

Sydney Observer

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IN PRINT SINCE 1996

AUSTRALIAN HISTORY
WITH LOCAL AUTHOR

IS 'A FAIR GO' UNDER ATTACK?

SES HELPING
OUR COMMUNITY

WHAT'S WRONG WITH
OUR EATING CULTURE?

MIRIAM
MARGOLYES
WHAT'S
Not To Like?

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From the Editor

August is here, and so too our August issue! We covered an extensive variety of topics and stories this edition, ranging from interviews with iconic Gordon barber Anthony of *Frank's Barbershop*, as well as local author Phillip Simpson whose gazetteer is a must have for all travellers and lovers of history, all the way to country NSW as we cruised down the Murray River for Jay's Adventures.



Our fantastic contributors once again provide us with thoughtful and educational articles on internal and external processing, the ability of children to challenge their parents will, how the Ku-ring-gai SES has been saving lives, and much more!

Our cover profile this month is the delightful Miriam Margolyes. *Sydney Observer* spoke with Miriam about her new show, *Australia Unmasked*, where she travels around Australia in a campervan unpacking the idea of a 'fair go'. Are we still a country of equality? Do we need to change certain norms and attitudes? Miriam attempts to address these questions in the show, with of course, many laughs and one liners along the way.

Happy reading and best wishes for a great month ahead!

Jay Houhlias

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Lindfield Recognised as State Heritage

Lindfield Learning Village will now be protected after being listed on the State Heritage Register. The structure was designed in NSW during the 1960s and 1970s, and it was nominated for the listing for its architectural design and constructive integration with its surrounding bushland. It is now home to a new local high school for the electorate – the Lindfield Learning Village.

“From its inception as a teacher’s college to its new role as a school, it is undeniably a fantastic place for learning and teaching,” principal Stephanie McConnell said.



Willoughby Compliance Blitz

During May of this year, eight orders and notices were issued to construction sites which failed to uphold environmental standards. A ‘compliance blitz’ was undertaken by the Willoughby City Council, with rangers targeting building sites which failed to adhere to a comprehensive soil erosion and sediment control plan.

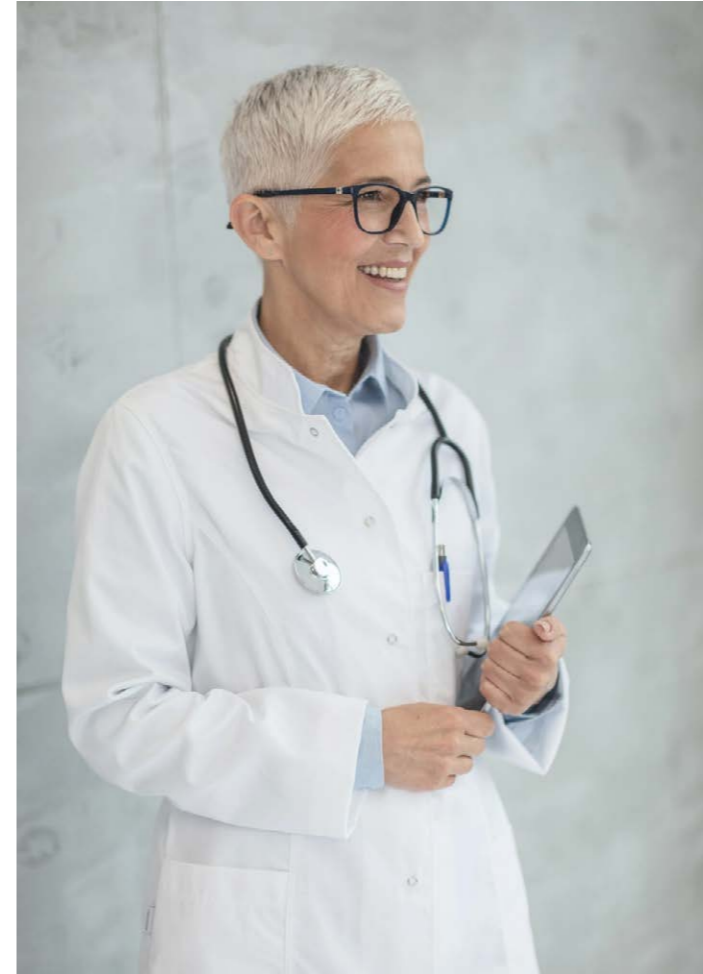
Uncontrolled sediment run-off can block stormwater drains and contribute to local flooding. This sediment can also enter natural waterways and cause devastating consequences for aquatic life.

One site in Willoughby attracted two separate maximum penalty fines of \$8,000 (the maximum prescribed fine an enforcement officer may issue for a pollute waters offence under the *Protection of the Environmental Operations Act, 1997*). All up, during May, the Council’s rangers issued six fines to five development sites, ranging from \$578 to \$8,000.

Responsible Marketing of Alcohol

The *Alcohol Beverages Advertising Code (ABAC)* has seen a significant reduction in complaints this year. This is great news, however, *ABAC* Chair Harry Jenkins AO noted a complaint about non-alcoholic beverages which *Sydney Observer* touched on in the past July issue.

“The panel has recently considered a complaint about an outdoor advertisement for a non-alcoholic beer and its determination provided helpful guidance for the industry on the application of *ABAC* standards to alcohol alternatives.”



Australia Needs GPs!

National Diabetes Week fell on the 10 – 16 July 2022. Around 1.8 million people in Australia have diabetes, with 280 new cases each day. *The Royal Australian College of General Practitioners (RACGP)* has urged the new Federal Government to boost investment in general practice to provide more time to care for people with diabetes. They believe general practitioners are the key to helping those with diabetes and other chronic conditions.

RACGP President Adj. Professor Karen Price is “calling for the introduction of a rebate for GP consultations that last 60 minutes or more and a 10% increase to existing *Medicare* rebates lasting more than 20 minutes. Longer consultations provide an opportunity for GPs to support care of people with chronic conditions.”

