

Sydney Observer

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Bondi Rescue's
'HARRIES'
ANTHONY
CARROLL

ARCHIBALD WRAP UP

THE LOCALS
ON EAT STREET

STEPHEN HALL
ARTIST INTERVIEW

USING THE
COLD FOR GOOD

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From the Editor

Hello and welcome to our July issue!



With winter well and truly underway, we cover several relevant topics including slow cooking, integrating rugs into your home and non-alcoholic drinks. We provide an introduction to the famous *Wim Hof Method*, which is centred around using deliberate breathing techniques in conjunction with cold therapy to enhance your overall wellbeing.

Our regular contributors provide us with some excellent and informative articles on seniors and health, as well as a fascinating piece of local history by the Ku-ring-gai Historical Society. We also bring to you the 'Jay's Adventures' section, where your editor braves camping during the coldest week of the year!

Our cover profile this month is *Bondi Rescue* lifesaver, Anthony Carroll 'Harries'. *Sydney Observer* spoke with him about positivity and how one can arm themselves with a positive frame of mind to overcome adversity and thrive. Harries is no stranger to adversity, and he understands that whilst he is regularly subjected to life-threatening situations, he can always choose how he responds.

Stay warm and happy reading!

Jhouhlias

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EDITOR: Jay Houhlias (editor@kamdha.com).

MEDIA RELEASES: news@kamdha.com.

CONTRIBUTORS: Amy Sandig, Dr Ian Sweeney, Ku-ring-gai Historical Society, Liz Kraefft, Margaret Simpson, Rejimon Punchayil, Dr Sue Ferguson, Wai Abramowicz.

DESIGNER: Frederico S. M. de Carvalho.

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Archibald 2022 Wrap up

This year's Archibald prize saw the greatest number of entries from Aboriginal artists (20), as well as the highest number of Aboriginal finalists in the Archibald, Wynne and Sulman Prizes overall (27). The Archibald exhibition dates are 14 May through to 28 August, and of the 816 entries, 52 were selected.

The winner was Blak Douglas with his portrait of artist Karla Dickens. It is entitled 'Moby Dickens', and it is the first time a portrait of an Aboriginal woman has been awarded with the prize. His portrait is a representation of the cataclysmic floods that devastated northern NSW in early 2022.

Claus Stangl won the Packing Room Prize with his portrait of Taika Waititi. Taika is a director, actor, writer and producer from New Zealand who is known for his touch of the absurd. His movies combine a sort of childish innocence and humour with a charm and intelligence that is deeply moving. Claus captured these ideas using the reds and greens from retro cardboard glasses to create a 3D effect.

For more information, visit <https://www.artgallery.nsw.gov.au/prizes/archibald/2022/>.

Blak Douglas',
Moby Dickens –
Archibald Prize
Winner 2022.



Claus Stangl's,
Taika Waititi –
Packing Room
Prize Winner 2022

A More Inclusive Willoughby

The Willoughby City Council's draft *Disability Inclusion Action Plan 2022-2026* aims to develop a more liveable and positive environment for people with disabilities. The draft has already planned and completed a number of changes including upgrades to more than 400 bus stops to meet modern disability standards, implementing accessible design features at key facilities, one of which being the Willoughby Leisure Centre, and an online directory of accessible parks and playgrounds.

A Winter Problem

Genetic research from the University of South Australia has shown a direct link between dementia and a lack of vitamin D. It's not great news coming into winter. The study showed low levels of vitamin D were associated with lower brain volumes and an increased risk of dementia and stroke. In some populations, as much as 17 per cent of dementia cases might be prevented by increasing vitamin D to a normal level of 50 nmol/L, equivalent to around 2-3 hours of sun per week during June and July.



Call out to Pet Owners!

Pet photography business, Zoo Studio, is calling out to pet owners to showcase their pets as part of a new pet photography book to raise funds for charity to support veterans and first responders impacted by PTSD. The book is set to be launched before Christmas and plans to raise over \$40,000 for PTSD Dogs Australia. To submit, visit www.zoostudio.com.au, or donate at www.v360.org.au.



Archie's at St Ives

Archie's Café, which first opened in Dover Heights three years ago, is now open at St Ives Village! The café is famous for its Mediterranean and Middle Eastern twist on classic dishes. Archie's trading hours are 10am - 4pm, and they are located on level 2.



Camellia Show

On Saturday 9 and Sunday 10 July, the NSW Camellia Research Society will hold their 51st Annual Camellia show in the hall of Ravenswood School, Henry St, Gordon. More than 1000 beautiful specimen blooms will be on display. The show will be open from 1:30pm to 4:30pm on Saturday, and 10am to 4pm on Sunday. Admission is \$5, and children are free! Anyone who grows camellias is welcome to exhibit their blooms.

For more information, contact nswcamellias@hotmail.com.

Northern Beaches Art Prize

The Northern Beaches Environmental Art & Design Prize exhibition will be held on Friday 5 August to Sunday 28 August across three venues.

The prize will exhibit work from artists and designers from across Australia in the non-acquisitive prize. This year the Prize has nine categories and a prize pool of over \$40,000! Categories range from fashion and design to ceramics, painting, photography, digital media, functional and textile design and more.

For more information, visit www.northernbeaches.nsw.gov.au/things-to-do/arts-and-culture/northern-beaches-environmental-art-and-design-prize.

Community Achievement Awards

Nominations are now open for the Community Achievement Awards for Regional NSW & the ACT! Four of the category winners will receive \$2,000 in prizes and a trophy. The other category winner will receive television exposure on PRIME7 and a trophy. To nominate someone, go to awardsaustralia.com/community-achievement-awards. Nominations close Tuesday 23 August, and awards are free to enter.



Arts & Cultural Festival

Ku-ring-gai's creativity will be put on display until the end of July as residents will be treated to performances, plays and art shows.

The inaugural Arts & Culture Festival aims to celebrate a thriving and diverse creative arts scene in the local area between 18 June and 24 July. There will be a range of activities including exhibitions, theatre, author talks, photography workshops and orchestral performances.

Mayor Jeff Pettett said the Council was launching the arts and cultural festival 'to raise awareness of the depth of the artistic community in Ku-ring-gai'.

To find out more about the Arts & Cultural Festival visit krg.nsw.gov.au/artsfestival.



Walking Safely to School in 2022

Students at Epping West Public School support unit did not let the weather stop them from participating in *Walk Safely to School Day* for 2022. Students and their teachers walked around the school safely and within their abilities.

Walk Safely to School Day encourages all primary school children, parents, and carers to walk safely and regularly to school. It seeks to promote road safety, health, public transport, as well as benefiting the environment.

Epping West Public School teacher Flordeliza West marvelled at the celebration; "we all enjoyed the surprise morning tea that we won. The support unit was one of four schools to win a breaky box as part of Northern Sydney Health Promotion, *Live Life Well @ School* prize draw. Special thanks for the provision of allergy friendly ingredients so all students could participate."

What the Locals think of 'Eat Street'

Jay Houhlias

As most of you are probably aware, work is well underway for the 'eat street' destination in the St Johns Avenue area in Gordon. The work is scheduled to be completed at the end of this year. It is great news for locals and business owners, who will see their area upgraded with things like widened footpaths, terraces, more parkland, more seating – in short, a grand makeover. *Sydney Observer* went and spoke to some of the local business owners to get their opinions on the 'eat street' upgrade.

The businesses that were spoken to were clearly excited about the upgrades. However, they all seem to be struggling in their own ways with the construction and the hinderances brought about because of it. The businesses also understand that these hinderances are an essential part in progressing their area forward.

Here is what the employees and managers of some of the St John's Avenue businesses had to say.



"The upgrades are a good idea. The customers will feel more at home if it is a nicer place to eat and relax. It will be more convenient for local eaters. There might be a problem with parking though, maybe the council has to organise some alternate parking. The construction also causes some noise."

Kumar, Curry Monitor

"The upgrades are really good. The area is becoming fancier and newer, and people can enjoy it. It's just the processing time is really long. On the corner of our café we had some very loud work being done and we lost a lot of business because of it. Also, the parking spots were impacted. Usually there is 15 minute parking, but now that it is gone, people can't come in to get takeaway or a quick coffee."

Zac, Pure Brew

"It's all very exciting. The council has a long-term plan for what they want Gordon to be like, and it's going to be great to see what that will mean for the community. It has been a bit hectic through. St John's Avenue is quite a busy road. Construction has been impacting people parking and being able to come in, which is a shame, but what can you do? We just hope it's done quickly so it can return to normal and be better than ever."

Hugh, Manager at Pottery Green Bakers

Local Sport Gets a Boost

Ten lucky sports clubs across the Davidson Electorate have received a combined \$50,000 in funds. This funding aims to increase involvement in sport following the awarding of grants under the NSW Government's *Local Sport Grant Program*.

The program included 836 sporting organisations across NSW with a shared \$3.9 million in funding. It will cover programming, equipment, and facilities.

Minister for Tourism and Sport, Stuart Ayres, said "getting together with teammates on a weekend or mid-week to play sport is so important for our physical and mental health".

