:00 am - 03:00 pm.

LOCAL HISTORY

Creating Killara

J.G. "George" Edwards is known as 'The Father of Killara'. But who was he and what did he do to earn this title?

Edwards was born in Tasmania in 1843. His father was David Edwards, a convict; and his mother was Eliza Pymble – youngest daughter of Robert Pymble. Eliza went to Tasmania as a governess, returning to Sydney in 1849 with her six-year-old son, James George, and daughter Elizabeth. David Edwards, however, disappeared from history.

James became a man of many talents, with an eye for the development and wellbeing of Ku-ring-gai. He was instrumental in having a post office established in the family home, Iolanthe, which still stands today in the grounds of Ravenswood. It is on the State Heritage Register and one of the earliest existing dwellings in Ku-ring-gai.

Edwards had the Gordon Public School built – Ku-ring-gai's first public school which operated from 1876 to 1989, and where the Ku-ring-gai Historical Society now has its rooms.

He also played an important role in having the Government build the North Shore Line, which opened in 1890.

Knowing that the railway was in the pipeline, Edwards conceived the notion of acquiring much of the largely vacant land between Lindfield and Gordon, then subdividing and selling it. It was, however, much easier to dream the dream than turn it into reality, as the ownership of a significant part of the unoccupied land had become widely dispersed.

Creating Killara was a mammoth task. Edwards first had to find the current landowners. Negotiations then had to be conducted and agreements made to formalise the ownership transfers, to allow their amalgamation and subdivision. Subsequent sales were disappointing, with buyers less than enthusiastic.

To encourage interest, Edwards negotiated with the railways to have a new station built at Killara. This was opened in 1899, and Killara was well on the way to being created.

These efforts alone would have been sufficient to earn him the title of 'The Father of Killara', but his contribution to the formation and development of Killara went even further.

In 1887, John Waterhouse, racing enthusiast and proprietor of the old Greengate Inn, thought land at the foot of Springdale Road would make a good racecourse. But Edwards got into action and spearheaded a move to have the land reserved for public recreation instead. It became the Killara Recreation Ground, which is today Killara Park / W.A. Bert Oldfield Oval.

Edwards was also deeply involved in having land obtained for the building of the Killara Golf Club, and he became its second President. Neither the Killara Bowling Club nor the Lawn Tennis Club would have existed without his initiatives.

He also played a leading role in the establishment of the Killara Hall, destined to become the Soldiers Memorial Hall, and later, home to the Marian Street Theatre.



James George Edwards.

Among several initiatives, J. G. Edwards played an important role in having the Government build the North Shore Line, which opened in 1890.

Though it must be noted that the search for profit was a major motivation, it is clearly evident that J.G. Edwards put a lot of himself into creating the suburb which became his lasting legacy.

Want to know about your house or its past occupants? Or research your family history? Visit the Ku-ring-gai Historical Society – we have extensive resources you can use, and we hold regular meetings with informative talks. For opening hours, see www.khs.org.au.

(Adapted from an article by Max Farley)

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

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).

Federal Election 2022

The federal election will be held on Saturday 21 May and it is compulsory for all Australians over 18 years of age to enrol and vote. There are three levels of government in Australia: federal, state and territory, and local.

Federal government responsibilities include foreign affairs, social security, industrial relations, trade, immigration, currency, defence. State and territory government responsibilities include: justice, consumer affairs, health, education, forestry, public transport, main roads. Local government responsibilities include: local road maintenance, garbage collection, building regulations and land subdivisions, public health and recreation facilities such as swimming pools.

More information at www.aec.gov.au/election.



The Bradfield Area

The Bradfield area covers Sydney's upper North Shore and is one of the most affluent electorates in Australia. It includes the suburbs of Wahroonga, Killara, Gordon, Turramurra, Lindfield, Roseville, Pymble, Castle Cove and parts of Hornsby and Normanhurst.

Created in 1949, Bradfield is named after John Job Crew Bradfield – an engineer with the NSW government during the early 20th century. John Job Crew Bradfield was responsible for the growth and electrification of the suburban rail network. He also helped in the designing and construction of the Sydney Harbour Bridge – hence why the highway (Bradfield Highway) that runs across it is named in his honour.

In the last 2019 election, the Liberal Party recorded majorities in 41 of the 42 polling places. Labor had its only win with 50.7% of the vote at the Salvation Army booth in Hornsby. Liberal results passed 70% in 12 polling places.

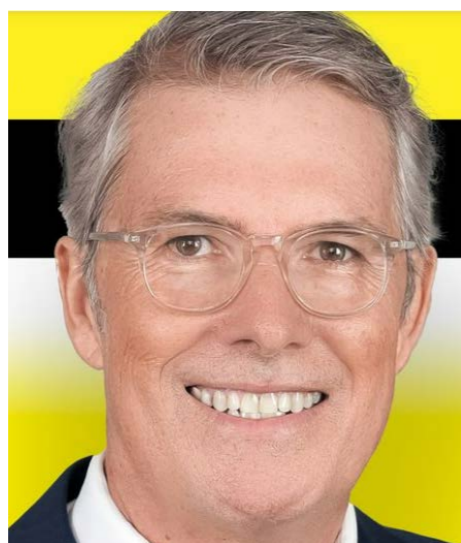


Paul Fletcher (LIB)

Paul Fletcher MP is the Minister for Communications, Urban Infrastructure, Cities and the Arts. He entered Parliament in December 2009 as the Member for Bradfield; was appointed Parliamentary Secretary to the Minister for Communications in September 2013; Minister for Major Projects, Territories, and Local Government in September 2015; Minister for Urban Infrastructure in July 2016; Minister for Urban Infrastructure and Cities in December 2017, and was appointed to his present role in August 2018.

Paul is acting to support technology, not taxes, to lower emissions whilst maintaining a strong economy for Australia's future.

<https://www.liberal.org.au/member/paul-fletcher>



Rob Fletcher (UAP)

Rob Fletcher is advocating for freedom of choice and no medical mandates or vaccine passports. He believes in getting to work to repay the \$1,300 billion debt that threatens our low interest rates from soaring and our financial freedom.

<https://www.facebook.com/Rob.Fletcher.UAP.Bradfield>



Nicolette Boele (IND)

For the past decade Nicolette Boele led policy, advocacy, and standards-setting agendas as an executive at the Responsible Investment Association Australasia, the Investor Group on Climate Change and the Clean Energy Finance Corporation. During this time, she focused on equipping superannuation and investment managers to be sound fiduciaries and manage climate and human rights risks in Australians' investment portfolios.

<https://www.nicoletteboele.com.au/>



David G Brigden (ALP)

A Bradfield local, David Brigden grew up in St Ives, raised his family in Lindfield and now lives in Wahroonga.

As a father, David shares the aspirations of all parents to give their children and grandchildren a better future, particularly through protecting the environment, combating climate change and biodiversity loss, and ensuring a prosperous economy.

<https://www.alp.org.au/our-people/our-people/david-brigden/>



Martin Cousins (GRN)

Martin is outraged by our current government's misplaced priorities. He is passionate about action on climate, a better deal for our young people, giving older people the care they deserve, stamping out corruption and much more.

Martin is an active member of the Bradfield community, and would be honoured to take these issues and more to Canberra.

<https://greens.org.au/nsw/person/martin-cousins>



Janine Kitson (IND)

Janine is a former Councillor on Ku-ring-gai Council, Director of the National Trust (NSW), Deputy Chair of the Colong Foundation for Wilderness, Vice President of the Friends of Ku-ring-gai Environment (FOKE) and Inaugural Convenor of the Northern Suburbs of Sydney Branch of ABC Friends. Professionally Janine has worked as a teacher, writer and consultant for

the NSW Department of Education. From 1996-2000 she was appointed as the English Adviser for the Federal Government's overseas education project in Samoa. Janine believes it is time for her to step up on the issues of a safe climate, integrity in politics and defending the ABC.