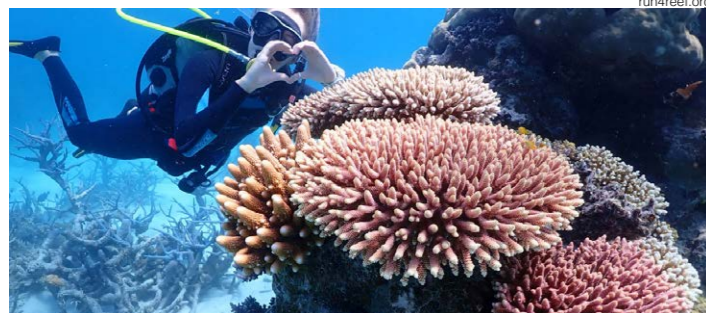
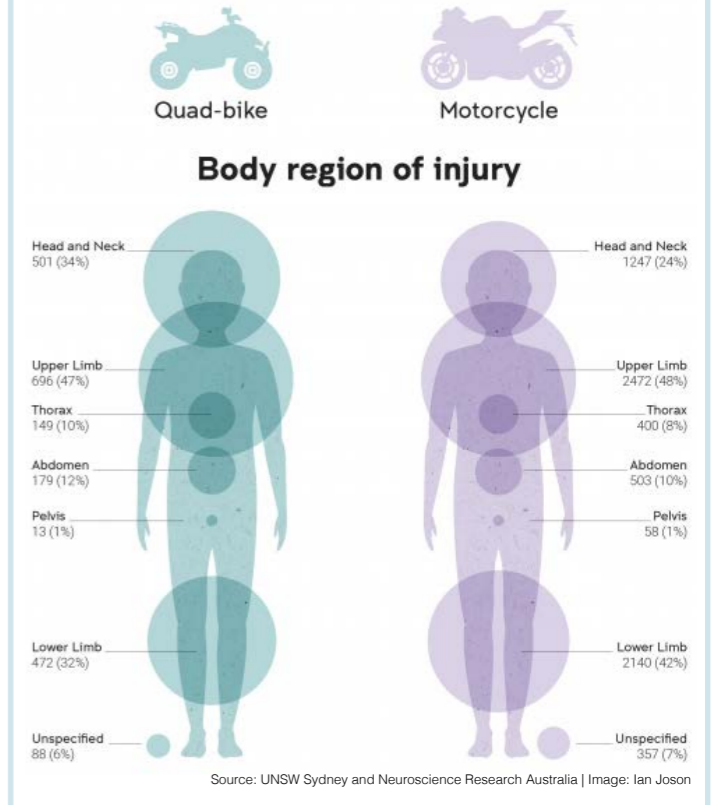
This comes at a time where general practitioners are scarce, with more and more medical students turning to speciality fields.

Motorcycle and Quad Bike Accidents

A study from *UNSW Sydney* and *Neuroscience Research Australia* has found a troubling two-fold predicament - motorcycles cause higher rates of injuries among children than quadbikes, however, quadbikes account for more serious individual injuries.

The research, dating from 2001-2018, looked at children up to 16 years of age admitted to NSW hospitals for injuries sustained in off-road motorcycle or quadbike crashes. Motorcycle riders were more likely to have lower limb injuries. Quadbike riders were more likely to have head, neck, and abdominal injuries and a higher severity of these injuries on average, with longer hospital stays.

Quad-bike & motorcycle hospitalisations of children



Running for Our Reef

This October, more than 100,000 runners will come together with a simple goal – to protect the Great Barrier Reef. The inaugural *run4reef* event will span across Australia and New Zealand, uniting thousands of runners of all abilities across 1km, 5km and 10km fun runs. There will also be an elite 10km run. Registrations will raise much-needed funds to protect the Great Barrier Reef and climate conservation initiatives with the *Great Barrier Reef Foundation*. The event will come to life in the heart of Sydney city on Sunday 16 October 2022.

To register for the event or show support, visit run4reef.org.

Ku-ring-gai Community Grants

Ku-ring-gai Council is offering 100 local community organisations free access to a grant portal to improve their chances of receiving funding. The free access comes in individual subscriptions worth \$125 each to the web portal, which is hosted by the Funding Centre.

The partnership between the Council and the Funding Centre means that 100 community groups in Ku-ring-gai can get unlimited access to an extensive grants database and tailored email alerts letting them know when grants become available. Those wishing to apply must be providing a community service in the Ku-ring-gai Council area and have not-for-profit status or be a registered charity.

To apply for a free subscription, visit krg.nsw.gov.au/subscriptions.

Staying Healthy in Ku-ring-gai

Looking for a fantastic way to keep active and feel more connected with your fellow Ku-ring-gai residents? You might want to try *Active Ku-ring-gai*.

Ku-ring-gai Council’s fitness program, *Active Ku-ring-gai*, costs as little as \$12 a week. It offers a range of outdoor fitness activities to local residents. There is

something for everyone, with activities ranging from yoga, tai chi, tennis and group outdoor events. It’s also great news for walkers – walking groups are free of charge and are operating in Killara, Wahroonga, Gordon and Turramurra.

Many of us find it far easier to exercise with others. Having people to exercise with is

motivating and it can keep you accountable, especially on the days where you don’t feel like exercising at all. With *Active Ku-ring-gai*, you can combine exercise and social interaction together, as well as community involvement and engagement.

For more info about *Active Ku-ring-gai* visit krg.nsw.gov.au/active.



Ku-ring-gai SES to the Rescue

Pamela Rontziokos

Early this July fierce weather struck the Ku-ring-gai community, with strong winds and heavy rain damaging properties, blocking roads, and causing localised flooding.

In these times, the NSW Ku-ring-gai SES unit work passionately and tirelessly to support the community both in response to the crisis events and in their recovery.

Alex Mackay, NSW Ku-ring-gai SES Unit Commander says in this last week (first week of July), the SES volunteers received 90 calls relating to leaking roofs, fallen trees, and flooding of people's properties.

The 150 volunteers for Ku-ring-gai SES Unit not only work on the field but across a range of areas to help manage operations.

"We have people help with incident management - making sure that all the jobs get done. They call residents to follow up or to get more information and coordinate our team.