The funding comes at a critical time. With organised sport suffering immensely through COVID and COVID restrictions, it is fantastic to see the emphasis placed back on physical activity.



Davidson Electorate Clubs Benefited with the *Local Sport Program 2021-2022*

ORGANISATION	SUBURB	PROJECT	AMOUNT
Killara Bowling Club Limited.....	KILLARA.....	Bowling Greens Irrigation System.....	\$12,000.00
Lindfield Bowling Club.....	EAST LINDFIELD.....	New Aluminium Benches.....	\$6,185.00
Sydney United Sports Club Inc.....	KILLARA.....	Cricket Equipment Support.....	\$5,000.00
Roseville District Cricket Club.....	ROSEVILLE CHASE.....	Upgrade Facilities & Equipment.....	\$4,178.00
St Ives Netball Club Inc.....	ST IVES.....	Coach Development & Accreditation.....	\$2,000.00
St Ives Junior Cricket Club.....	PYMBLE.....	Sport Equipment.....	\$5,000.00
Gordon Junior Rugby Union Club.....	ROSEVILLE.....	Club Development Grant.....	\$2,000.00
Ku-Ring-Gai Bowmen Inc.....	LINDFIELD.....	Upgrade Archery Machinery.....	\$2,388.00
Forest Districts			
Australian Football Club.....	BELROSE.....	Install Behind Goal Netting.....	\$9,249.00
St Ives Junior Rugby Club Inc.....	ST IVES.....	Coach Development Program.....	\$2,000.00

Estate Disputes in Blended Families

Wal Abramowicz

Life has certainly changed in the last 50 years. It used to be the case that most people married once, had two to three children, one car and a television set. Now, people are getting married for the second and third times.

What happens when, for example, "John" and "Susan" marry for the second time? Each have children from their first marriage. John's children do not live with them, but Susan's children do live with them.



If John dies before Susan, he would normally provide for Susan in his will. Susan's children would feel comfortable, knowing that their mother would leave her estate to them once she passed away. John's children would not have the same level of comfort. Will Susan leave anything to them?

Under the New South Wales *Succession Act*, the Supreme Court has the power to change a deceased's will. An eligible person can make a claim where adequate provision for the proper maintenance, education, or advancement in life of that person has not been made by the will of the deceased.

The *Succession Act* defines who are "eligible persons". One category of eligible persons are "children".

In John and Susan's case, John's children are not Susan's children. They are not eligible persons in her estate. They are, however, eligible persons in their father's estate.

In these not uncommon circumstances, John's children may make a claim for further provision out of their father's estate. If the claim is successful, it would have an effect on Susan's entitlement. If they wait until

Susan dies, they will not be able to make a claim as they are not "eligible persons" in Susan's estate.

The Supreme Court has dealt with these types of claims on many occasions. These claims will be determined on their own particular facts. As a broad general rule and in the absence of special circumstances, John's general duty is to Susan. To the extent to which his assets permit him to do so, he is to ensure that Susan is secure in the matrimonial home and to ensure that she has an income sufficient to permit her to live in the style to which she is accustomed, as well as provide her with a fund enabling her to meet any unforeseen contingencies. The amount should be sufficient to free her mind from any reasonable fear of any insufficiency as she grows older and her health and strength fail.

There are circumstances where John's children would succeed. Some examples are where the funds are sufficient to make further provision for them, or they have special needs.

These modern times of "blended families" create unusual circumstances. The law in this area is complex and legal advice should be obtained.

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*Parking available at the Gordon Centre and Ku-ring-gai Council on Dumaresq Street.

Hornsby Knows About Mobile Recycling!

Hornsby Shire residents have been named Australia's top mobile phone recyclers for the fourth year in a row. These environmentally minded residents deposited 670kgs of mobiles and accessories for recycling over the past 12 months. This was done through MobileMuster.

MobileMuster is a non-for-profit organisation based in North Sydney who collects and recycles old and unused mobile phones. The MobileMuster awards acknowledge councils who have collected the most mobile phone components for recycling. The Hornsby Shire was given the award for their recycling between 1 May 2021 and 30 April 2022.

At Council's Community Recycling Centre in Thornleigh, residents recycled the equivalent of 4,085 handsets and batteries which conserved 7.6 tonnes of mineral resources – this equates to planting 39 trees!



Head of MobileMuster Spyro Kalos (second left), Nathan Chen (far right) and Peter Sole (far left) from the Community Recycling Centre Team, and Deputy Mayor Nathan Tilbury(second left).

To find your nearest MobileMuster collection point, visit www.mobilemuster.com.au.



Energy Bill Busters

The 2022-2023 NSW Budget includes a \$128 million *Energy Bill Buster Program*. Under this, eligible households can start cutting their energy costs from solar and home appliance upgrades. The program allows eligible households to swap their annual Low Income Household rebate for a lump sum contribution to a free solar system or a home appliance upgrade – things like energy efficient fridges, air conditioners or dryers.

Around one million NSW households currently receiving an energy rebate will soon be eligible. A free solar system can save you up to \$600 each year, instead of the annual \$285 *Low Income Household Rebate*.

People can find out more about the program, applications, and eligibility at: www.energysaver.nsw.gov.au/rebate-swap.



Two Lucky Artists

As part of its new public art program, Ku-ring-gai Council wants to create murals at the Wildflower Garden and St Ives Showground. The Council is looking for two local artists to create murals between August and September 2022 as a celebration of the natural environment.

Applications are open on the Council's website until 14 July, and applicants will need to provide a design concept showing connections to the natural environment.

The winning artists will be paid \$6,000 for the Wildflower Garden mural and \$9,000 for the Showground murals.

For full details on how to apply visit krg.nsw.gov.au/murals.



Hornsby Shire's Vision

On 8 June 2022, Hornsby Shire released its ten-year community strategic vision. It is a plan that identifies Hornsby Shire's main priorities and aspirations for 2032.

Hornsby Shire Mayor, Philip Ruddock provides us with some more information.

"During the last three years, we undertook 27 community engagement projects and

received feedback and responses from some 15,000 residents," he said. "We were pleased to receive 57 submissions in response to the public exhibition, enabling us to fine-tune this vital document. We are excited work towards turning the community's vision into reality."

The full agenda of the meeting, along with details of each item discussed, can be found at www.hornsby.nsw.gov.au.

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Orthoptists Making a Difference

Judith Godden

If you time-travelled to Sydney 100 years ago, you would be shocked to see so many people with disabilities. People wearing callipers on their legs after polio, those with painful untreatable sores, and others who had endured amputation of a limb to stop infection. Eye defects would include squints which, too often, resulted in the person being shunned.

Improved public health, vaccines and antibiotics were game changers, and so too were orthoptists. Do you remember wearing an eye patch as a child, or seeing others with one? Unless you recall a pirate party, chances are that you saw the work of an orthoptist to correct a squint. Yet so little is known about orthoptists, even those in our local area.

Orthoptics began in Australia in the early 1930s, working with ophthalmologists to correct a range of eye problems. Until 1973, all orthoptists trained in Australia were women.

The importance of orthoptists was demonstrated in Lindfield during World War II. Even skilled pilots struggled to land a plane safely if they could not accurately judge depth. Orthoptists worked with trainee pilots who had problems with their depth perception. They provided therapy to improve depth perception, enabling the men to continue in the air force.

The problem was that there were only 11 orthoptists working in Australia when war began in 1939. Five of these women were Janet Arnold (née Bowman), Beatrice 'Blue' Barnes, Ethel D'Ombra, Joan Holland (née Atkinson) and Emmie Russell. They were sent to the Initial Training School at Bradfield Park (in Lindfield) where, as the name suggests, Air Force pilots received their basic training. Their success helped to ensure that orthoptics became an essential tool in improving a range of eye defects.

In the post-war decades of the 1950s and 1960s, there was increasing demand for orthoptists. Most loved their work yet left the profession after a few years. The problem was the expectation that women resigned on marriage. Given that children often soon followed, the lack of alternative childcare was usually the final obstacle to them continuing their much-needed work.



Orthoptist Beverley Balfour treating an RAAF trainee pilot.

Two of these early orthoptists raised families in Lindfield. Patricia Dey married solicitor Bruce Berry in 1952 but continued working at the Sydney Eye Hospital. It was such an unusual act that it drew the attention of the Hospital's Medical Superintendent. After six months, she conformed and resigned.

Elizabeth Cameron worked for two years before marrying in 1953. She too resisted social expectations and continued working, but only for another three years.

Alison Lawson (née Ward) was exceptional in that she continued working despite marrying in 1958 and

having five children. She continued working as an orthoptist both in Australia and England. She lived for many years in Pymble.

For more on orthoptists, including numerous local women, see Shayne Brown's book, *Hindsight: The History of Orthoptics in Australia, 1931-1960* (*Orthoptics Australia*, 2021).

You can also find out more about past people and events at the Ku-ring-gai Historical Society in Gordon. We have extensive resources you can use, and we hold regular meetings with informative talks.

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). Please see our website for opening hours.