<https://www.bradfieldcandobetter.org/>

How to Vote for Paul →

Paul FLETCHER
A RESPECTED VOICE FOR BRADFIELD

LIBERAL

Authorised by P. Fletcher, Liberal Party of Australia, Suite 1, Level 2, 280 Pacific Highway, Lindfield NSW 2070.

(Small green ballot paper)

You must **number every box.**

Electoral Division of **Bradfield**

4	BOELE, N
5	BRIGDEN, D
6	COUSINS, M
3	KITSON, J
2	FLETCHER, R
1	FLETCHER, Paul LIBERAL
7	LOWE, M

Scan for Senate

JOHN KLEIN

A Prolific Local Artist

Jay Houhlias



John Klein is a full-time artist who spends his days painting in his quirky, light-filled attic studio with lovely tree-top views. His art appears to be a serene culmination of his interests; gardening, art deco, collectables, antiques, plants and flowers – all the comfort and warmth of home. “I am inspired every day from my environment,” he says, “I paint what is around me.”

He is an early riser, up at 6am every morning walking his dog. He then begins his day's work. But it's not all idealised romanticism in being an artist. Having an extensive career in marketing prior to his full-time career in painting, John knew the importance of the financial and administrative aspects of being an artist. This is something, he says, a lot of artists aren't comfortable with.

Much of his time is spent with administration work. This could be anything from managing his social media

“I have been known to dunk my paintbrush in my black tea.”

platforms to talking with his customers and fulfilling orders. “I do prefer to be in the studio. But I don't mind the marketing side. I have the discipline to switch between the creative and the business side, the left and the right side of my brain”, he says.

Sydney Observer asked him about his work.

When was the first moment you painted something and thought, yep, that's me!?
I held my first solo exhibition in 2014 and knew from that moment on that I wanted to become a full-time artist.

How long do you think it takes an artist to develop a style?

Many years. My style is still evolving. Artists change over time, subject matter changes over time. I don't think you ever stop changing and developing.

How have you handled the monetary side of being an artist?

It was a slow transition from working in marketing to being a full-time artist. I did them simultaneously for a long time. I worked in marketing for many years, and I have business acumen. This has really helped me to promote my art practice and develop several income streams. As well as exhibitions, I take commissions and licence my work. My background in marketing has helped me enormously. “A lot of artists aren't good marketers.”

The money side doesn't stress me out. Organisation is key. I try and work quickly and stick with deadlines. It's just like any other job.

So, the fact you paint for a living, and for money, doesn't interfere with your love for it?

Not at all. I love what I do. It's great to be paid to do what I love, and I am very grateful for it. I am in a lucky position. And, if someone wants a commission that is not really my thing, I can always say no.

How does it feel knowing that one of your paintings may sit in a living room, or a bedroom, for generations of people and families to look at and admire?

Every time I sell a painting, I get excited. It means someone was willing to part ways with some of their hard-earned



Quickfire round

Favourite artist?
Margaret Preston.

Tea or coffee while working?
Black Tea.

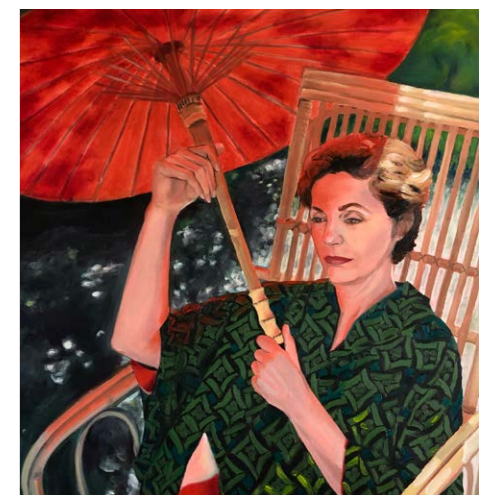
Favourite way to wind-up?
Walking my dog at 6am.

Favourite way to wind-down?
Coffee, chocolate, and a good movie.



money so they can hang my art on their wall. I've sold paintings all over the world, which is fantastic. It's great to bring joy into people's lives, especially during the pandemic. I have painted lots of dogs recently, and also memorial pet portraits. It's quite a bit of responsibility, but I feel honoured to paint them.

John has a range of homewares which are stocked by *Osmen Outdoor Furniture* and selected gift stores (also available on his website at www.johnklein.com.au). He has also licensed his work to The Artists Label who produce a range of scarves and accessories. He is a finalist in the *Gallipoli Art Prize* (21 April – 8 May at Cleland Bond Store, The Rocks) and will be appearing at the *Affordable Art Fair* (2 – 5 June, Winx Pavilion, Royal Randwick Racecourse).



The Classics Reinvigorated

Jay Houhlias

Whenever the 'classics' are mentioned, there seems to be a low, droning sigh to accompany it. The classics – dusty paperbacks with complex dialogue, huge words, lengthy descriptions and in general, lots of pages where seemingly, nothing is happening. These 'classic authors' don't understand us or our modern lives, so why do we read them at all?

It turns out, that whilst these authors may not understand us in our modern lives, they understand something far more fundamental – us as human beings.

Some of the most profound and challenging moments I have experienced whilst learning have come from when I am sitting down on the couch, struggling through passage after passage of a book which weighs the same as I and written a hundred years ago. All of a sudden, amongst the mass of lines, something pops out and strikes you. A little gem, just for you. Here are some of these gems.

EAST OF EDEN (1952)

John Steinbeck

"There you have the difference between greatness and mediocrity. It's not an uncommon disease. But it's nice for a mediocre man to know that greatness must be the loneliest state in the world."

"I'd think there are degrees of greatness," Adam said.

"I don't think so," said Samuel. "That would be like saying there is a little bigness. No. I believe when you come to that responsibility the hugeness and you are alone to make your choice. On one side you have warmth and companionship and sweet understanding, and on the other – cold, lonely greatness. There you make your choice. I'm glad I chose mediocrity, but how am I to say what reward might have come with the other?"

ISLANDS IN THE STREAM (1970, POSTHUMOUS)

Ernest Hemmingway

"He thought that on the ship he could come to some terms with his sorrow, not knowing, yet, that there are no terms to be made



The 1977 *Island in the Stream* cover illustration.

with sorrow. It can be cured by death and it can be blunted or anesthetized by various things. Time is supposed to cure it, too. But if it is cured by anything less than death, the chances are that it was not true sorrow."

THE RAZOR'S EDGE (1944)

William Somerset Maugham

"I happen to think that the greatest ideal man can set before himself is self-perfection.

It's a noble one, Larry.

Isn't it worth while to try to live up to it?"



gstudioimagen/Freepik

The Great Trade Off

Jay Houhlias

George Orwell once said the only man he feels inferior to is a coal miner. In his time, coal miners spent their days hunched over, travelling several kilometres through tunnels to their worksites, wielding heavy equipment, and working back-breaking labour for the entire day. It is hard to imagine anyone who wouldn't feel inferior to such men as Orwell's coal miners.

Today, I feel as though the only man a university educated person feels inferior to is a tradesman. I know because I was one, a university student that is, and all our heads shrivel like little walnuts whenever we were around tradespeople. Too extreme? Probably, but let's try and make the case.

It seems to me that by and large, picking up a trade makes you good at something. It makes you competent. You learn carpentry, bricklaying, sheet metal or plumbing, and you learn it well enough so that when someone wants that kind of work done, they can call you.

This means that you are useful. You are needed by society. The older you get, the more experience you gather and the better you get at your trade. You master a niche skill which is also a necessary skill. You harness a small part of the world and take control of it. It is now in your domain of knowledge. If you are a bricklayer and someone needs a wall built, that is you; that is your call, and you're useful.

Comparatively, a fresh-faced student enters university. The standard university degree is 3-4 years full time. You are meant to become competent in your chosen industry in that time. When you finish, the idea is to get a job in that field. A lot of students don't, and now what? They are stuck. I was stuck when I finished. I was able to breeze through my degree not breaking much of a sweat – I had the wrong attitude. I did not realise the importance of becoming competent at something, yet I still managed to get the degree. Much like a lot of students I know, they spend years studying something they are still uncertain about and probably could not get a full-time job involving it if they were left on their own. They may also not realise the importance of becoming competent at something. This is where the difficulty lies.