We have people that also are helping with things like maintenance and logistics to make sure vehicles and equipment is ready to go. And when it's used that it's cleaned and serviced, ready to go back out again," said Mr. Mackay.

Despite the added pressure of the recent COVID wave making it harder to form crews both behind the scenes and on the field, the SES Ku-ring-gai Unit continues to support the community.



After the last month of intense weather storms, the unit is focusing on recovery in the community alongside local councils.

"People that maybe have been cut off for a period of time - it's helping them get back to their home, on the flip boats, or taking them equipment or supplies they need just to be able to stay where they are.

It would also look like damage assessment teams that go street by street, house by house, and assess what the damage is", Mr Mackay said.

These efforts by the SES are crucial to help people affected by disasters as the information is passed onto *The National Recovery and Resilience Agency* and the NSW Government where they can receive practical or financial assistance, says the Ku-ring-gai SES Unit Commander.

Volunteers at the SES exhibit selflessness and work to not only support people in response and recovery, but also foresee potential dangers and aim to eliminate them.

"People may not even see that we go and do it, but we've protected them by the very fact the trees have been cut up and the roads clear.

When they come around that blind corner in the middle of the night, they don't drive straight into a tree or a branch that's fallen down the road."

The community have expressed their gratitude on social media, with Facebook users writing comments like - 'Thanks to all the volunteers for their ongoing efforts', 'You are all amazing! Thanks for all your efforts' and, 'You are a great asset to the community'.

Alex Mackay told *Sydney Observer* the importance of the SES to the community: "It can be the middle of the night, pouring rain or storming, they lose power and their house starts leaking and they are home alone, and they're in their 90s. Who else can they call that will go out and help them in that situation?"

People should call SES for help during emergency floods or storms. Residents can visit climatewisecommunities.com.au website to know their own risks in relation to where they live and prepare for dangerous, wet, and hot weather.

To volunteer with NSW Ku-ring-gai SES Unit or your local SES unit, visit the SES volunteer website www.ses.nsw.gov.au/volunteer.

NSW Ku-ring-gai SES's next recruitment is this August.

Challenging a Parent's Will

Wal Abramowicz

In New South Wales, when making a will, you can leave your estate to whoever you want. If, for example, you want to make a will leaving all your estate to one of your children and not the others, or to a friend and not to your family, then you are able to do so. However, under the New South Wales law and, in particular, the *Succession Act 2006*, certain persons ("eligible persons") are able to make a claim on your estate if adequate provision for them has not been made.

The law provides a definition of "eligible persons" and one such category are "children". The Supreme Court has dealt with a number of cases where children, normally adult children, have made a claim against their deceased parent's estate. A body of law of previously decided cases provides some guidelines as to how a Court will deal with these claims.

1. Every application by the adult children for further provision from a parent's estate must be dealt with by the Court on its merits and on the evidence before the Court.

2. It cannot generally be said that a parent has an obligation to provide an adult child with a home. It has, however, been recognised there are circumstances in which there may be a moral obligation on the part of the parent, in particular circumstances, to make provision for an adult child.

3. These are not inflexible rules, and always subject to consideration of the particular circumstances of each case including the size of the estate, any competing claims, and the adult child's conduct and relationship with their deceased parent.

4. The relationship between a parent and a child changes when the child leaves home. However, a child does not cease to be a natural recipient of parental ties, affection or support as the bonds of childhood are relaxed.

5. The community expects parents to raise and educate their children to the very best of their ability while they remain children, and when it is feasible, to assist them with a tertiary education. This includes situations where funds

allow to provide them with a start in life, such as a deposit on a home, although it might well take a different form.

6. The community does not expect a parent in ordinary circumstances to provide an unencumbered house or to set his or her children up in a position where they can acquire a house unencumbered.

7. The community does not expect a parent to look after his or her child for the rest of the child's life and into retirement.

These are general guidelines set out by some of the decided cases. What these cases seem to be saying is that even though a parent may have some obligation to look after a child, what a Court is likely to order, if anything, is to be determined by community standards, the decided cases, and the matters to be considered by the Court as set out in the legislation.

The Court has the power to change the deceased parent's will to make further provision for an "eligible person", such as a child.



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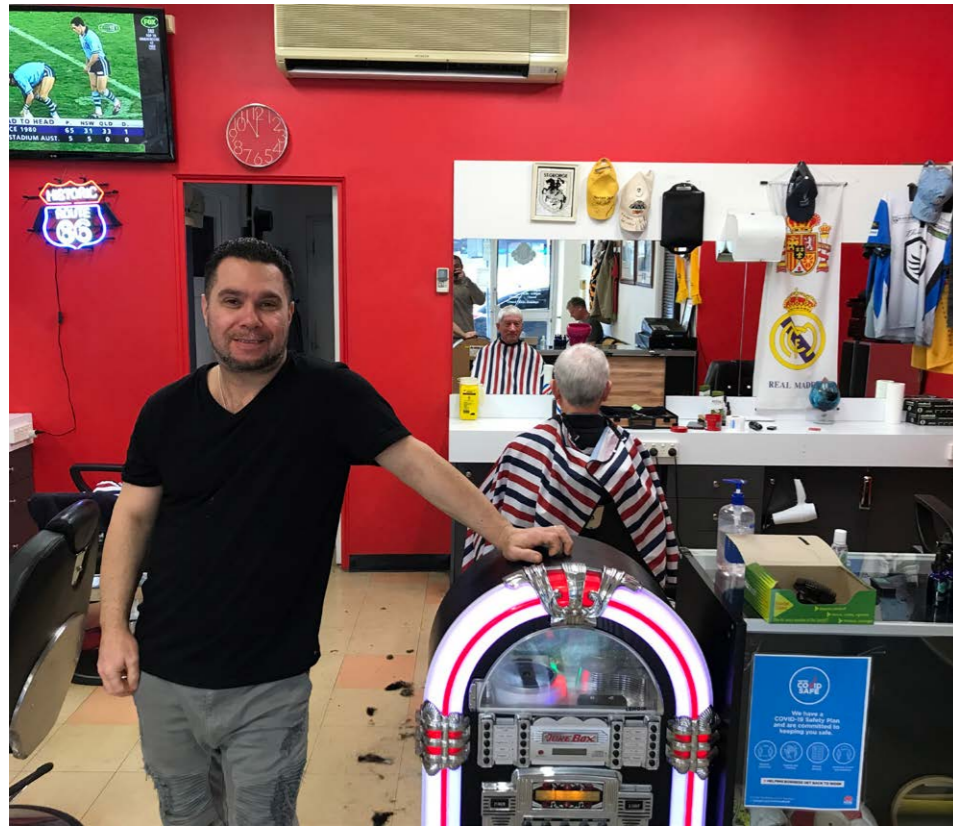
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In the Name of Tradition