AGES Survey and Workshop

Jay Houhlias

Stephen Hall lives and works on Dharug land (Hornsby). He explores issues like the environment, political power, violence, terrorism and humanity's past and future. He combines this with ideas of understanding ourselves and our place in the universe. Stephen is a prolific artist with multiple awards and award nominations under his belt; one of them being the Kedumba Drawing award in 2011!

From 23 June – 22 July, a survey of Stephen's works will be on display at the Grace Cossington Smith Gallery. Entry is free. He is also running a workshop on Thursday 14 July, 10am – 4pm, where you can spend the day drawing in the GCS Gallery. If that is not enough excitement, *Sydney Observer* caught up with Stephen to ask him about his work and the GCS events.

Do you always get the same thrill and excitement about people viewing your work at exhibitions?

For me, the reaction is one of the most important parts of the work. You do the work for yourself, yes, but the other half is the response from the public. I like to see it as a dialogue. It doesn't feel finished until people have responded. I know some artists who like to finish the work and leave it there, not go to exhibitions or anything. Sometimes they are nervous, or worried about criticism, or maybe they just feel like the job is done. I have been drawing all my life, and I've always felt compelled to communicate my work and ideas. So, it's really important for me to see how people respond in real time to my work.



"You do the work for yourself, yes, but the other half is the response from the public."

Artist Stephen Hall

What's your favourite compliment to receive from someone about your work?
What I really like is to stimulate ideas. I mean, it's great if people are complimentary of my work, but going back to that dialogue idea again, I really like to get people thinking. To get the most out of this, I need to be at my shows as much as I possibly can.

Some artists almost have an oversupply, they are extroverted and love to talk. Other artists are introverted. I think I am a balance between the two. You need to be able 'to go underground' (Stephen's phrase for putting in the hours of work in solitude), and then come out with the product.

How do you find teaching and doing workshops?

I avoided teaching for a long time. My mum was an art teacher, and my father was a history teacher, and I always joke that I didn't want to become my parents, yet I ended up becoming both – an art and history teacher!

I started as a commercial artist doing greeting cards.

Then I went into labouring jobs because I thought teaching would compete with my creativity. I taught people privately, on and off, but I didn't really immerse into teaching for a long time. I don't teach to make money, I do it because I love seeing people work, create, and express themselves. Teaching stimulates and excites me. If I won the lotto, I'd still teach. I'd teach for free, maybe with flexible hours though!

For registration details, more information, and to catch Stephen and his works, visit www.gcsgallery.com.au.



AGES

23 June to 22 July

a survey of works from local artist Stephen Hall

Local artist Stephen Hall explores the deeply personal and the universal, expanding on facts and fantasies relating to Australia, the world, man and the mind.

Grace CossingtonSmithGallery

Gallery hours Tues to Sat 10 am-5 pm | FREE ENTRY | Gate 7, 1666 Pacific Highway, Wahroonga | 02 9473 7878
gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au | An Anglican Pre K-12 Day and Boarding School for Girls

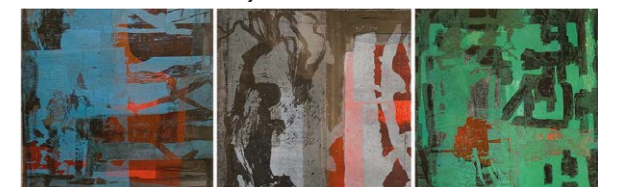


Image credit: Gary Shinfield

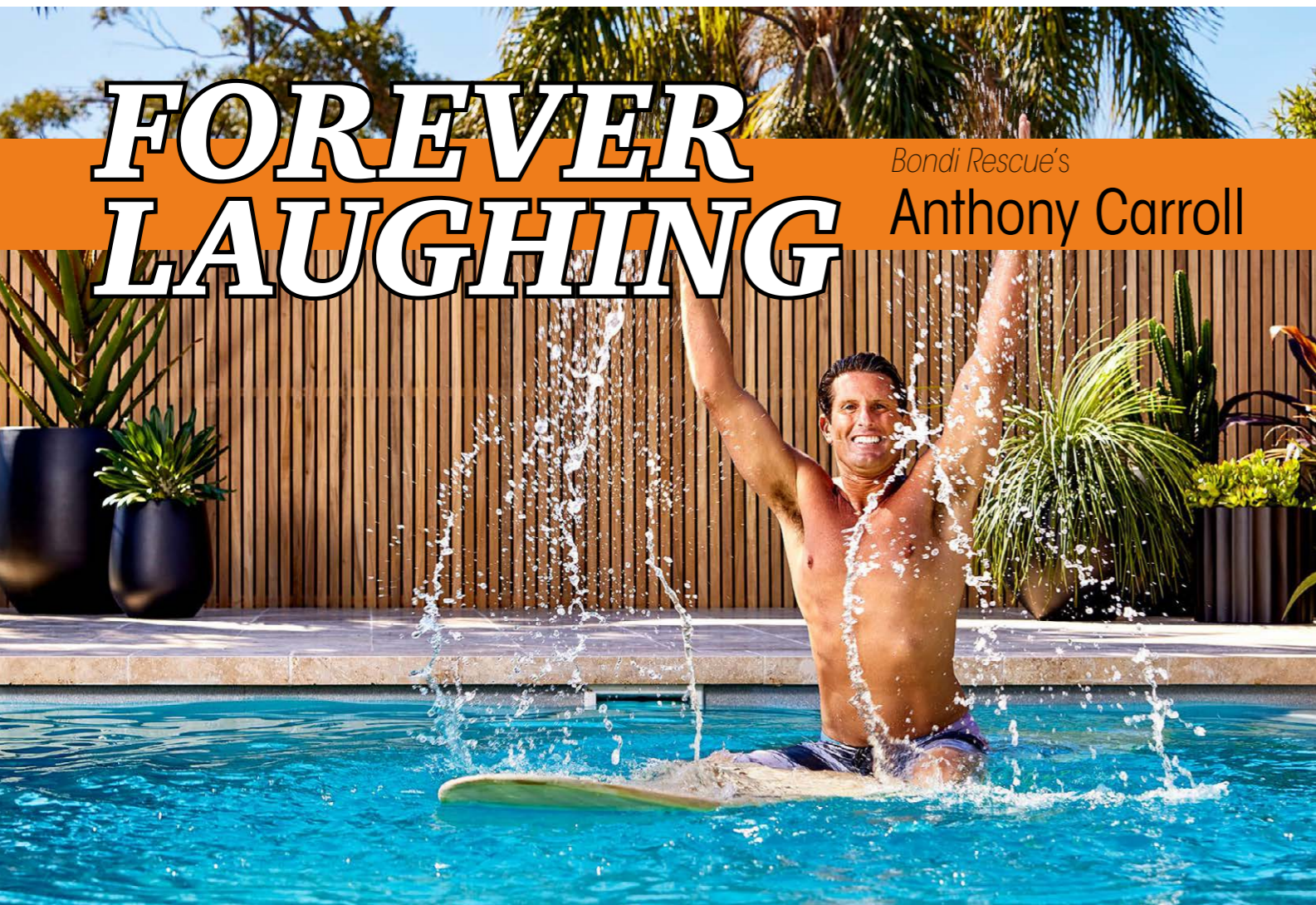
Accretions/Abrasions

27 July to 13 August

Jacqueline Aust, Anthea Boesenberg, Kathy Boyle and Gary Shinfield

Four artists from New Zealand and Australia, with an established practice in printmaking, develop ideas in various media including paper, cloth and object-based work.

ABBOTSLEIGH



Bondi Rescue's
Anthony Carroll

Jay Houhlias

Anthony Carroll has a reputation for being the happiest man alive. Affectionately referred to as 'Harries' (the nickname he was given at 14 – "and not because of Dirty Harry"), he refers to people both young and old as 'legends' and always finishes a conversation with the words, 'love ya'. It's hard not to feel and respond to the positivity which radiates from him.

Positivity is something that has been critical in the trajectory of his life. Working as a lifeguard is what Harries loves to do, and he can't help but feel gratitude and happiness toward all those he has been able to help. "I have been with the surf club all my life, and being a lifeguard means I've had to deal with a lot of tragedy and a lot of death. I'm now up to 5,835 rescues, and I have resuscitated 60 people that were deemed clinically dead."

He continued: "I want to keep on rescuing people and being the best I can

be at my job. It is incredibly humbling to represent my community and give back – it's unreal, it's my dream!"

However, conveying Harries as someone living in total bliss, completely unhurt and untouched by the world around him would be a huge disservice. The power in his positivity has nothing to do with smiling through the pain and faking at feeling good, it's about finding the strength to overcome that pain.

"I remember I was training for an ironman, and a lady committed suicide right in front of me... These things are

the one percenters, but they get to you. I also remember rescuing a guy off the rocks at Tamarama, and he died. I had to go to the coroner's report. I remember thinking this could have been anyone, and this man, he was a father of two, and this was just after I had my first son. After that I came home to my family and just broke down."

Helping other people through their struggles is the essence of Harries.