Some graduates do in fact find useful work, but in my experience, university has had the same effect on me as it did for most of those I know who went or who are currently in university. University can make people uncertain. It can make people doubt what they like and question if they really like it at all. I do think university is fantastic and I don't want to denigrate it – I just think a lot of young people are just using it incorrectly. I don't want people making the same mistake I did.

More important than money is having something to do, and even better is having something to do that's useful. A trade gives you that, it gives you a skill, something to hone, and it gives you people to work with that have honed that very skill. If you're not clued in, university becomes very daunting and incredibly broad.

I believe that you need specificity otherwise you are not useful. I believe you are more desirable as an employee if you are good at something measurable, and tangible. A trade is always measurable.

So, if you are going to go to university, make use of it, and make use of yourself. You are in the most privileged institution this country has to offer. Pick something, and get good at it, and become competent and useful. Everyone is better off that way.



REDEEMER BAPTIST SCHOOL

a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



K-12 Christian School situated in a magnificent heritage precinct at North Parramatta



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

STUDENT ACHIEVEMENTS DURING COVID

- > Parramatta Junior Citizen of the Year & Environmental Citizen of the Year, 2021
- > Regeneron ISEF University of Arizona \$40,000US renewal scholarship, 2021
- > STANSW 1st in Chemistry Years 11-12, 2021
- > Primary Engineering Finalist, BHP Foundation Science & Engineering Awards, 2021
- > CSIRO Bebras Australia Computational Thinking Honour Roll, 2021
- > 1st MANSW Mathematical Investigations, AMC Prize, UNSW Mathematics Distinction Prize, 2021
- > Primary Schools Award & Individual 2nd, Dorothea Mackellar Poetry Awards, 2021
- > 2nd Sparklit Australian Christian Teen Writer Award, 2021
- > Redeemer alumnus wins Excelsia School of Education Postgraduate Achievement Award, 2021

Pioneers in K-12 multi-sensory literacy instruction based on phonemic awareness and incorporating traditional grammar

ENROLMENT ENQUIRIES

2 Masons Drive
North Parramatta NSW 2151

Email: redemer@ozemail.com.au
Web: www.redemer.nsw.edu.au

Phone: (02) 9630 6311
Fax: (02) 9683 5338





zalmhair

© zalmhair

GET YOUR HAIR WINTER READY!

With every cut and dry receive a free deep treatment valued at \$30. Just mention this ad.*

<p>BEECROFT SALON Shop 3-4, 5b Hannah Street, Beecroft NSW 2119. beecroft@zalmhair.com Tel: 02-9980-7577</p>	<p>WAHROONGA SALON 37 Redleaf Ave, Wahroonga NSW 2076 wahroonga@zalmhair.com Tel: 02-9489-5503</p>	<p>TURRAMURRA SALON 3/1335 Pacific Highway, Turramurra NSW 2074 turramurra@zalmhair.com Tel: 02-9440-2602</p>
--	---	---

* Conditions apply.

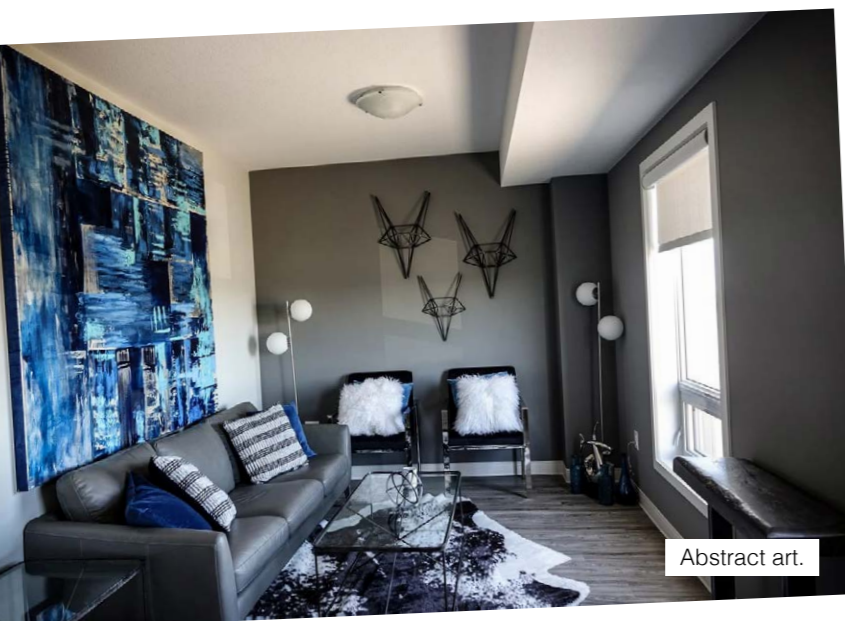
Our Artist Within

We all have the potential to bring out our inner artist. And why not embrace your creativity and imagination via your home's decor.

Artwork can literally bring a room to life. It is not just about the aesthetic quality of a piece of art. Art can elicit a range of different moods and emotions, inspirations, and ideas. It is no wonder that people are willing to pay such high prices for pieces of art. Some people like colours and themes, others like abstract art. Regardless, just like music, there is always something for everyone when it comes to artwork.



Kid's mixed art lounge.



Abstract art.



Bucolic wood artwork.



Pop art.

Curious Bush Children

Alan Toner

As a child, I grew up connected to the bushland. I would often spend hours wandering through the bush or playing hide and seek in the scrub with family or friends. I remember learning about the trees, shrubs, herbs, and grasses as well as the birdlife. I also felt confident and safe when outdoors and I developed a strong connection to the bushland which ultimately influenced my desire to learn more about it.

A lot can be said about allowing children to be free to play in a natural environment. Nature based play encourages natural connectivity between children, plants and animals of all shapes and sizes. Providing children with a safe area of bushland with guided supervision enhances a child's confidence and curiosity of the plants and animals. One way to enhance a child's curiosity is through a scavenger hunt with their friends. This encourages them to spot, tally and ask questions about the range of plants and animals that they find. This leads into conversations around biodiversity, energy flows through food webs as well as conservation and habitat loss.

The Youth Bush School delivered by EcoWalks Tours provides meaningful learning activities that engage children in nature-based play. Throughout each school term, my staff and I conduct after school classes that improve a child's knowledge about traditional life of Aboriginal Peoples and the plants and animals of the bushland and scrub. These classes include



Mikhail Nilov/Pexels

learning activities on bushwalking, plant identification, bird life, Aboriginal culture, conservation, navigation, fieldcraft skills, safety and first aid as well as creative arts. Our Youth Bush School enhances curiosity in children and develops their confidence to safely connect, enjoy and learn within a natural environment.

Our Youth Bush School is very popular and as a result, we are expanding into

other areas of Sydney's North Shore. If you would like to learn more, want to book your child into our program or have a group of children in mind for this program, contact me for more information.

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

Get a quote or order @ www.sydneydoors.com.au

SHOWROOM/FACTORY
80 Redfern Street, Wetherill Park NSW 2164
Ph: (02) 9725 4444
sales@sydneydoors.com.au

RENOVATING YOUR KITCHEN OR WARDROBES? Just replace the doors and save \$\$\$

Sydney Doors
Kitchen and Wardrobe doors

CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS

How to Incorporate Rattan into your Home

Do you want to refresh your home's interior design scheme? Why not try adding some rattan pieces - they are effortless, versatile and accessible. Here's some inspiration.



Lighting

Pendant lighting is fabulous in any room, but especially in the dining room. So why not opt for rattan lighting too. They come in a variety of colours in order to match what you already have.



Furnishings and baskets

If you aren't keen on making a big change in your home's décor, then you can always opt for smaller furnishing changes instead. Baskets, mirrors, lamp shades, place mats - your options are endless.



Cupboards

Made with quality wood and rattan cupboard doors, this style of cabinetry is all the rage lately. And like everything, it is a style that has come back into fashion - during the 1970s it was a retro classic. Storage is great for any household, so the more cupboards the merrier. It would especially be great as a bit of a cocktail or spirits cabinet!