Jay Houhlias

Anthony Vittorino starts everyday with an Italian-style black coffee, and if you're about early enough, you can smell it emanating through his barbershop. The business in St Johns Avenue, Gordon, stretches back decades and is far more than a place people go to have their hair cut.

Frank Vittorino Men's Hairdressing, or Frank's, originated with Anthony's father, Frank Vittorino, and has become something of local legend. Frank loved rugby league, his barbershop, and his family. He was loved in return by all those who came into his barbershop. Anthony recalls a story which became a local folklore.

"My father used to give away PK chewing gum to all the Knox school kids after they had their hair cut. The kids would come in, get their hair cut, get their PK gum from Frank, and then take it to school and share it with their friends. There was this alley in the school which the kids walked through, and at the end of it is where the all the teachers and prefects would wait for them. So, not wanting to get caught, the kids would take out their gum and stick in on the walls and fences. Over the years the gum accumulated, gum on top of gum, and the alley became known as bubble-gum alley."

Anthony took over the barbershop in 1992 and has since continued its tradition.

Anthony says that when he was a younger man, he wasn't as interested in school and grades. Because of that, there was an assumption that he couldn't get far in life and become successful. However, Anthony's father Frank gave him an invaluable set of virtues to uphold – ability, love, and being yourself. Anthony says that it is these things which allow him to have such passion for what he does, and he is proud to continue the legacy his father built. Anthony tells *Sydney Observer* about a conversation he had with his father.

"I asked him one day, 'Dad, what do you like about barbering?' And he said, 'I like everything'. Then I asked him, 'when am I going to start liking barbering?' And he said, 'in about 25 years!' I said, 'what? 25 years?!' And then he said, 'yes, 25 years. That's when you start seeing generation upon generation come in for haircuts. That's when it becomes something more. That's when you'll start to love it.' He was right."

Frank's barbershop feels like a home. The décor, memorabilia (mostly West Tigers merchandise) and vintage style interior make it a place where anyone would feel welcome. As Anthony says, "I got taught from a very young age, that anyone who walks through our door is family. It doesn't matter who you are or where you come from, you are loved for who you are."

Makeover to Thornleigh Recycling Centre

We all know how important recycling is. The new and beautified walls of Hornsby Shire Council's Community Recycling Centre are testament to this, with murals by two of Australia's best-known mural artists, Tim Phibs and Steven Nuttall.

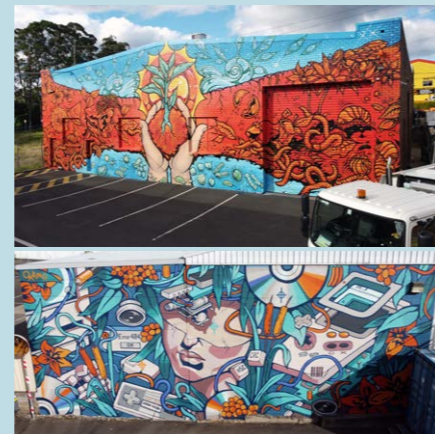
Located on the back wall of the facility, Sydney artist Steven Nuttall depicts the goldmine of resources available in electronic waste. The mural shows the relationship between technology, society and nature and acts as a call to arms for our residents to recycle old electronic waste.

On the left of the facility is *From little things, big things grow* by Tim Phibs. It celebrates the incredible biodiversity, productivity, and new life in soils that have been rejuvenated using recycled organic materials.

The Community Recycling Centre is a free service that makes it easy for residents to safely dispose of problem waste that cannot go into household rubbish bins or kerbside collection.

The murals can be viewed at the Community Recycling Centre at 29 Sefton Road, Thornleigh.

Opening hours are Monday to Friday 8:30am – 4pm and Saturday 8:30am – 12pm. For information visit [hornsby.nsw.gov.au/crc](https://www.hornsby.nsw.gov.au/crc).



Artwork on the Hornsby Shire Council's Community Recycling Centre, by mural artists, Tim Phibs (on top) and Steven Nuttall.

St Ives Centre Revamp

Ku-ring-gai Council has big plans for central St Ives, with the goal to make it more accessible for businesses and residents.

The Council's draft public domain plan (on public exhibition until 15 August) proposes upgrades to streets to create opportunities for local businesses and improve resident experience while visiting.

Pedestrian safety is a huge part of the plan, with proposed changes including a shared path along Memorial Avenue, changes to Rosedale Road for one-way southbound traffic between Mona Vale Road and Porters Lane, new traffic signals at the intersection of Killeaton and Cowan Streets, and an upgrade to Village Green Parade.

Other features of the draft plan include; new paving and tree planting throughout central St Ives, more opportunities for outdoor dining, a new urban plaza near the old school building, upgrades to existing parks, underground power lines, new streetlights, and adjustments to car parking areas to improve traffic flow. 40 km speed limits for vehicles in



Artist Impression 'Rosedale Road, St Ives.'

some St Ives streets have already been introduced.

Mayor Jeff Pettett said "the aim of the plan is to make St Ives a more inviting place for people on foot and give the

centre a more attractive look which will help local businesses."

To view the full plans and to have your say, visit <https://krgeengagementhub.com.au/stivespdp>.