He has worked with several charities over the years, and he continues to use his media profile to the best of his ability

to provide support where it is needed. "It's all well and good to look nice in a picture, but what really resonates with me is helping people in need. I've been really lucky in my life; people have given me so much," he said.

"With *Bondi Rescue*, that kind of just fell in my lap. Celebrities generally sign up to be famous, but with us though, we were just doing our job and being ourselves. I don't think I am a celebrity by any means, but that kind of status was just thrust upon me. I think that's why I feel so compelled to help people, because people have always helped me."

He is an ambassador for Swiss 8, a military SAS organisation which helps those with combative traumas and mental health issues. Harries' father was a Vietnam veteran.

"They went through a lot, but they didn't talk about things back then. It was very much move forward, keep going, be a man, and keep your mouth shut. It makes me sad because things like that always come back and rear themselves at some stage in your life."

Harries goes on to talk about how the fame of *Bondi Rescue* brought a lot of positive opportunities, but it also wasn't easy. "It was full on sometimes, and there were people trying to take advantage of you. They didn't realise we were like everyone else with bills to pay – especially the electricity, because that's just gone up!"

At the end of the day, Harries says he just wants to be a normal guy, do his job, and be with his family. Being with his family is where you'll most likely find Harries nowadays (apart from in the surf).

"I have two boys and a loving and adorable wife. To have my wife behind



"I want to keep on rescuing people and being the best I can be at my job. It is incredibly humbling to represent my community and give back – it's unreal, it's my dream!"

me is amazing. I mean, it would be cool to think that I'm a big staunch father and Aussie larrikin figure, but when it comes

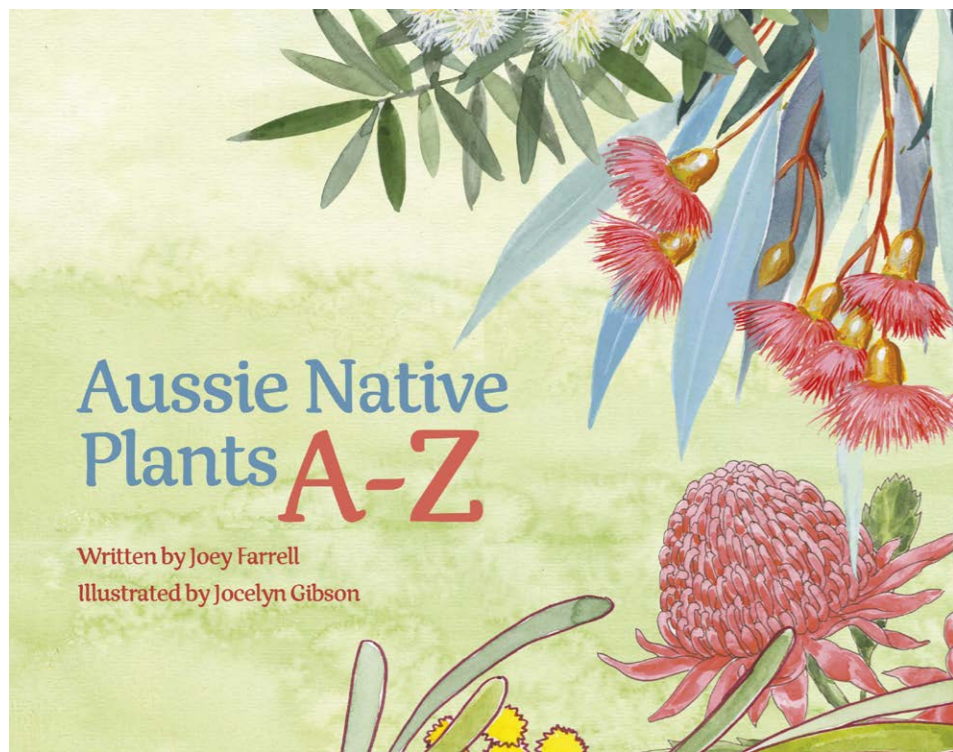
down to it, you just need someone to talk to. I'm so lucky to have my wife, she is the greatest gift ever."



We can all learn a lot from someone in Harries' line of work. After our interview, I found that my cheeks were strained from smiling so much and my throat was dry from laughter. If Harries can have that kind of impact on me in the space of an interview, it isn't difficult to imagine what kind of impact he can have on everyone else.

You can keep updated with Harries on his Instagram @harriesbondi. Harries is an ambassador for Scenic Pools who are supporting the Heart Foundation by giving away a pool. For more information, visit: www.scenicpools.com.au.

For mental support, Lifeline is always available on 13 11 14.



More than Just Plants

Jay Houhlias

Josephine Farrell is a native plant enthusiast who is fascinated by nature.

“So many of us don’t know much about the native plants around us. Plants that have grown and adapted over thousands of years to live harmoniously with Australia’s land, climate, animals and First Nations Peoples,” she said.

In aid of this, Josephine has written a book! *Aussie Native Plants A – Z* aims to help children open their eyes to what’s around them and connect with the land in a new way. As she said: “When you understand it, you can love it.”

Sydney Observer spoke with Josephine about the book.

Why is it important for kids to be educated about plants and nature?

I believe it’s important for kids is to understand the country and land they live on. Australia is so fascinating and beautiful. The more we can understand the land, the more we can care for it. I want to help kids, and adults too, enrich their understanding of our land and native plants.

Did anything surprise you while you were writing the book?

Aussie Native Plants A – Z aims to help children open their eyes to what’s around them and connect with the land in a new way.

The Xanthorrhoea can live up to 600 years old, that really surprised me. Also, paperbark tress can hold water, drinkable water! There were plenty of other things which I found out while writing and researching.

Josephine goes on to say that in the process of writing the book, she consulted with a First Nations Person and a host of passionate native plant enthusiasts. In the book, there are poems for every plant as well as local First Nations’ names and language.

In writing the book, Josephine wanted to create something that children will return to again and again as they develop a love and respect for nature. “If one kid develops this kind of love and respect, then I have done my job!”

For more information or to buy the book, head to: boularongpress.com.au.

Good News for Our Young Learners

The NSW Government has announced one of the biggest education reforms in a generation. They will introduce and deliver a universal pre-kindergarten year of education by 2030, if elected in the next state election.

This new year of preschool education aims to change and improve how children enter and prepare for school. Minister for Education and Early Learning Sarah Mitchell emphasised the importance of early education.

“Universal pre-kindergarten will give every child in NSW access to a specialised year of play based learning, smoothing their transition to school and solidifying their path to a brighter future,” she said.

This will do more than just boost the education of children. Parents are said to benefit greatly as the extra year of education alleviates pressure for extra services like day-care and babysitters. The reform is supported with a \$281 million backing to boost the early childhood workforce and increase the number of early childhood services across NSW.



Changes to HECS

HECS has long been considered the gold standard of loans – and rightfully so. There is no interest charged on your HECS-HELP debt. However, your relationship with HECS has changed. If you have an outstanding HECS-HELP debt, your balance has increased by 3.9 per cent as of June 1, 2022.

While HECS-HELP debts don’t attract interest, they are indexed to inflation. The indexation rate prior to the pandemic averaged about 2 per cent — about half the rate of this year’s increase.

This is not something to be fearful of, however. Many experts and financial advisors believe that you should still prioritise other debts, like credit card loans and car repayments, over your HECS debt.

Sydney Observer spoke to some local students at Macquarie University to get their thoughts.

The news has not been well received by the students, with one student commenting humorously,

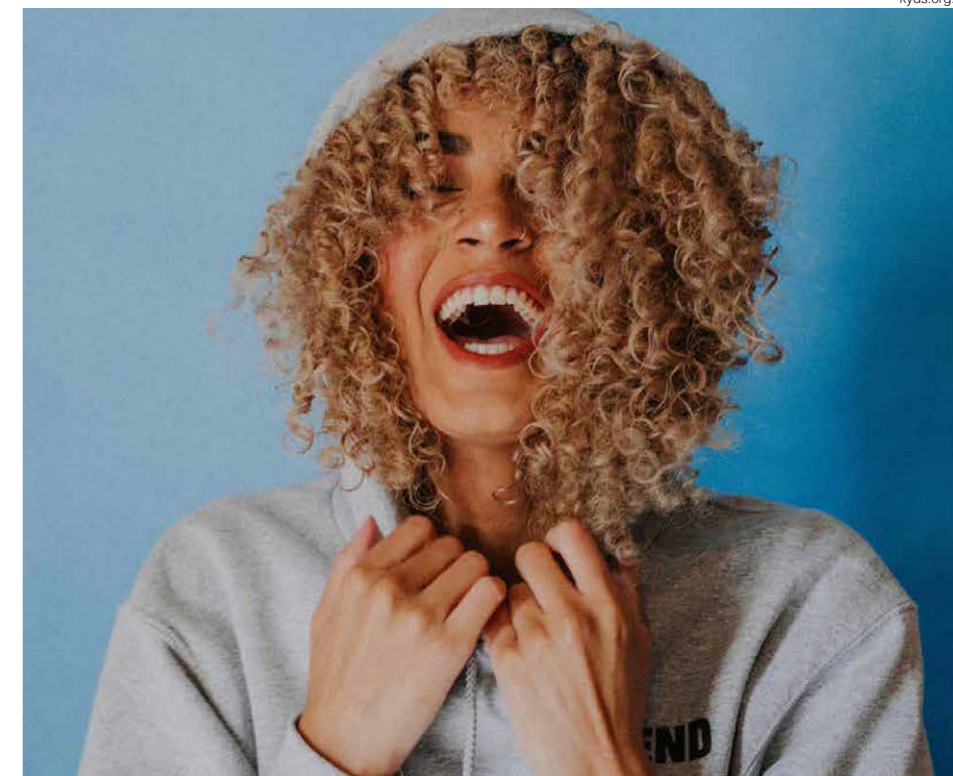
“I just want to curl up into a ball and scream into the abyss!” (The student was also under immense exam stress which perhaps contributed to their extreme response.)