Lounges and seating

Outdoor entertaining areas, the sunroom or front room - rattan or cane furniture is perfect for the spaces in the home that are more informal. For those who are fortunate to have a beach or holiday home, embrace rattan furniture everywhere! The vast majority of furniture shops now have a great stock of rattan/wicker, so there's something for any price point.

Executor of a Will that is being Challenged?

As baby boomers are ageing and dying, we are on the verge of the greatest handover of wealth in history. Trillions of dollars will be transferred in the next few years, under the terms of various wills.

There has been and will continue to be a significant number of claims made on deceaseds' estates, challenging the terms of a will. Dealing with claims on estates is often a complicated process. An Executor must give consideration to complex legal issues.

So, if you are appointed an Executor under a will, what are your duties and what are your alternatives if court proceedings are commenced or threatened to be commenced challenging the will?

1. Initially, you should be aware that you do not have to take on the role of the Executor even though you are named as an Executor under a will. You can renounce your appointment, in which case another Executor will be appointed.

2. The Executor's role is to defend the terms of the will against any claim.

3. The Executor, normally with the consent of beneficiaries, is able to reach a settlement with a claimant. This often comes down to a commercial decision. The Executor must consider the benefit of proceeding with the court proceedings as opposed to settling the claim.

4. The Executor must put before the Court, all relevant evidence. This includes evidence that may support or undermine the defending of the will.

When acting as an Executor, where there is a challenge to the terms of the will, it is important to seek legal advice. It must be remembered that an Executor is in the position of a "fiduciary", bound to act in the beneficiaries' best interests. An Executor can be personally liable for losses caused by the Executor's decisions and actions.





For nearly 50 years Fox & Staniland Lawyers have been delivering pre-eminent legal services to Sydney's North Shore. We have grown to become a Sydney city alternative with one of the largest practices north of the harbour.

We are trusted advisors to our clients in matters of Will Disputes and claims against Estates.

Fox & Staniland
LAWYERS

www.foxstaniland.com.au
P: 02 9440 1202 | F: (02) 9440 1205
E: lawyers@foxstaniland.com.au

Level 2, 828 Pacific Highway Gordon NSW 2072*
*Parking available at the Gordon Centre and Ku-ring-gai Council on Dumaresq Street.

Veteran Turns 101

Peninsula Villages' resident Eric Tweedale turns 101 on 5 May 2022. The former prop and Wallaby #336 has lived through World War II, the Great Depression and more recently the Coronavirus pandemic, but is most known for his career as a Wallaby having accrued ten Test-caps between 1946 and 1949.



Whilst Eric has long been recognised as the oldest living Wallaby, his service to the country in the Second World War is less well known, but possibly the most incredible story is that of his reunion with his late partner Enid who also resided at Peninsula Villages.

"While sadly Enid passed last year, Eric and Enid's remarkable tale is one that will live with us forever at the Village with two halves of a love story separated by more than 60 years," explained Peninsula Villages CEO, Colin Osborne.

Eric and Enid were engaged to be married in 1942 before Eric joined the navy and fought in World War II. During the three years he was serving, the pair drifted apart and didn't see each other for many years, both going on to lead separate lives and marry other people. Then one fortuitous day in 2004, Eric was asked to do a favour for a friend and meet a widow at Sydney's Central Station and look after her for the day ahead of a RSL reunion.

"I asked, 'What's her name?' They said, 'Enid Wagner, do you know her?' Know her? I almost married her!", Eric recalls.

"So we've met at the big clock at Central Station and took on from there. Two years later, I lost my second wife Phyllis, so we just ended up together 64 years after we last saw each other."

The pair's love story is just one of the fascinating tales Eric recounted to *The 100 Project* ahead of celebrating his 101st birthday on 5 May this year.

Tips to Choose a Chair

Rejimon Punchayil

Finding a cosy chair to sit down and relax in is very important - especially as winter approaches. A rise recliner or a lift chair can be a lasting Mother's Day gift. Here's some tips on how to choose one.



All chairs give some support. However, consider the following questions.

- Does she need extra support?
- Does she sit in the same chair for extended periods of time?
- Does she find it difficult to sit down or get up?

Getting the right chair can help keep her independent and mobile. A rise recliner, or lift chair, is good in two ways:

- The rising action helps you sit down and stand up.
- The reclining action can make you more comfortable. Check with your medical professional for what suits you best.

There are many factors to consider before buying a rise recliner.

- How many motors? This is very important in serving your long term needs
- Fabric, leather or vinyl?
- What size? Don't get lost in a huge chair or get tied to a small one.
- Does it have a battery back-up in case of emergency?
- A motorised head rest and a lumbar support can make all the difference.
- How easy are the controls?

It is important to sit on one and try before you buy. Don't forget to ask about the Warranty. Comfort Discovered has a range of designer selections with unique features in choice of fabric, vinyl and premium leather in various sizes and shapes.

Hear It First! Hear It All!

The Sound Evolution is here - delivered in the smallest of hearing devices.

Be amazed by the BIG performance of the newly released award-winning hearing devices. Winning the prestigious international Business Initiative Group award and the CANSTAR people's choice award - the performance, connectivity, features and styles of the devices and the accompanying app are impressive.

Designed to give a more in-depth, connected listening experience and now available in the smallest and most discreet of styles.

It offers the dual benefits of discretion and the ability to directly connect to the sounds you love and the devices you use every day. Experience the clearest sound possible from your mobile phone when amplified and directly streamed into your ears. Eliminate the barriers and achieve clear hearing. This is done by overcoming distance and background noise whether on your

mobile or listening to the television, iPods, music or podcasts.

Engage in a richer more personal way! Imagine being able to enjoy a private conversation on your mobile even in a noisy environment. Or streaming your favourite music or podcast as you stroll.

"Connecting to the people we love, participating in conversations with ease, picking up the nuances of speech and enjoying the punchline of a joke are top on the list of outcomes that our clients desire," explains Aaron Magee, director of AUDIOHEALTH.

"Custom programmed by our clinicians to work automatically or chose to use with the app with amazing features; set reminders, track your steps, transcribe important conversations, translate 26 languages...all unprecedented features desired by the most discerning amongst us."

For better hearing - discreetly hidden in the ear with ease of use, comfort, clarity and the latest technology combined look no further. For details call AUDiOHEALTH on 8880 9922 for a new listening experience. Life never sounded so good!



evolv^{AI}

Made for all life's big and little hearing moments.

Effortlessly connect to the life you love.
Evolv^{AI} is Starkey's best sounding hearing aid ever, handcrafted and personalised for your unique ear.

- ✓ Realistic, genuine sound quality in every listening environment
- ✓ Available in styles that are virtually invisible
- ✓ World's first wireless custom in canal hearing aid
- ✓ 55 million fully automatic adjustments every hour for the best possible sound quality

BOOK YOUR APPOINTMENT TODAY
CALL 8880 9922

26/767 PACIFIC HWY **GORDON**, GORDON VILLAGE ARCADE
Your local independent hearing experts.

Assistive Technology Specialists

Comfort Discovered

73 Jersey St North, Hornsby, NSW 2077 | www.comfortdiscovered.com **9987 4500**

REGISTERED NDIS PROVIDER

myagedcare

DVA

LOWEST PRICE GUARANTEED

- To access our under cover street level car park, you MUST turn into Jersey St NORTH from Bridge Road, then into the car park entrance at the end of the building.
- There is NO RIGHT turn into the car park driving south bound on Jersey St North.
- Easy access to the showroom from the Car Park and Wheel Chair accessible toilet.