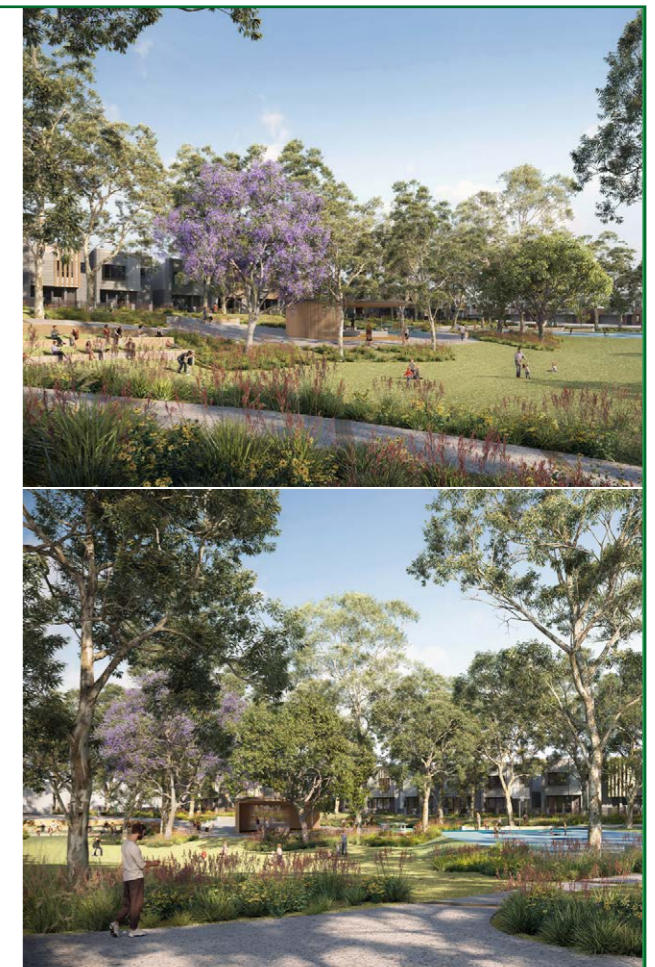
Marsfield Common

Unlock TG Millner Field

Marsfield Common is a proposal by Eastwood Rugby and North Ryde RSL to renew the under-used and privately-owned TG Millner Field by creating a new community with 132 low-rise terrace homes and a 1-hectare public park for the local community.

www.marsfieldcommon.com.au

Unlock Public Access
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Former Sungift fruit packing house, Narromine, 1945.

NSW At Your Fingertips

Jay Houhlias

Have you ever wanted to know about the Junee Liquorice Factory, the Lithgow Iron and Steel Works, the Menangle Rotolactor or the Newnes Oil Shale Works? Have you always wondered about that village your grandmother was married at, the name of the brewery run by your grandfather, the bridge built by your great uncle or winery owned by your cousin? Well, this book, *Historical Guide to New South Wales*, is for you.



Former Court-house, Scone, 1849.

Meticulously compiled over 31 years by Killara resident, Phillip Simpson, it is the only gazetteer of NSW undertaken for 120 years. His book describes all 9,780 cities, towns, villages and hamlets in the State (outside Sydney) from Abbey Green to Zig Zag, including places that no longer exist. This 848-page tome succinctly records the location, history, industries, buildings, calamities and the population of each place. Facts provided about each place range across from when it was 'discovered' (by the British) to the local produce of the district, and many things in between.

As a recently retired public servant, Phillip combined his career in public administration and government with his passionate interest in NSW history and historical geography to produce a valuable 'go to' reference book for local historians, genealogists, librarians, and anyone contemplating a road trip.

Sydney Observer spoke with Phillip about the book and the process of putting it all together.

Do you think a certain degree of obsession is required to write such a dense work?

Describe your working process, did you approach writing the book it as you would a job?

I had a nine to five job already, so this was done every night and most weekends. I spent eight years going through early

Yes, a lot of obsession! It's taken nearly 31 years, but it's definitely been a healthy obsession. I think it's a valuable contribution to history and knowledge of the state.

What drew you to writing and compiling the book?

I wrote the book because I was interested in history, and I also had a four-wheel drive. When I would go to the country and explore towns, mining sites, lost villages and so on, I ran into the problem very early on that it was hard to find information about smaller places.

The bigger country towns were ok, but when you get down to the smaller places, especially the mining towns, it's very hard to find out about their background. I saw a real gap in printed information on these places. A lot of modern maps don't have any of this information.

Describe your working process, did you approach writing the book it as you would a job?

I had a nine to five job already, so this was done every night and most weekends. I spent eight years going through early

topographic and survey maps, and I had to work out where all the places were. Then I had to index all of that. That all took eight years. I then spent thirty odd years reading every local history book I could find in the state, going to all the country libraries.

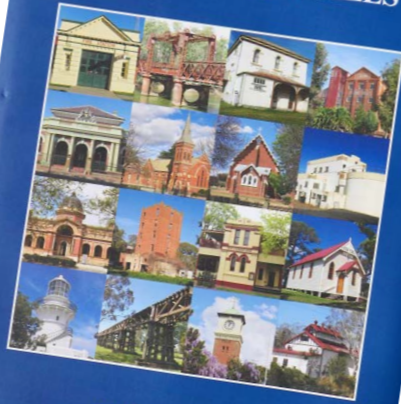
Where is your favourite place, and the next time you travel, will you be using your own book as a reference?

Yes, the book will be handy! We (Phillip and his wife) are always doing country trips. Braidwood would be the best place in terms of historic buildings which are still there.

Why do you think the book is relevant to younger audiences?

The book in itself encourages people to explore. Young people might be going on a road trip and on the way, they'll pass through villages and small towns which they don't know anything about. They might think, I wonder what this is all about. The book saves you doing the research, which can sometimes be laborious and awkward. All you have to do is turn the page, and there it is.

HISTORICAL GUIDE TO
NEW SOUTH WALES



PHILLIP SIMPSON

Local History

Ku-ring-gai's Bushland Casinos

Did you know that illegal two-up games operated in our local bushland prior to suburban development? They commenced around 1922 and operated until 1979 in various locations, originally in Ku-ring-gai and then just across the Lane Cove River in Ryde.