Other students were not so dramatic despite disapproving of the changes. Most said they would not alter their stance on taking out HECS, or if they had already taken out HECS, alter the way they originally planned on paying it off. Alternatively, the students that pay up front were not affected at all.

For the full impact of these changes, it seems that we will have to wait and see.

Year	Indexation rate
2022	3.9%
2021	0.6%
2020	1.8%
2019	1.8%
2018	1.9%
2017	1.5%
2016	1.5%
2015	2.1%
2014	2.6%
20-13	2.0%

Source: Australian Taxation Office, Indexation rate changes 2013-2022.



KYDS Transforming Young lives

It’s unquestionable - youth mental health support is in demand. This correlates directly with the rise in prevalence of youth mental ill health, especially during and post pandemic.

Local North Sydney service *KYDS* continues to provide free, customised and confidential support to help youth find their voice and get back on track. Since 2005, they have supported thousands of young people and their families by offering an alternative to traditional mental health services.

Last year, *KYDS* provided 5,861 counselling sessions to 12–19 year-olds, representing a staggering 160% increase since 2017. On the positive side, *KYDS*’ latest Impact Report shows a favourable change – young people reported significant reductions in their symptoms, with most clients moving into the recovery phase for anxiety and depression during their treatment at *KYDS*.

“While the pandemic has taken a toll on the mental health and wellbeing of many of us, it is reassuring to know that young people in particular are reaching out for support when they need it. *KYDS* is unique in that it is the only mental health service that is free, with unlimited sessions. It is easy for young people to get help from us, with

no requirement for a doctor’s referral or mental health care plan,” said Dr Anthony Rigney, CEO of *KYDS*.

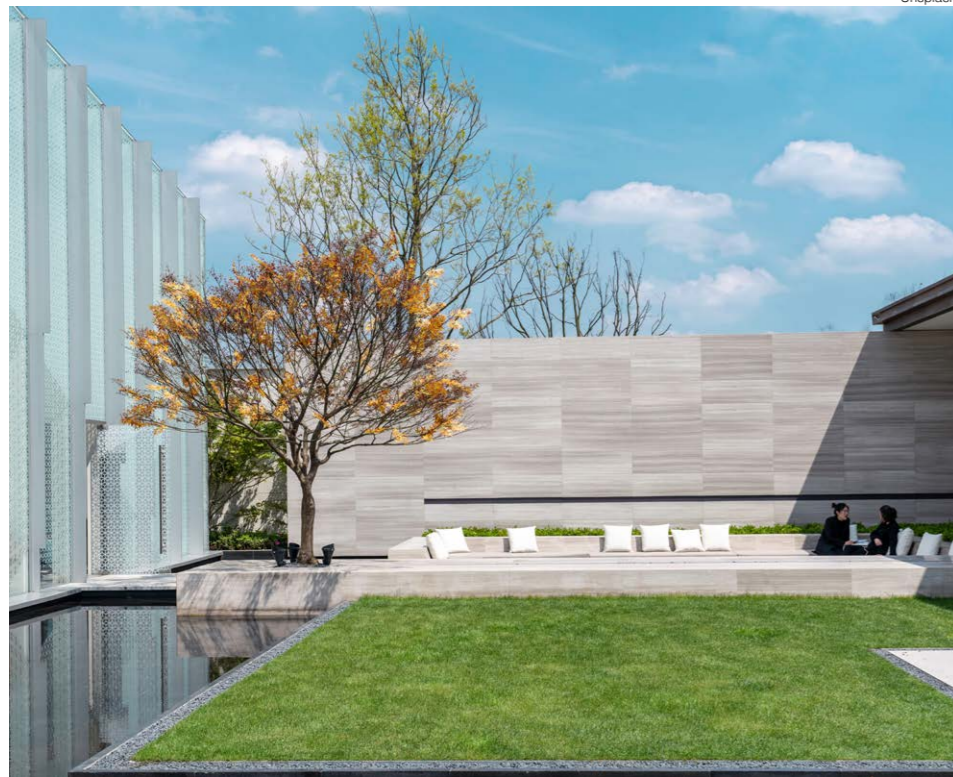
KYDS is looking to increase capacity in existing locations such as Hornsby and Waitara, plus expand to new locations in St Ives, the Northern Centre in West Ryde and potentially North Sydney.

They have recently received critical funding from the Sydney North Health Network (Northern Sydney PHN), who have also raised the idea of *KYDS* delivering its tailored, needs-based counselling model in schools. Discussions are currently underway with the Department of Education.

However, *KYDS* does not receive regular government funding and relies on community collaboration through fundraising, partnerships, community awareness activities and financial donations. 90% of funds are spent directly on providing counselling services. These funds ensure young people can access mental health support when they need it.

Right now is a great time to ask for help!

For more information, contact Dr Anthony Rigney, CEO/Psychologist, *KYDS* on 0435 590 083



Is Artificial Grass for Your Yard?

There are various types of artificial grass nowadays, and they are bearing increasingly closer resemblance to real grass. While most people would maintain that they prefer real grass, artificial grass has some great benefits. Firstly, the obvious, which is little to no maintenance. Once installed, artificial grass is there to stay. Secondly are the environmental benefits. Artificial lawns require no watering and no mowing (petrol fuelled mow). So, while you may think you're doing your bit for mother earth by having a real yard of grass, it's probably the opposite.

Here are some common types of artificial grass.

NYLON

The strongest artificial grass, nylon can endure heavy weight and high temperatures without losing its shape. This means that you can move things around and redesign your backyard time and time again without having to worry about flattening certain areas. It will also last longer than other artificial grass choices. It is often used to help the stability of other artificial grasses, giving strength at structure to the final product.

However, it is an expensive choice, and because of its strength, it is perhaps not the most comfortable or smooth surface if used just on its own.

POLYPROPYLENE

We go from the expensive to the most inexpensive. Not only is polypropylene the cheapest option, it's also the least durable. It will not stand up well to people walking or playing on it and it will not hold up well under high temperatures and general environmental stress.

Many people opt for polypropylene as a decorative embellishment. You can use it to decorate smaller segments of your house or garden, and the fact that it is inexpensive and lower quality means it can be masked by not exposing it to harsh conditions.

POLYETHYLENE

The most popular artificial grass for homeowners is polyethylene. It looks fantastic with bright green colours and a variety of textures. It feels softer and more natural than nylon does - hence why people opt for it. Polyethylene is often used for sporting and athletic fields. It is also non-porous, meaning it won't retain smells and odours the way nylon will, and this makes it a great choice for pet owners.

A good quality polyethylene artificial grass will stand up to wear and tear almost as well as nylon. However, problems arise when people opt for saving money and buy a lower quality product.

Indoor Plants for Health

Plants are made for the outdoors. However, plants can be used indoors to give some amazing health benefits - in addition to looking fantastic. Almost any plant that can be grown in a pot can be grown indoors, although generally, larger trees and expanses of shrubs aren't as common.

The reason indoor plants are so beneficial is because plants have an air-purifying effect, meaning they remove harmful substances in the air as well as influence the humidity. They are extra important in your home because there are so many things which influence the quality of your home-air. These are things like carpets, furniture or even electronics. It may be hard to believe, but your air at home could be far more toxic than outside air!

Most plants will provide some health benefits, but these few have been noted for their exceptional benefits. Peace lily purifies the air, aloe vera removes chemicals from the air, mother-in-law's tongue converts carbon monoxide into extra oxygen, fern increases air humidity - for example when the air in your home is dry due to higher heating in winter - and ficus neutralises chemicals.

For plants that like good ambient light, many people choose windowsills for their placement, so, the indoor plants get enough sunlight exposure. However, many specific indoor plants such as the peace lily, will burn if directly exposed to excess sunlight through a glass window. Your best bet is to read the label of your plant and treat each plant accordingly. The same goes for watering - the information on the plant label is your best friend.

Getting some indoor plants could be enormously helpful during these colder months, especially considering how much more time you'll be spending indoors.



Herb Gardening in Winter

Don't let the cold deter you from getting the most out of your garden. Inspired by Aussie family folklores, here are the top herbs to grow in your herb garden this winter.