Contact - Free Delivery Available

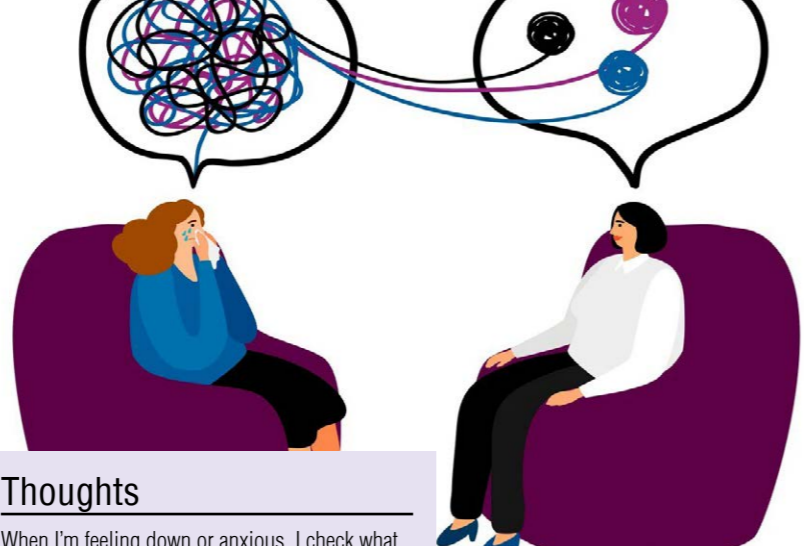
Home Care Beds, Rise Recliners, Mobility Scooters, Wheel Chairs, Walkers, Day Chairs, Toilet, Bathroom and Daily Living Aids.
Registered Provider for My Aged Care, NDIS, DVA and Insurance cos.

CBT – Could it help me?

Dr Sue Ferguson

Cognitive Behaviour Therapy (CBT) is a type of therapy which recognises that our thoughts, emotions and behaviours are all connected. For example, if I think to myself that I am not any good at doing things on the internet, then I'm likely to feel anxious about using a computer, iPad or mobile phone. This may result in avoiding these devices entirely or avoiding trying new apps or new sites. I might even get cranky with those who try to help me with it. On the other hand, if I think the internet is interesting and useful, I'll enjoy using it and do so more frequently. CBT can focus on the thoughts (Cognitive Restructuring), emotions (such as Relaxation Training) or on our behaviours (Behavioural Activation, or Exposure therapy).

If you're feeling anxious or down and willing to give CBT a go (for free), see www.tiny.cc/SPAA or ring (02) 9850 8715.



Thoughts

When I'm feeling down or anxious, I check what I'm thinking, and then ask myself: is what I'm thinking...

- Helping me achieve my goals?
- Kind?
- Making me anxious or sad or cranky?
- Realistic or exaggerated?

Then...

- How could I think about this differently?
See <https://youtu.be/58Rytlerkmc>.

Emotions

I find it helps to get emotions out by writing in a journal. I also use a relaxation technique such as: <https://bit.ly/SydneyObserver-April2022-CBT>.

Behaviours

If I'm anxious and avoiding a situation, then I work myself up gradually to do what I've avoided. Like getting close to dead spiders a few times so that live ones don't feel so frightening (Exposure).

If I'm feeling a bit down, then I try doing activities that I used to enjoy (like having a bubble bath, or talking to a friend), or I try engaging in social activities which I can look forward to. (Behavioural Activation).



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

When Everyone had an 'Early Kooka'

Margaret Simpson

Growing up in the 1950s, most suburban homes were connected to gas, its pungent smell sometimes leaking from outside gas metres. The Australian firm, Metters Ltd, first advertised their famous 'Early Kooka' gas stoves in 1917. The stoves had cast iron frames and trivets and instead of dials there was a row of taps. They came in cream enamel with a choice of mottled blue, green, brown or grey finish.

The stoves were given the clever name, 'Early Kooka', said to have been a pun on the name 'cooker'. I especially remember the illustration of the kookaburra on the stove with a worm in its beak, showing the early bird catching the worm.

It's hard for us to appreciate how the introduction of the gas stove changed women's lives. Of all the domestic kitchen appliances, replacing the old fuel stove with a 'modern' gas one did more to remove the hard physical labour and drudgery of cooking than anything else.

Fuel stoves or ranges were hard to use. They had no thermostat so the housewife had to know the burning properties of her wood supply so that the cake wouldn't burn nor the roast be undercooked. She needed a ready supply of wood to be cut and stored, the stove required constant supervision, made the kitchen unbearably hot in summer, was sometimes smoky and hard work to clean and maintain.

On other hand, gas stoves provided an instant and variable supply of heat at the turn of a tap. For the first time, this meant our grandmothers and great grandmothers were no longer tied to the kitchen for hours. Even so, they would be astounded at today's modern gas cook tops with wok burners and ceramic glass surfaces just right for our minimalist kitchen designs.



Inspired living designed around you.

Light and refreshingly open, our apartments perfect the art of modern retirement living.

From \$599,000.

Completion July 2022.

To view our display apartment call 9299 3953 to make an appointment.

kokodaresidences.com.au



KOKODA
RESIDENCES
at Waitara

Your time. Your place.

Correct as at April 2022. 6442D



A new home in time for autumn



Secure your place on our waiting list

Experience the latest in self-care retirement living, perfectly located in the heart of Mosman.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment.

MacKillop Grange offers on-site management and a 24 hour medical alert.

Join our waiting list to secure your chance to live at this exclusive address in the heart of Mosman.

Call April on 02 8969 3240 to arrange an inspection or email april@mackillopgrange.com.au or view us online at mackillopgrange.com.au



MacKillop Grange

Bringing people together



Tomatoes, potatoes, capsicums, and eggplant are some examples of lectin high foods.

The Impact of Lectin on our Bodies

Jay Houhlias

Go with our gut feeling – we have all been told it. But now, based on the emerging research in the fields of health and science, it really does seem that we must live by our gut!

There is a myriad of research out there on gut health, and it would be impossible for me to condense it all and provide the footnotes. What I will do however is talk about a specific protein found in a lot of our foods which could be devastating our gut health – lectins!

According to Dr Steven Gundry, lectins are a spiky little protein which plants secrete as a defence mechanism. This ensures that the plant stays safe from being consumed. In other words, many plants actually don't want to be eaten. Plants can't necessarily defend themselves by throwing a potent right hand to the jaw of a hungry gorilla. They must defend themselves in other, subtler ways. The best way they found to do this is to produce these lectins: to be eaten, to cause harsh effects on the thing which consumed it, and then to be avoided being eaten in the future at all.

The reason lectins are bad is because humans can't digest them. A lectin will make its all the way through the gut unchanged. The body's response

to this may include things like nausea, upset stomach, diarrhea, weight gain and a host of others. None of these symptoms are pleasant, and continued consumption of lectins can lead to gut problems – including leaky gut, where your gut lining is compromised. From there, it is unknown how much damage gut problems can have on your life. The list is endless, and many health professionals including Dr Gundry, put leaky gut at the root of chronic health conditions, mental health conditions, skin disorders and so on.

So what foods are safe? What should I avoid? How much lectins can I eat without it impacting me?

You'll be glad to know that everyone has different sensitivities to different things. There are those who can have a lectin extravaganza every day and feel no impact from it (lucky ducks). Then there are those who eat only a couple of beans and feel sick and bloated for hours. I have a friend who can barely eat a few strands of pasta before she blows up in hives and terrible rashes on her neck and hands. It really is unfair, but it is just the way it is.

Gluten is probably the most well-known lectin. Lots of people are gluten sensitive and are already avoiding it with gluten-free food options. Here are some more

examples of lectin high foods: certain vegetables, especially nightshades such as tomatoes, potatoes, capsicums, and eggplant; certain nuts and seeds including cashews, peanuts, pumpkin, and sunflower seeds; grain-fed and farm-raised animal proteins; beans and legumes; A1 dairy products.

However, just because certain foods are high in lectins, it does not make them inedible. You might be looking at this list of foods and thinking – I can't give up beans, they are 60% of my diet!

Not to worry, this conundrum has been addressed long before this research ever surfaced. There are lots of different ways to reduce the lectin content in our favourite foods. Cultures have been soaking, fermenting and de-seeding these foods for years. High temperature pressure cooking and steaming can also reduce lectin content. To be clear, these methods do not eliminate lectins entirely, however they can help to reduce them and in turn reduce the harsh effects they can have on your body.

For more information about lectins and all things gut health related, visit Dr Gundry's website, gundrymd.com. If your someone who suffers from digestive problems, or if you're interested in gut health in general, I think you'll find it enormously beneficial.