A form of two-up was originally played in railway waiting rooms, including Warrawee. It became so popular that operations were transferred to bushland 200 yards from the end of Roland Avenue, Wahroonga. Transport was even provided from Warrawee station – an ancient sedan would roll down the road carrying as many as 14 punters, both within and perched on its running boards.

Log seats were set out in a huge ring beneath a canopy of trees and non-alcoholic refreshments were dispensed from an adjoining iron shanty. A 'cockatoo' (lookout) would fire a shot into the air as a warning on the approach of suspicious vehicles, such as the Gaming Squad. A second shot would send the players fleeing into the surrounding bushland, sometimes across a nearby orchard and up to Fox Valley Road.

The Roland Avenue site operated up to around 1939/40, when it moved to Gordon in bushland where Minnamurra Avenue is now located. The Gordon game operated on Friday nights and Sunday afternoons, and by 1944, on most weekdays as well – but it never operated on Saturday afternoons, which would conflict with the racing!

H.B. Turner, Member for Gordon, received complaints regarding the unavailability of taxis in Gordon, as they were all engaged in conveying players to the game. In 1944 he told parliament:

"It is an open secret. At the weekends, trucks, vans, utilities and cars bring people to the school. They make quite a day of it and boil the billy. The police, of course, have not been entirely inactive. They have from time to time prosecuted these people, but that does not prevent the school from operating."

A police raid occurred the very next day – after which it was straight back to business as usual!

In the late 1940s, it was decided to commence a 'Ladies Night' at Minnamurra Avenue, the first recorded instance of women being admitted to a two-up game. It



was quite a success and found favour with the upper echelons of North Shore society. After about a decade, with advancing suburbanisation, Minnamurra Avenue became impractical, so the game was moved over the Lane Cove River into Ryde.

An article in *The Sun* in December 1962 reported: "I went to Ladies' Night at a two-up game last night. It was awe-inspiring, tiring and nerve-shattering for a novice like me.

The scene: A North Side bushland setting, a pale moon filtering through the gum leaves, a bumpy dirt track lit by kerosene lanterns, leading to a hessian-walled, tin-roofed, neon-lit shack! There was hubbub and ferocious concentration on the fall of the pennies – for the ladies who play swy (the word 'swy' has always been synonymous with 'two-up' and is said to originate from the German word *zwei* meaning 'two') don't play parlour games. They play for profit... and you've got to be quick."

In the early 1970's a *Herald* reporter gained access to the game:

"The hardest thing about getting into Sydney's big two-up game is finding the place. You swing off Lane Cove Road at North Ryde onto a rough dirt road. Take the

second bush track winding off to the left through saplings and stop when you see a man waving the torch. The torch goes out and the total stillness and blackness closes around you.

It is hard to believe this is where the action is. Yet, 100 yards away, under a bank of fluorescent lights fixed to the roof of a brick shed, \$500 and more changes hands on the toss of two pennies.

To get inside you pass three doors, and two 'cockatoos' in an anteroom. The middle door has the inevitable sign outside all illegal gambling establishments, 'Members Only!'

The North Ryde game carried on until 1973, then shifted a little further down Pittwater Road into a large, galvanised iron building. It continued there until 1979 when the government ordered a crackdown on illegal gambling. The operators at Pittwater Road saw the writing on the wall and closed their doors voluntarily after 57 years.

* Condensed from a longer article by John R.E. Brown, originally published in *Ku-ring-gai Historical Society's journal*, *The Historian*, Volume 37 No. 1, November 2008.

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.

MIRIAM MARGOLYES

What's Not To Like?

Photo: ABC



"Most white Australians don't feel they need to criticise or look into their nation... But my nature is an inquisitive and critical nature."

Jay Houhlias

If you've seen at least a few movies in your lifetime, you've undoubtedly been a captive audience to Miriam Margolyes. Miriam is one of the world's most successful and well-known actors. Often described as a 'character actor', her work in theatre, movies, and television is extensive. Her repertoire spans from cinema royalty like the *Harry Potter* series, to blockbuster movies like *The Age of Innocence*, to television classics like *Blackadder*. It would be difficult to name a more accomplished individual.

Despite her huge stardom, Miriam Margolyes is anything but intimidating. When we spoke, she was charming and comforting, making me feel completely at ease with her genuine, wicked, and incredibly naughty sense of humour. Her latest

project is a documentary series called *Australia Unmasked* in which she travels around Australia in a campervan, unpacking the idea of a 'fair go'.

"If I could do a road trip with anyone, I think I'd like to do it with an intellectual person, someone like Simon Schama

would fascinate me. I could learn from him as we drove along. I like to keep learning, so I'd like a quiet intellectual."

Miriam has a great fondness of Australia, often talking with pride about how happy she is to be a citizen. However, she believes that she also needs to be critical



Photos: ABC

of it because she wants to improve things – "everything I say is to make Australia better, and not for it to sit on its laurels". She believes the tendency to criticise is part of human nature and part of our human responsibility to reconcile. "One can't just sit back and say, Australia is absolutely wonderful and there is nothing wrong with it. I'm investigating this new nation that I have joined, and I do notice a difference in people's attitudes from the first time that I came to Australia in 1980."

"Most white Australians don't feel they need to criticise or look into their nation. They just feel that it's a bloody good place to live and they're very happy here and people should just get on and live here and stop moaning. I think that's what most people feel. But I am a little more searching than that. My nature is an inquisitive and critical nature."

Here lies the problem as Miriam sees it. Just because something isn't utterly terrible, it doesn't mean it isn't worth addressing or attempting to fix and improve. Miriam says it was only after she began exploring the concept of a 'fair go' that she realised it was in jeopardy. The people she met on her travels deeply moved her, and she became fascinated by them and their stories. In the premiere episode, she visits Tasmania where she meets a variety of different people – an artist living a vagrant style life in a van, an LGBTQ community, and a couple, both from broken families struggling with learning difficulties.