Coriander

The bane of some people's existence, and the zest of others. Often used in Asian cuisines, some people liken the taste of coriander to soap, but others find it delightful. It is often used as a garnish rather than consumed whole and is ideally planted in well-drained, moist soil.



Rosemary

This classic herb requires lots of sun and is sensitive to over-watering. It does not do well in humid climates. It is fantastic to sauté with olive oil over vegetables like broccoli and potatoes.



Mint

The reason mint is so popular is because it can be planted anytime of year. It is, however, a herb that's roots can spread and infringe on the growth of your other herbs, so it is best to grow in a pot. Mint goes well and salads, sauces and dressings.



Thyme

It is about time we got to this one. Thyme can grow in any climate or temperature. It prefers full sun exposure and once it is grown, requires watering only when completely necessary. It can even be used to inhibit the growth of weeds.



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Rugging Up

The addition of a rug to any part of your home is not just about warmth. A rug can be the centrepiece of a room.

However, choosing a rug can be very daunting. Rugs come in a range of styles, textures and materials, but perhaps the most daunting of all is the range of prices. How do you know how much to spend on quality and style?

According to New York designer Celerie Kemble, smaller spaces and living rooms enclosed by walls and doorways usually benefit from a single large rug.

"I'm often dealing with apartments where the goal is to expand the sense of usable space in a living room. I usually want to use one rug, and make it as big as I possibly can," she said to the *New York Times*.

In terms of choosing a pattern, it really is up to your personal preference. Your vision for the way you would like a room to look is

completely your own. Material on the other hand, is a different matter, and this is largely due to pricing differences.

Rugs made from plant-based materials like cotton and linen are usually affordable. They provide a relaxed, casual look. However, different fibres have different durability – like the cotton and linen, which tend to age fairly quickly. Wool is seen as very durable and cleanable. Often, a spill on a wool rug will sit for a little while before it absorbs. This means you'll have time to act and clean up the stain. Comparatively, silk is known for its delicate nature (and expensive nature). It is recommended that you go and feel different materials to find something that you're comfortable with.

The last thing to note is not to forget a rug pad. A rug pad will prevent the rug (and you) from slipping. They also provide a smidge more cushioning. It is recommended to cut the pad an inch shorter than the rug on all sides.

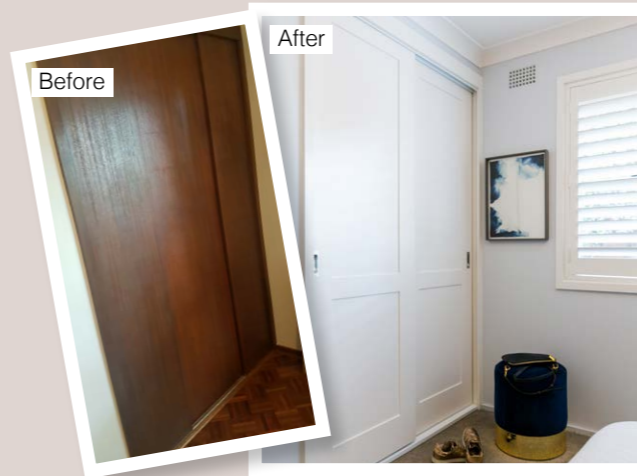


Open the Doors for Renovation

Everything needs a makeover occasionally. 2021 Data from the Australian Bureau of Statistics revealed that Aussies were spending record amounts on private home renovations – a billion dollars a month to be exact!

This amount of spending was undoubtedly influenced by the COVID pandemic and its restrictions. With more and more people spending greater amounts of time indoors, it has likely encouraged them to improve and transform their living environment.

There are many ways to do this. *Sydney Observer* has provided ideas about indoor plants, rugs and artificial grass; all of which can make a huge impact on the overall aesthetic and feel of your home. However, if you are looking for a larger scale change, a home renovation may be for you. Here are some transformations from *Sydney Doors* that could provide some ideas and inspire your very own home renovation.



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Boomers Breaking a Sweat

6 1% of Aussie grandparents assist their families with childcare. They babysit their grandchildren for a minimum of eight hours a month, and 27% of them provide regular care.

These are hefty statistics, and they bring with them a troubling conundrum – boomer babysitting is not conducive to being fit and active. Babysitting requires careful attention, and often, babysitters are not able to exercise or get adequate rest. These are things that become more and more important as people age.

Sydney's over 50's fitness club, *Club Active*, opened its doors in Dee Why as of June 2022. Over 50's – meaning only people born before 1972, no generation Z or millennials allowed. The idea behind *Club Active* is that many gym chains don't cater to older demographics, and this can leave our boomers uninvolved, uneducated and overwhelmed when it comes to getting into the gym.

They offer a fusion of fitness and wellness services which aim improve health and slow aging. Members have access to expert advice from accredited exercise physiologists and university-trained dietitians, physiotherapists, psychologists, and massage therapists. For more information visit www.clubactive.com.au.



The Golden Years of Scouting

Margaret Simpson

Our 1950's parents thought it important we were involved in community organisations. By far the most popular were Scouts and Guides.

Scouting began in England in 1907 by Lord Robert Baden-Powell (BP) with a camp on an island off the Dorset coast followed by his book, *Scouting for Boys*. The movement started in Australia in 1908 and extended worldwide.

The uniform was an important part of Scouting. In the 1950s and '60s, proficiency badges were sewn onto the sleeves and metal stars denoted length of service. The rolled scarf, secured with a woggle, indicated the troop, while the plaited leather bushman's thong showed expertise in woodcraft. A brown felt Canadian Mountie-style hat became an icon in itself.



In Scouting for Boys, BP proposed woodcraft, observation, concealment, deduction, chivalry and "saving life" were important to learn, while encouraging "pluck", self-discipline, health, strength, kind-heartedness and duty.

The annual camp was undertaken in roomy ridge tents without the luxury of a sewn-in floor. Most Scouts slept in ex-

army blankets secured with large blanket pins. A range of handy camp furniture was constructed of timber stakes and lashed together. This included washing up stands, plate and mug racks and the troop flagpole.

Over the years the popularity of Scouting has diminished, though many baby boomers consider their Scouting days pivotal in their lives. One of the most well-known is the philanthropist and adventurer, Dick Smith AC. He joined the East Roseville Pack as a Cub in 1952 and went right through to Rovers until 1967. He and his wife, Pip, think so highly of the organisation that in 2021 they donated a million dollars to Scouts Australia to increase participation and provide high level leadership and responsible risk taking.

Today, Scouts provides "young people aged 5 to 25 with fun and challenging opportunities to grow through adventure". In Australia it now has about 70,000 members.



10 Keys to Happier Living

Dr Sue Ferguson

There are lots of tips and self-help guides to happiness out there, but many lack evidence for their suggestions. An organisation in the UK called *Action for Happiness* teaches people techniques to boost happiness, increase meaningfulness and help in finding a sense of purpose. They do this by using strategies based on scientific research findings.

The great news for us is that *Action for Happiness* runs webinars which can be watched and re-watched on YouTube: <https://youtube.com/c/actionforhappiness>.

Today, I'm focusing on their acronym GREAT DREAM, developed to help us remember 10 ways (or keys) to increasing our happiness: <https://actionforhappiness.org/10-keys>.

GREAT DREAM STANDS FOR:

- Giving** – Do something kind for others (this gives you a boost too).
- Relating** – Connect with people to reduce loneliness (yours and theirs).
- Exercising** – Be physically active to look after your body and your brain health.
- Awareness** – Use mindfulness techniques to take your mind off worries and appreciate the present.
- Trying out** – Give something new a try, it can give you a sense of challenge and achievement.
- Direction** – Set goals to look forward to achieving. This can increase your motivation and mood.
- Resilience** – Try to bounce back from stress by remembering strategies that worked for you before and implementing them again.
- Emotions** – Look for positives, like regularly writing a gratitude list.
- Acceptance** – Try to be comfortable with yourself, such as practicing self-compassion.
- Meaning** – Be part of something bigger, such as volunteering for a charity or at your grandchildren's school, or doing some art or music.

If you would like more helpful tips for applying these keys to happiness, *Action for Happiness* also run a free brief online coaching program. It only takes a few minutes each day for 10 days: <https://10daysofhappiness.org>.

Small daily actions can make big positive changes, so give some of these strategies a go!



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



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Prone to Falls?



As you age, the risk of falling, and the severity of the consequences of that fall, increase substantially. According to Health Direct (reviewed from July 2020), nearly 1 in 3 older Australians had experienced a fall in the past 12 months. Falls are the leading cause of unintentional injury in older Australians. These falls are most commonly caused by gradual changes in the body and hazards around the home.

The most common household hazards include poor lighting, unsafe footwear (loose slippers), slippery surfaces, rugs, floor mats, electrical cords, and steps and uneven surfaces.

Falls can be brought on by other, more serious conditions. Parkinson's, arthritis, and stroke all change the way you move and make it difficult to react to a possible stumble. If you have fallen more than once in the past 6 months, you are more likely to fall again. Another big cause of falls is low blood pressure. While moving, older Australians with naturally low blood pressure may get dizzy or lightheaded.