The Reality of Living with a Long-term Skin Condition

Almost one million Aussies have been diagnosed with a long-term skin condition. These can include eczema, psoriasis, acne and vitiligo. Associated with some of these conditions are both physical and emotional factors – pain, itchiness and increased feelings of anxiety and depression.

Marion is someone who knows this first hand, living with a variety of skin conditions including psoriasis, eczema and rosacea.

“Living with a chronic skin, hair and nail condition is enormously challenging both physically and emotionally, it can have a big impact on your self-esteem, changing the way you live your life” she said in conjunction with the Australasian College of Dermatologists (ACD).

“Finding the best possible treatment and support can make a huge difference. I can manage my conditions confidently now with the tools I've been given by my dermatologist. I've learned a lot about what options are available to me.”

ACD recently launched a new campaign and resource hub called *Help, helps* to encourage Aussies to seek help when it comes to long-term skin conditions.

“As dermatologists, we often see the toll that living with a chronic skin, hair or nail condition can have on a patient's general



Australasian College of Dermatologists (ACD) recently launched a new campaign and resource hub called *Help, helps* to encourage Aussies to seek help when it comes to long-term skin conditions.

wellbeing,” said ACD President Dr Clare Tait. “This can include their ability to sleep, work, and socialise and their mental health as well.”

Fortunately, there are lots of incredible dermatology practises across the North

Shore! So, if you are struggling with a skin condition and looking to improve the quality of your life – don't be afraid to ask for help.

Hornsby Jewellers
Local Family owned & run Jewellery Business

Alterations • Re-modelling • Repairs
Engagements • Weddings • Anniversaries

Onsite Workshop

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold
• whether to save or sentimental - we can reuse
• We also buy gold & jewellery in any condition

We now do laser engraving

Kurt & Daniel Seifert Jewellers
1A William Street, Hornsby 2077
Phone 9476 4711

In Style Turramurra

WINTER MARKET
Saturday 11th & Sunday 12th June
Turramurra Masonic Hall, Cnr Pacific Hwy & Turramurra Avenue
10am - 3pm

- a quality collection of boutique stalls
- social distancing encouraged
- shop in comfort,
- ample parking
- hand sanitiser supplied
- Covid Registered/Covid Safe

Lots of winter woolies and gift ideas!
www.facebook.com/instyleturramurramarket
www.alivewithstylebags.com | www.margaretcaneoclothing.com



Cracked Tooth Pain

Dr Ian Sweeney

People appear to be suffering more and more from stress related illnesses. Amongst these appears to be an increase in the number of broken teeth. Anecdotally speaking, the incidence of cracked teeth has increased over the past few years, particularly post-COVID.

A cracked tooth is defined as an incomplete fracture in a posterior tooth, extending through the enamel, involving the underlying dentine, occasionally extending to the pulp or the “nerve” in the centre of the tooth.

Tooth pain from a cracked tooth can be quite debilitating and may take many different forms. The classic diagnostic sign is pain while chewing or biting. When we bite, we exert pressure onto our teeth. If a tooth is weakened or cracked, it may flex apart and open the crack. Often the pain becomes worse when the pressure is released and the crack closes again.

Pain from a cracked tooth often mimics other types of dental pain, which may make diagnosis difficult. Early diagnosis

is important to help minimise the risk of a crack propagating and reaching the nerve of the tooth.

When diagnosing a cracked tooth your dentist will use several diagnostic tests including clinical examination, x-rays, gum probing, bite tests, transillumination of light and higher degrees of magnification.

Treatment of a cracked tooth will depend on the extent of the crack. A minor crack may be able to be held together by means of simply bonding the tooth together. Larger cracks may require a type of restoration called a crown or onlay, which are similar to a thimble, and covers the biting surface of the tooth in order to prevent it from flexing and causing pain. If the crack has extended to the nerve in the middle to the tooth, the nerve will die and need to be removed.

Nerve removal is referred to as Root Canal Treatment and involves removing the dead or dying nerve from the tooth. If a crack has extended into the nerve necessitating root canal treatment, your dentist will also recommend a crown to hold what is left of the tooth together.

In the worse scenario, a crack may extend the entire way through a tooth, rendering it unsalvageable. In this case, tooth extraction is the only option.

Good oral hygiene, avoiding hard foods and chewing ice, and wearing an occlusal splint or night guard if you are aware of tooth clenching or grinding will all go a long way in protecting your teeth and smile.



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

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. www.northsidedental.com.au

NORTHSIDE
DENTAL & IMPLANT
CENTRE

NORTHSIDE
SEDATION
CENTRE

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turrumurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Let our family,
give your family,



Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

Turrumurra Practice

1253 Pacific Highway,
Turrumurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

Visit: www.northsidedental.com.au



Food: It's Always Better from Home

Over the years, we have spent less and less time in the kitchen cooking. This might not sound troubling, however, it appears that cooking at home could be the largest contributing factor to your health.

According to journalist, author and presenter of the series *Cooked*, on Netflix, Michael Pollan, the most important predictor of a healthy diet is whether food is being cooked by a human being, or a corporation. Pollan states that when corporations cook food, they use vast amounts of salt, fat and sugar – ingredients that are incredibly cheap and incredibly addictive. Because these ingredients are so accessible and easy to mainline, these corporations make huge profit margins even though fast-food is considered 'cheap' or 'affordable'.

It seems that when we outsource our production of food to these big chain corporations and fast-food outlets, we pay the price. Pollan further goes on to state that in America (his country of birth), rates of home cooking have dropped by half since the mid 1960s. As rates of home cooking decline, rates of obesity and ill-health increase. It is no secret that rates of obesity and diabetes are currently going through the roof. In fact, we are almost tired of hearing it now. However, home cooking is not something you might have attributed this to.

One of the main reasons why home cooking is considered so healthy is because you generally use raw ingredients when cooking at home. This means using raw (unpacked, unprocessed) vegetables, fruits, and meats. These foods in their whole form will provide you with the entire nutrient base for the food as opposed to just getting extracts of foods (which is where you might get into trouble – an orange compared to a sugar-filled glass of orange juice). You will know, using whole foods, exactly what is going into your mouth.

Another reason is that it is a logistical nightmare to cook like corporations at home. For example, think about frying some chips. How long would it take for you to fry a bunch of chopped potatoes in sizzling oil? How much salt would you need to buy to make it taste like fast-food chips? How long does it take to bake a batch of cookies? How long does it take to bake a cake? All these implications make it very difficult to want to even consider cooking like that. It is very clear that home cooking provides a double benefit – it is difficult to make home cooking unhealthy, even if we try.

So, let's get back in the kitchen and improve our health. Enjoy fast-food in moderation, and know that your kitchen is always beckoning you.



The journalist Michael Pollan on one of the episodes from *Cooked*.

Scene reproduction/ Netflix

NETELIX

Particularities of the Single Origin Coffee

If you are a coffee person, like so many people (in fact, it's almost bizarre when someone admits to not drinking it), you will have no doubt come across the phrase 'single origin.' It sounds rather pure, trendy and healthy, but what does it actually mean?

Like its name suggests, 'single origin' coffee is defined by the fact it has been sourced from one single crop, or region, or producer, in one country.

SO WHAT?