"I think that the way people that aren't regular are looked at is much more



unkind. That's something I want to investigate. I don't think it's a level playing field for everyone in Australia." Miriam focused deeply on the people she spoke to in *Australia Unmasked*, making them feel as though she were just another person and not some huge star with a camera crew following her around.

Sydney Observer asked Miriam about how she so effectively connects and

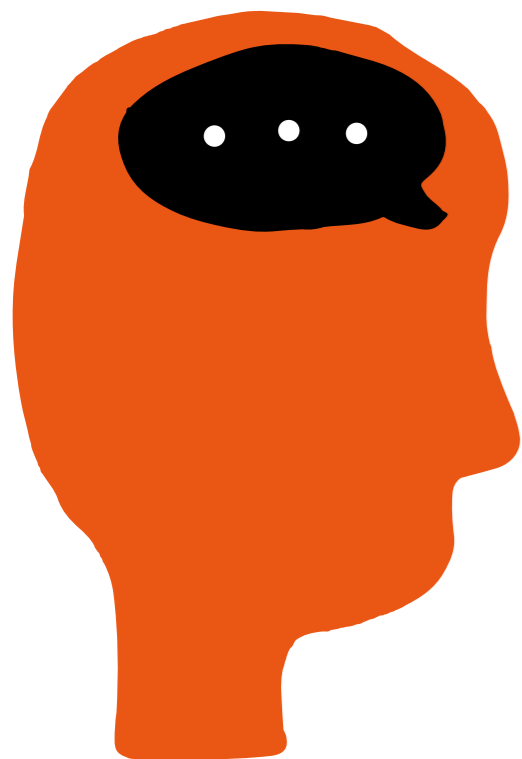
communicates with people. She says how lucky she was that she was given so much love as a child, and therefore returning that love outward and to other people is, for her, a natural state of being.

"I always believe you have to look outside yourself, and not inside. If you're nervous, stop thinking, 'Christ I feel so nervous!' Just think, why is that woman over there crying, or why is that person limping? Just go out. I think that calms you down. You realise that nobody has it easy."

Miriam goes on to say, "I expect people to like me, you know, what's not to like? I'm a friendly little fat old lady, I'm interested in things, and I'm asking people things about their lives. I mean, what's not to like? It always amazes me, especially on social media where people say things like, 'oh she's vile' - how people think that about me. I don't feel vile, I feel comfortable in my own skin. I'm keeping myself going and I'm earning a living. Everybody should be comfortable in themselves, that's what I would like."

There is nothing not to like about Miriam Margolyes – she is unapologetically herself. Her attempts at making the world a better place are not going unnoticed, particularly by those who have had the privilege and honour to meet and interact with her. Just like in her interviews during the documentary series, the nerves I had before interviewing her magically vanished as soon as we began talking, and I felt comfortable in who I was.

To watch *Miriam Margolyes: Australia Unmasked*, head to iview.abc.net.au.



Talk it Out or Think it Through?

Sarah Wainwright

Are you an Internal or an External Processor...? Your Processing Style is about how you understand your inner world and the world around you. Understanding your processing style and the processing style of others, personally or professionally, improves your understanding of others. Appreciating differences in thinking and problem solving enhances cooperation and collaboration in relationships, especially where differences in approaches are viewed positively. Understanding processing differences allows individuals to engage and participate more authentically and effectively in the workplace (Bircher, S., 2019).

Internal Processing means that when you have something on your mind: decisions to make, experiencing strong emotions or feeling overwhelmed, then you're more likely to turn inward, into your thoughts and feelings, to get clarity and find solutions.

External Processing on the other hand, means that to understand how you feel about something, you prefer to talk it out with someone so that everything becomes clearer (Walker, K., 2022).

THE PRACTICALITIES

Improving on what you already do naturally...

For an Internal Processor:

- Journal writing helps organise your thoughts and feelings for greater clarity.
- Meditation, including movement meditation such as yoga or nature walks, helps you stay calm and organise your thoughts.
- Let others know that you're an internal processor, and that silence simply conveys that you're thinking (it's not to be taken personally or as rudeness).
- Let others know that you need time to think and gather your thoughts before responding. Ask for additional time if needed in order to prepare thoughts.
- Sharing your thoughts by writing them down may be a great place to start to sort out feelings and express thoughts clearly before you verbalise them out loud. This can be especially useful in romantic relationships.

For an External Processor:

- Explain to others that you're not seeking solutions or a 'quick fix', especially when you're not finished expressing thoughts and feelings.

- Specifically asking a partner not to rush you through the process of thinking and problem solving out loud.
- Trusted confidants - finding a few good listeners who ask thoughtful questions to help you through the process of organising your thoughts out loud.
- *Writing or voice recording works well for external processors, allowing thoughts to move out of your head before being spoken to someone else.
- Asking for a judgement and criticism-free, open-minded space while exploring your thoughts and feelings out loud (Walker, K., 2022).

Finally, the research suggests that introversion (deriving your energy from your internal world) does not necessarily correlate with an internal processing style, and equally extroversion (deriving your energy externally, from others) does not necessarily trend with an external processing style - in fact at times, the opposite can be true. When it comes to relationships, understanding and accepting different processing styles paves the way for improved communication and a deeper connection.



Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology).
Writer, mentor-tutor, wife and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_.

Preparing for the Future Through Education

Russell Bailey

What's on the radar for school children as they return to their classrooms in Term 3?

Returning from their remote Northern Territory communities, some Indigenous students asked me: 'is the war still going on in Ukraine - why are they still fighting?'

A significant number of students have been impacted by floods, again, during these last school holidays. And the question constantly being asked and answered in media headlines - 'is man-made climate change destroying the future of our planet?'

Like last term (like the last couple of years), many students (and teachers) are forced to stay in isolation at home, following health orders, for 7 more days. In all our minds lingers this question: 'when will this pandemic end so that life can get back to normal?' How do we prepare students for life in the context of these disturbances and other unsettling questions about uncertain



prospects for peace, habitat, and health in their immediate future?

There is no doubt that society needs to be constantly reviewing the content of education, as is currently happening with NESA's new syllabuses, so that our students are equipped with contemporary awareness in science, technology, and mathematics. We should also be inspiring our students, from kindergarten to year 12,

to apply this knowledge toward innovative solutions for real world problems.