Health Direct provides a number of things you can do to prevent falling. Keeping physically active is critical, regardless of your age. They recommend at least 30 minutes of activity, 5 times a week. The corollary to keeping active, you've probably guessed, is to eat healthy. Eat foods that are going to satiate you and provide enough sustenance to get through the day. Drinking plenty of fluids is also vital.

Another tip is to stand up slowly after you have been lying down or sitting to prevent light-headedness. Practical things you can do around the house include ensuring parts of your home are adequately lit, wearing appropriate footwear, and making sure surfaces are clean and dry.

Now that we are well into winter, you will no doubt be tempted to rug up with layer after layer of clothing. Be careful that there are not bits of clothing impeding your movements.

Winter Essentials

Rejimon Punchayil

This is the time to review your comfort in and around your home. Cooler temperatures can lure us to stay longer in our bed. During winter, we are going to spend more time indoors, therefore, finding a cosy place to sit down and relax is very important.

Have a good look at your bed and pillow and ask yourself – are they providing me the support and comfort that I deserve during winter? One creative way to get this support and comfort is to opt for an electric bed that provides a lot of great features, including various flexible positions and pressure relief whilst on the bed. If you do not like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress? This innovative mattress provides all those wonderful features an electric bed can offer. A comfortable sleeping surface is the first winter essential.



The second winter essential is a rise recliner or a lift chair. It is helpful in two ways: the rising action helps you stand up and sit down independently, and the reclining action can make you more comfortable (even becoming a temporary bed!). It is important to know what to look for while selecting a Rise Recliner.

Our third winter essential is a medical grade, Australian sheep skin. Along with the comfort, it can be an excellent pressure relief.

Check out www.comfortdiscovered.com.au for more.

Artificial Intelligence as New Hearing Technology

Artificial intelligence (AI) is transforming the way people are living their lives. It's opening doors that were previously in the realms of imagination.

One of the most intriguing uses of AI is in harnessing it to enhance and augment human sensory perception and communication. Our eyes, ears, skin, nose and tongue are all sensors that interact with our brain, helping us develop a model of the world and how we experience it. The idea of using technology to augment these processes to enhance our perceptual capabilities is no longer science fiction.

Now, we have entered a new age of computing in which machines use AI to become smarter based on the data they are trained on. Like a child learns based on experiences, these devices make decisions on their own by analysing and classifying the surrounding environment based on machine learning techniques.

When it comes to hearing technology, this has opened a new world of possibilities. People with normal hearing have the natural ability to adjust and adapt to difficult listening situations. The ears and brain work together to help you hear and understand the most important sounds, such as a friend speaking in a noisy coffee shop. This automatic biological process is taken for granted until someone begins suffering from hearing loss. When it stops working, hearing becomes a difficult task. Today, AI is starting to make hearing effortless again.



Until the end of July, AUDiOHEALTH are offering a 25% discount on this new technology. Act now and transform your listening experience. Call 8880 9922 for a booking and be effortlessly connected to life.

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Cosmetic Medicine

Amy Sandig



Skincare is a long game that lasts over decades. Topical lotions and facials play a part in keeping your skin looking good. However, new technology and medical innovation is often used in partnership with these strategies to enhance your long-term results, offering more subtle cosmetic medicine treatments.

REDUCE REDNESS

For men, facial redness and prominent burst capillaries can be common. This unwanted pigmentation can be remedied with high grade medical lasers. These can be applied by a trained doctor or cosmetic professional with a handheld device directly to the affected areas. This type of laser treatment is a lunch time duration procedure and can see noticeable results in a few sessions.

REPLACE LOST VOLUME

Dermal fillers can be used to replace lost volume from changes in skin elasticity and muscle loss. Strategically placed fillers work to soften deep lines and correct deformities. For example, a non-surgical nose job, where a doctor applies dermal fillers to create an even appearance and straightened nose bridge or more defined nasal tip. Results from these procedures usually last up to twelve months and will vary depending on the product used and area being treated.

PLUMPER LIPS

Science shows that the angle and volume of your lips is correlated to your perceived attractiveness. A defined cupid's bow and symmetrical lip shape are considered universally attractive. They are also easily

created in a doctor's office. As we age, our lips lose volume and often begin to subtly sag at the corners. Creating the impression of a downward, unhappy expression. Specialised dermal fillers applied to the lips can restore volume and elasticity, while still retaining the look and feel of your natural lips.

As with any medical intervention, seek your doctor's advice and proceed with caution. Many medical grade cosmetic treatments can be administered from the comfort of a doctor's office using local anaesthetic.



Amy is a North Shore local and social media consultant. See Amy on Instagram @amy.sandig.

Dental Health Week

As usual, the first week of August marks *Dental Health Week*. The Australian Dental Association has this year chosen the theme of "Love your teeth". The key message behind the theme is aimed at reinforcing the importance of maintaining good oral health throughout an individual's entire life, from infancy to seniors.

The key messages are simple:

- Brush teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy diet that is low in added sugar.
- Visit the dentist regularly for check-ups and preventive care.

Simple yet effective, the message aims to come as a timely reminder to everyone, no matter what age, of the importance of maintaining healthy teeth and gums throughout life.

Although oral hygiene has improved over the years, dental decay and periodontal disease continue to remain important dental diseases. The daily build-up of plaque in the mouth is the major cause of both diseases. Manual toothbrushing is the most important tool we have available to remove plaque and maintain good oral health. Good brushing technique is therefore imperative to fight dental disease. The use of electric or battery-operated toothbrushes are important adjuncts for many people who lack the manual dexterity to effectively use a manual toothbrush. Also, the use of interdental cleaning devices to clean between teeth (dental floss, interdental brushes, toothpicks) all contribute to improved oral hygiene.

Clinical research shows that seniors who use some type of electric or battery powered toothbrush and interdental devices tend to



have more teeth than those people who do not. As retaining teeth is an important goal among patients, the recommendation of using powered toothbrushes and interdental devices may prove to have significant long term benefits.



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

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Fun Without the Guilt

Jay Houhlias

‘You don’t need alcohol to have fun.’ How many times have we heard that age old dictum? Perhaps we stopped hearing it from our parents once we reached a certain age, but chances are, that once we reached that age, we began saying it ourselves.

During the pandemic, many of us increased our alcohol consumption. According to a study with 11 OECD (Organisation for Economic Co-operation and Development) countries, 36 per cent of people said they drank more during lockdown.

With this in mind, it’s great to see that beverages with zero alcohol content are now available. And it’s a growing market.

According to the *Financial Review*, over the past two years, one particular Melbourne restaurant saw a huge increase in sales of non-alcoholic beverages.

So why are people flocking to non-alcoholic beverages? Perhaps the most important reason is that no alcohol means no harsh (or lesser) effects on your body, and no hangovers. In addition, for medical reasons (medications for example), many people have been told to stay away from alcohol for their health. This means they can still get the experience and taste of drinking without it negatively impacting them and contributing to their health ailments. Another thing to consider is the taste aspect. Many of the non-

According to a study, 36 per cent of people said they drank more during lockdown.

alcoholic beverages have a lighter, less intense taste than conventional alcohol.

There are many people however, who believe that non-alcoholic beverages are an absolute waste of time. Why drink alcohol at all if it’s not going to be alcoholic?

Sydney Observer spoke with some local alcohol sellers, both chain alcohol stores and boutique ones to get their thoughts. The general consensus was that more and more people were choosing non-alcoholic drinks, particularly red wine – “There isn’t much to say, they are just taking off.”

The people choosing tended to be older, meaning they were more likely to be more regular, experienced drinkers who had recently made the switch to non-alcoholic drinks.

So perhaps ‘You don’t need alcohol to have fun’ should be rephrased to ‘You don’t need to be intoxicated to have fun.’



Slow Cooking this Winter

Slow cookers; hefty, homely and well, slow. Slow cookers are known for their ability to infuse deep and rich flavours and create broths, stews, and soups. Is a slow cooker something you want in your kitchen this winter? Today we discuss the pros and cons of the slow cooker.

Perhaps the greatest benefit a slow cooker brings is its convenience. The fact that you can prepare dinner for yourself at breakfast is why so many people gravitate towards it – especially busy parents. This frees you from the stress of cooking when you’re hungry and allows you to mix something up when you have the time and effort. Sometimes the last thing you want to do after a long day is come home and cook dinner.

Cooking is often said to be all about timing – when to mix ingredients in, when to have things prepared, when to add herbs etc. A slow cooker takes this stress away because you are essentially throwing everything in all at once. It is also handy for people who generally don’t like the process of cooking things, yet still want the benefits of home cooked food.



However, the biggest benefit of a slow cooker is also what some people consider to be its biggest negative. You can’t simply throw on dinner and have it ready in twenty minutes. For you to get the most out of a slow cooker, you need prepare, plan, and think ahead. If you’re not preparing properly, a slow cooker is pretty near useless.