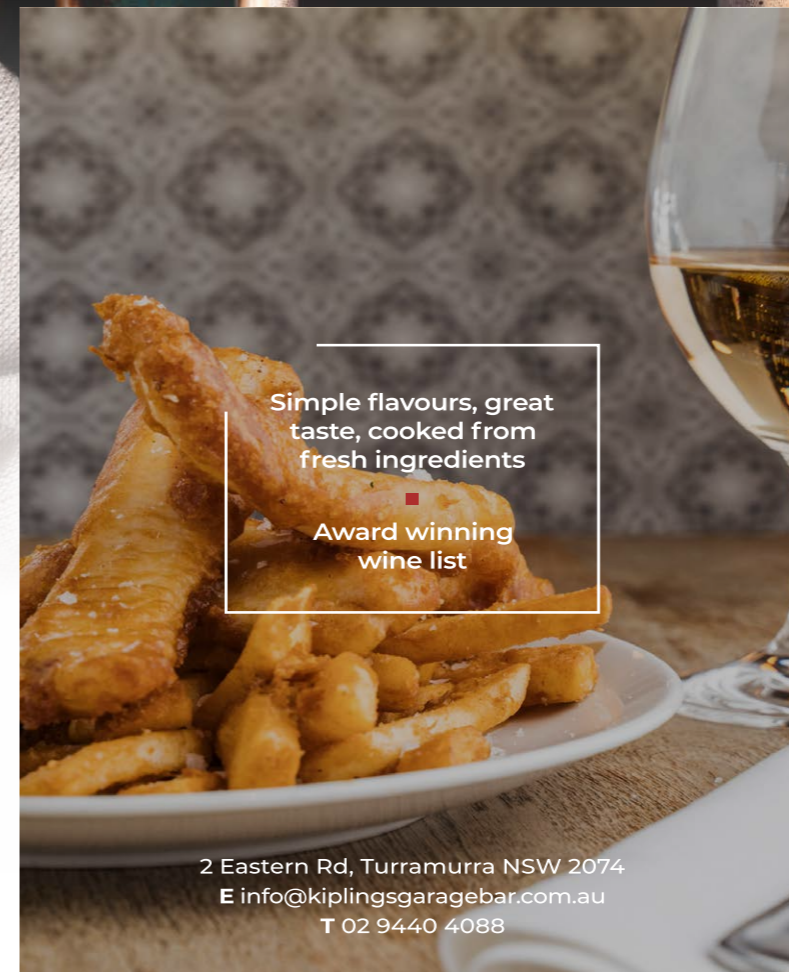
Well, many coffee enthusiasts believe that getting your coffee from a single source means you can, with proper training and know-how, learn to distinguish characteristics which are unique to that particular crop, region or producer.

This results in you become a more educated consumer – knowing exactly where your coffee is coming from and what characteristics define it.

However, single origin coffee is not all that common. Many cafes will not use single origin coffee due to its lack of appeal and marketability. Coffee roasters and café owners usually try to give their consumers a blend of a few different beans because it means they can be more creative, taking their experience to make a blend which is distinct to them. Not only this, but blends often make the coffee more neutral and drinkable.

You might be thinking that neutral and drinkable coffee does not sound like good business. However, many people do not like the stronger, more intense flavours which are generally present in single origin coffees.

Coffee purists love single origin because they want to taste all the nuances. However, it makes far more sense to use blends if you are a café trying to create your own, personalised coffee flavour whilst maximising your appeal to broader customer bases.



Simple flavours, great taste, cooked from fresh ingredients

Award winning wine list

2 Eastern Rd, Turrumurra NSW 2074
E info@kiplingsgaragebar.com.au
T 02 9440 4088



Open 7 days for lunch and dinner

Special \$60 3-course lunch including tea/coffee

Hours

Monday – Friday: 8am – Late
Saturday – Sunday: 11:30am – Late

Reservations online at www.kiplingsgaragebar.com.au



@kiplingsgaragebar





Jerusalem Bay Bushwalk, Cowan

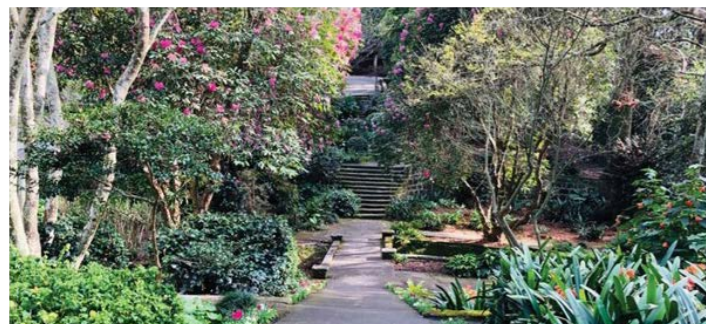
From the railway to the river, this rewarding three hour (six km) return bushwalk takes us down to the picturesque Jerusalem Bay on Cowan Water. Descending through different vegetation communities and on the way, we examine evidence of the Aboriginal occupation and use of the area. We then meander along the banks of the bay and reflect on its Aboriginal and historic heritage. After admiring the million-dollar views we slowly meander back to Cowan Train Station admiring the unique plants and animals along the way.

When: Sunday 22 May 9.00 am - 12.00 pm.

Where: Meeting place details given upon booking confirmation.

Cost: Free.

Contact: Hornsby Council.



Swain Gardens Guided Walk

Join Joy Bryan, daughter of Mr Arthur Newling Swain and Council's resident gardener Adam for a guided walk and talk through Swain Gardens, followed by a morning tea on the tennis lawn. Swain Gardens is an outstanding example of an extensive garden and is listed as a significant local heritage item. Come along and hear the story of how the garden grew to become what it is today.

When: Thursday 19 May, 10:30 am - 11:30 am.

Where: Swain Gardens, 77 Stanhope Road, Killara 2071.

Cost: Free (booking required).

Contact: Ku-ring-gai Council Events 9424 0980 or 9424 0000, events@krg.nsw.gov.au.



Women Advisory Committee

Council is seeking nominations for the Status of Women's Advisory Committee. The Committee's primary role is to provide advice, advocate and raise awareness of issues that affect women in Ku-ring-gai. The Committee will also identify and participate in projects promoting the inclusion of women in Ku-ring-gai as well as advise Council on opportunities and policies affecting women in the community. Nominations close on Friday 6 May.

Enquiries: Lily Giles on 9424 0837.



Mahratta Behind the Wall

The beautiful gardens at Mahratta were designed by Paul Sorensen. There is a sunken rose garden, and beautiful vistas of exotic and native trees and plants. There is also a croquet lawn, an art deco moon gate and many other features. The house is currently closed due to renovations. No booking required.

When: Sunday 15 May, 10:00 am to 03:00 pm.

Where: Mahratta, 25 Fox Valley Rd, Wahroonga 2076.

Cost: Free.

Contact: Annette Gadsby on 0404 296 280 or mahrattafriends@gmail.com.

Learn to Play Chess

Tutors from Sydney Academy of Chess will take us on tour of the chess board outlining the rules, tips and strategies. With this new information, you will have an opportunity to play a game with experts to guide you. Enjoy a light lunch after the games.

When: Monday 30 May, 10:00 am to 01:00 pm.

Where: Turramurra Seniors Centre, 1 Gilroy Lane, Turramurra 2074.

Cost: Free.

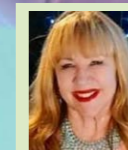
Contact: Robin Hall on 9424 0836 or 9424 0906.

7 Tips to Remember your Dreams

Kerry Erwin

Do you have problems remembering your dreams? Here are some simple tips to register all experiences you can have during sleep.

1. Get yourself a small book and a pen to record your dreams. Place them next to the bed where they are easily reached. Before you go to sleep, try saying a little prayer or using meditation to help you focus. This can help your ability to take note of all the details.
2. Try and get into the habit of sleeping with white sheets. I find that they can help memory as they are extremely good for healing. If you think about it, they are always used in hospitals - which are places of healing. This of course is only my choice. Always use what is best for you as you are the best judge of what feels right.
3. Have a glass of water by the bed and drink before you go to sleep to hydrate your body and mind. I always have an open window for fresh air, as a stuffy room and smells can interfere and create jumbled thoughts.
4. When you awaken, before you step onto the floor, make a habit of writing everything down that you experienced, or you will forget everything.
5. Take note of colours as they represent the chakras, and numbers represent time.
6. Make sure to do this every night. After a while you will begin to get a story as the subconscious mind is a powerful tool and explains our conscious realities.
7. Like anything you do in life, you can accomplish a lot with practice. The more practice, the more you improve your psychic abilities, and the more you increase your ability to reach a higher state and frequency of consciousness. Happy dreaming.



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

Sydney Observer | Target our high net worth readers

Quality local and lifestyle content in an attractive, contemporary package.

Sydney Observer is the North Shore's favourite magazine. Distributed in KMC local government area plus selected adjacent areas of Hornsby, Lane Cove and Willoughby.

■ **Gloss finish** ■ **Home delivered**

PO Box 420 Killara 2071 | p 02 9884 8699 | advertising@kamdha.com | news@kamdha.com



ROOFS
ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking...
Act Now



Contact us for a free no obligation quote

Phone: 9854 6000
www.roofsabove.com.au

Our services available include.....

- Repairs, Restoration and Replacement of Metal & Tiled Roofs
- Guttering, Downpipes & Leaf Guard

Free Edmonds Supavent valued at \$300 with every full roof repair or reroof



Rug Revival
by A.G.I. Carpet Services

PH: 9997 8888
THE RUG CLEANING SPECIALISTS

- Complete washing & detailing of all types & styles of area rugs
- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service

For our other services, visit our website at:
agicarpetservices.com.au
A.G.I Carpet Services
2/45 Bassett St, Mona Vale

Sydney Home

For just \$69 per post, We can design a social media campaign on Instagram.

BLIND INSPIRATION

Shutters • Curtains
Blinds • Awnings • Home Automation

YOUR LOCAL SHUTTERS & BLINDS

1300 925 463
FREE IN HOUSE DESIGN CONSULT

Unit 14/2-4 Chaplin Dr, Lane Cove West
www.blindinspiration.com.au

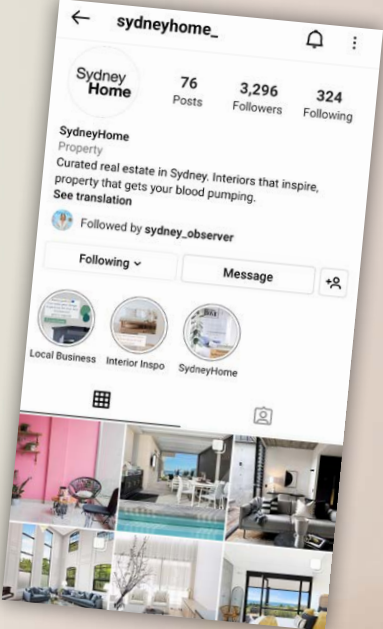
Northside Washer Service
Washing Machine & Dryers, Repair & Sales



- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
Ph: 9457 9162 / 9481 8505
MOB: 0418 679 596

authorised agent
KLEENMAID **SPEED QUEEN**
The best you can own



Sydney Observer

Quality local and lifestyle content in an attractive, contemporary package.

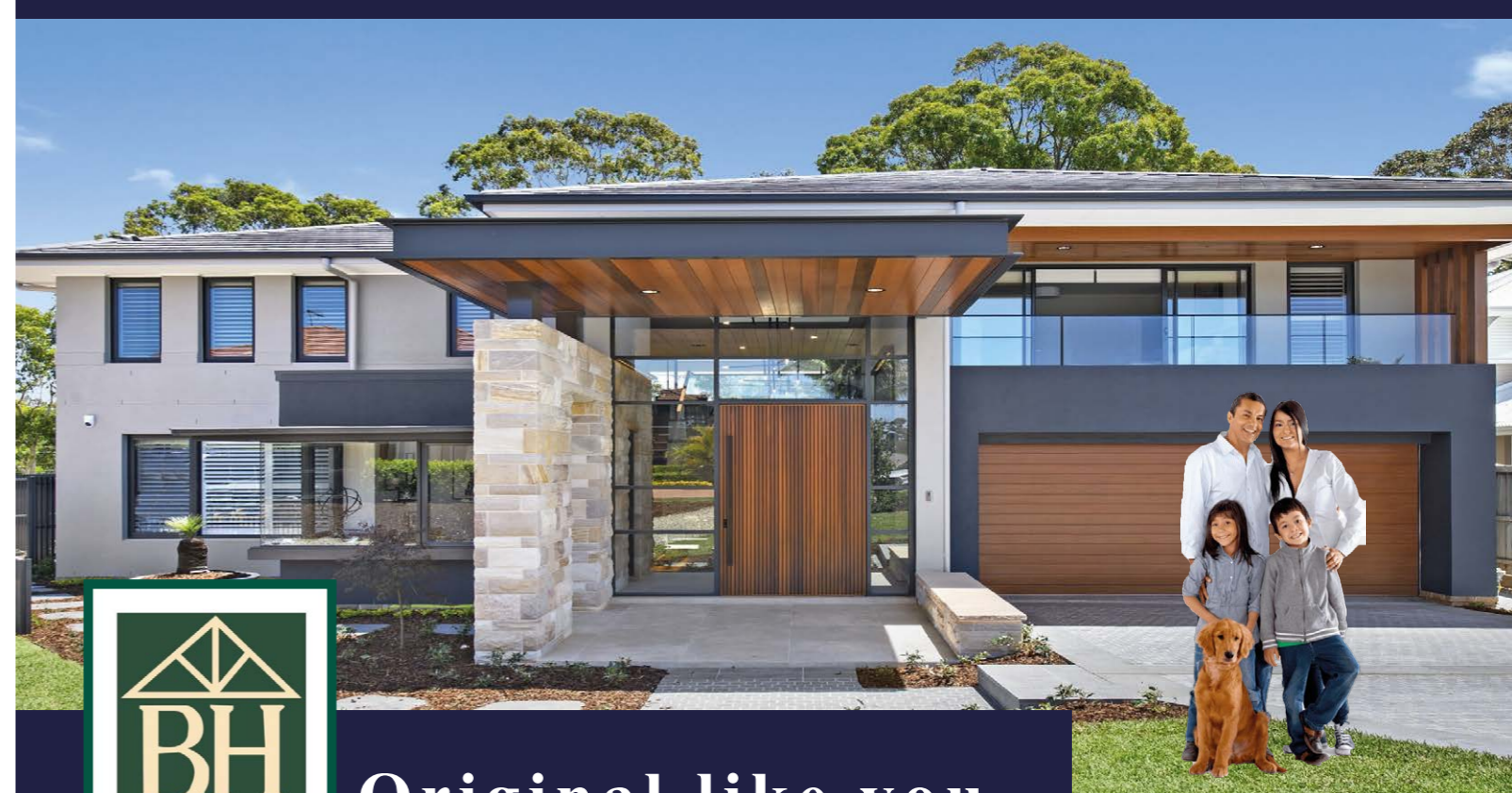
Sydney Observer is the North Shore's favourite magazine. Distributed in KMC local government area plus selected adjacent areas of Hornsby, Lane Cove and Willoughby.

■ Gloss finish ■ Home delivered

PO Box 420 Killara 2071 | p 02 9884 8699 | advertising@kamdha.com | news@kamdha.com



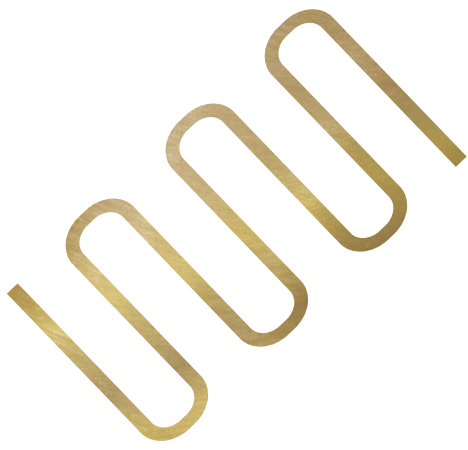

Just email hola@sydneyhome.com.au with details of what you'd like posted.



Original like you.



Architects & Builders
binethomes.com.au | 9868 3222



UNDERFLOOR HEATING

“Invisible luxury”



Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort Heat designs each system to reflect the required outcome of the clients as well as taking into account each plan and location. The systems can be controlled manually or designed to be completely automatic. Areas can be zoned or controlled as one system.

Ask your builder or architect today for an efficient heating system in your new home or renovation. Visit our website - www.comforheat.com.au



ComfortHeat
Superior Floor Heating Systems

1300 13WARM
sales@comforheat.com.au
www.comforheat.com.au