Another thing to consider is the space and size of a slow cooker, especially if

you only plan on using it once or twice a month. Slow cookers generally can’t fit in any overhead kitchen storage space, and if placed out on a kitchen bench can be very space taxing.

Slow cookers vary in price. If you want a good quality slow cooker, expect to pay anywhere from \$100 - \$300. The cheapest ones (which can still get the job done) start at around \$25.

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Plastic Free Screening & Panel

Come and celebrate Plastic Free July with the screening of 'A Plastic Wave'. The documentary film follows the story of surf photographer Dave Muir, as he embarks on a journey to determine the cause of the plastic he is seeing in the ocean and understand what he can do to help create a better future for his kids. After the screening, three local experts will discuss what they're doing to reduce single-use plastics and help you find simple ways to reduce it in your own lifestyle. These panellists are Sasha Pestano (TOMbag), Jen Stokes (Boomerang Bags Ku-ring-gai) and Mike Hughes (Permaculture Sydney North).

When: Thursday, 21 July, 6:30pm - 7:30pm.
Where: Online event
Cost: Free
Contact: The Sustainability Team at (02) 9424 0893 or sustainability@krg.nsw.gov.au.

Junior Palaeontologists

Explore some of the wildest areas of our bushland and learn about the megafauna that once called this place home. Discover the kinds of traces archaeologists use to understand these ancient beasts and try your hand at digging up some fossils. The Ku-ring-gai Wildflower Garden is set across 123 hectares of unique urban bushland and home to two endangered ecological communities as well as 18 threatened species of flora and fauna.

When: Monday, 11 July 2022, 9am - 4pm.
Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives 2075.
Cost: \$70.
Contact: Ku-ring-gai Wildflower Garden at 9424 0353.



Confetti and Chaos

This 2-hour interactive comedy show comes complete with a 3-course meal, wedding cake, and a Wishing Well. The contents of the Wishing Well will be donated to the charity, Studio Artes in Hornsby. Prizes for Best Dressed Couple and Best Dressed Single.

When: Thursday, 21 July, arrive 6.30pm for 7pm start.
Where: The Warrawee Club.
Cost: \$95.00 (plus \$0.50 booking fee and \$2.38 processing fee) per person.

Marian Street Theatre for Young People - The Red Dust

'The Red Dust' is a Chinese-Australian theatre fable, performed in Chinese and English with subtitles. It is an intercultural and intergenerational show for all ages. The climate has reached a tipping point, and a red dust storm, blown in from the central desert, covers the city. Fourteen-year-old Talia waits for her climate scientist mother to return from the Blue Mountains. When she doesn't, Talia travels across the devastated landscape to find her.

When: 13 to 16 July (contact organisation for details).
Where: Ku-ring-gai Town Hall, 1186 Pacific Highway, Pymble 2073.
Cost: \$20.
Contact: Nathan Gilkes at 02 9880 2356.



That Great Market Lindfield

That Great Market Lindfield is a gorgeous indoor/outdoor all-weather market, held the third Sunday each month. It is a beautiful artisan market known for its relaxed, family friendly atmosphere. There is a range of local unique, quality designed and made products and produce brought to you by the stallholders. There is delicious street food stalls and live acoustic music to complete your perfect Sunday.

When: Every third Sunday of the month, 9am - 2pm.
Where: East Lindfield Community Hall, 9 Wellington Road, East Lindfield 2070.
Cost: Free.
Contact: Lou Braithwaite at 0401 656 984, lou@thatgreatmarket.com.au.

ShoreShocked 2022

The northern Sydney councils are hosting the annual ShoreShocked music festival on Saturday 6 August. Free for all ages, it will be a vibrant day full of live music, community stalls, youth engagement and fun activities.

When: Saturday, 6 August, 12pm - 5pm.
Where: St Leonards Park, Miller Street, 2060.
Cost: Free.

Macular Disease Education Session

One in seven Aussies over the age of 50 have some sign of Age-related Macular Degeneration (AMD). The Macular Disease Foundation Australia can show you how to reduce your risk or slow progression through simple techniques and lifestyle changes. Attendees will have the opportunity to learn more about AMD, its symptoms, risk factors, treatment options and management. All attendees will be given a free information resource pack.

When: Friday 22 July, 1pm - 2pm.
Where: Hornsby Library, entry via Hunter Lane, 28-44 George Street, Hornsby.
Cost: Free. Bookings essential.
Contact: Hornsby Library, 9847 6577, library@hornsby.nsw.gov.au.

Compost and Worm Farm Workshop

Join the Hornsby Shire composting community and save the environment by turning food waste into nutrient rich compost for your garden. Get some expert tips on how to set up and look after your compost bin or worm farm at their compost and worm farming workshop.

When: Wednesday 27 July 10am - 1pm
Where: Thornleigh Community Recycling Centre, 29 Sefton Rd, Thornleigh NSW 2120.
Cost: Free. Bookings essential.
Contact: waste@hornsby.nsw.gov.au.



Mimeorama

Mimeorama is a world class theatrical experience designed to broaden the mind and show that language is only one form of communication. Children seven & under must be accompanied by an adult. Adults accompanying children must wear a face mask. COVID-19 restrictions will be in place and may change closer to the time of the event.

When: Tuesday, 12 July, 2.30pm - 3.30pm.
Where: Hornsby Central Library, 28-44 George St, Hornsby NSW 2077.
Cost: \$10 per child.
Contact: Hornsby Shire Libraries, library@hornsby.nsw.gov.au.

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South Coast Glamping

Jay Houhlias

This month, your editor took on *Paperbark Camping!* This included one night's accommodation with dinner and breakfast.

The first week of June 2022 was said to be the coldest weather all year. I thought there would be no better way to spend this week than camping out in the bush. However, my experience was anything but cold.

The camp is located in Woollamia, Jervis Bay, and is celebrated as Australia's first luxury camping site. I arrived at the camp mid-afternoon. My tent was a deluxe, and despite it being classified as a 'tent', it was warm and cosy. The tent was built up on a raised wooden platform, and there was a beautiful open-air, tin shed bathroom which was connected to it out the back. I put down my things and took a walk around the premises.

The camp is built amongst trees and bushland, and it is incredibly quaint. I wanted to cover some ground quickly, so I grabbed one of their bikes and had a cycle around the paths and different sites. Unfortunately, I was silly, and instead of using one of their nice cruiser bikes, I used a small bmx bike, like the ones they use for tricks in a skatepark. I almost fell a few times, but thanks to my quick reflexes and experience I was able to mitigate the danger by slowing down so much that I was basically going at walking pace. I cycled down (slowly) to the creek where they had canoes and oars.

From the camp, the river gives you access all the way to Huskisson and out to sea. I



was told by reception that, on a nice day, the return trip is about two hours. The wind was moving in the opposite direction however, and I decided that I wanted to be back in time for dinner – so I just enjoyed the view from the bank.

It was nearing dark, so I decided that I would have a bath. The huge tub comforted me like an old friend as I sat amongst the steaming water and listened to the serenity. I couldn't help but mutter, a few more times than I care to admit, 'how's the serenity?' I then went up to the main restaurant area where there was an open fire going. I sat with some of the other guests and drank some wine and watched as the last evening light rolled over.

My intent when camping for the night was to explore more of the surrounding areas. However, as soon as I arrived at *Paperbark* and got comfortable, I didn't want to leave! The lovely staff accommodated my every need and didn't even flinch when I requested a gluten free dinner. After the fire, I was spoiled with a four-course meal – braised beef, beetroot, potatoes and honeycomb, and some red wines which complimented the meal spectacularly.

When I awoke the next morning there was a double espresso, courtesy of the amazing staff, waiting on my veranda deck. I went up to the restaurant and had a breakfast omelette and some fruit – delicious. I chatted with Stefan, who was a coffee making maestro and certainly satisfied my coffee snob needs. It was then, sadly, my time to leave. The staff sent me packing with a lunch for the road home.

Paperbark camping is a great way to decompress. It would be the perfect place to turn off your phone or any other devices for the time that you are there and just enjoy simple things like taking a walk or reading a book. *Paperbark* plans to install heating under the floorboards for those who want to the full, glamping experience. This means they can stay open during the colder months of the year. However, if your anything like me, you like camping out as it should be – a few candles, some hot water bottles, and lots of blankets!

For more information and to book, visit paperbarkcamp.com.au or phone *Paperbark* Camp on 61 2 4441 6066.

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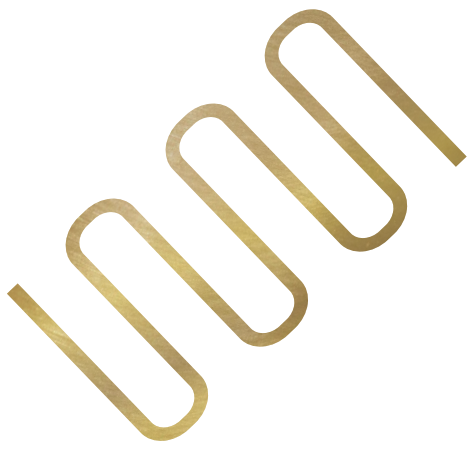


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