Just as importantly, our students should be given solid ground to walk on in the aspects of our humanity that never change; respect for the dignity of all human life, sacrificing what belongs to us to help others in need, sacred faithfulness in family relationships, and speaking and living in accordance with truth. These attitudes and actions have the potential to provide a stable foundation for the yet to be known questions that become forefront issues impacting the futures of today's students.

Let's give our students not only the best of contemporary advances in understanding but also ageless wisdom in their school education.



Russell Bailey,
Headmaster of Redeemer Baptist School.



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- > CSIRO Bebras Australia Computational Thinking Honour Roll, 2022
- > 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

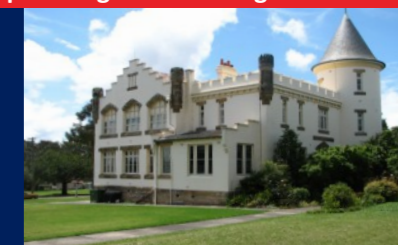
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Early Learning Scholarships

About \$11 million has been invested to deliver scholarships to support educators in entering the workforce or to boost their skills as qualified early childhood teachers. Due to the \$281.6 million workforce package in the NSW Government's 2022/2023 budget, over 18,000 prospective early childhood teachers and carers will be supported to enter the sector or increase their skillset.

More than 400 aspiring early childhood teachers across NSW are set to receive a cash boost to complete their higher education studies. Every successful applicant will be awarded up to \$25,000, with four early learning professionals in our Davidson electorate already benefiting from it.

It is a record investment into the early childhood education workforce and will hopefully support the Government's goal to build a sustainable and thriving community of future early childhood teachers.

For more information visit, [education.nsw.gov.au](https://www.nsw.gov.au/education).



Support for our early childhood education and care workers

#EarlyYearsCommitment



Balancing Screen Time During School Holidays

Pamela Rontziokos

School holidays have come and gone. For children, school holidays mean roaming the backyard, hanging out with family and friends, and even getting up to some sneaky mischief. Yet in our digitalised world, *Tik Tok*, phones, iPads and PlayStation see kids increasingly on the couch consumed by their screen for hours.

During the July school holiday period which has just passed, you undoubtedly said the words, 'get off that phone' to your children. For next holidays and the time leading up to those holidays, consider limiting your child's screen time – let them be bored, let them enjoy the art of day dreaming. The screen can hinder their creative spirit and chance to learn new skills and hobbies.

The Australian Government *Australian Institute of Family Studies* recommends 2 hours of recreational screen time – not including screen time necessary for education. More time beyond this can have long term impacts on a child's health such as obesity, sleeping



problems, and chronic neck and back pain.

The use of technology is hard to steer clear or resist, particularly after 2 years

of online schooling. It has become habitual and normal, so teaching children and young people how to balance their technology consumption is key.

This can include only allowing 2 hours of screen time per day, removing devices 1 hour before sleep in the bedroom, and setting time limits on devices.

It is important not to aggressively ban the use of electronic devices in your home, instead educate your child on the harms of too much gaming and social media scrolling - let them control their consumption. This will help them feel less addicted, dependent or socially anxious without their device.

To balance your children's screen time, encourage them to pursue different hobbies and activities like playing with their neighbours, going to the park, playing board games, reading, or playing sport. For school holiday periods in particular, getting involved in council and community events that host school holiday programs at parks, libraries, and communal areas is a great way to limit screen time.

When did Barstools Become Popular?

We are all symbolically familiar with the mighty throne which stands high and looms over everything else in its periphery. The throne represents a symbol of power and status. But what about other seating? What about the barstool?

The first thing to note is that seating has arguably been around since humans have. The need for rest and the need for sleep usually calls for something to relax yourself on. The barstool in particular was first thought to be used in ancient China and then in ancient Egypt.

The Egyptians specifically were known to use barstools (back then, just higher seating), much like we all associate with thrones, as a means of power and status. The elevated posture when sitting on a barstool was meant to distinguish those of the lower classes from those of the upper classes.

However, whilst we still use thrones in some countries, barstools are not seen or used in the way they used to be.

Barstools rose in popularity during the Industrial Revolution where they were produced in large quantities to accommodate for all the restaurants, breakfast places, diners, and of course, bars. The popularity of the barstool is in its space conserving utility. You do not require a separate table for dining and a separate set of chairs. You can use barstools on kitchen benches or any other tabletop or surface to get the most out of it.

And that's how barstools became so popular.



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Not Just a Pretty Bookshelf

Most people have a few books lying around their home. Whether or not they read them is a subject for a different day.

If you're an avid reader or you just like surrounding yourself with books you might spontaneously pick up on a rainy day, how you store your books makes a huge impact on the aesthetic of your place.



Library Bookshelf

Library style bookcases are for the serious collectors. They look beautiful when full and covering multiple dimensions of a given room. However, they will usually require their own room in a house, and most people don't have the room or space to dedicate to it.

Book Stacking

Book stacking is a great option if you want to give that 'I am a messy intellectual' vibe. It requires no furniture whatsoever, although a flat surface is needed unless you want your stack to resemble the Leaning Tower of Pisa. There are a few practical things to consider with book stacking. The first is that you want to place your thicker, heavier books at the bottom. Even this can become tricky as books come in all different shapes and sizes, and whilst it might seem logical to put something like Tolstoy's 'War and Peace' at the bottom, there might be other, skinnier books that are wider (picture books, photography books etc) which could destabilise your structure.



Leaning Bookshelf

The leaning bookshelf contributes to the contemporary look of a room. It has the benefit of easy access to the lower shelves as they protrude more. This makes them a very practical option for those who use their bookshelves often and are constantly moving things in them around.



Backless Shelf

The backless bookshelf is becoming very popular. It is a solid and dependable structure, but it is far more moveable and lighter than a conventional bookshelf. It too covers the modern aesthetic and looks fantastic with a clear, light-coloured wall behind it.



Wall Shelf

More modern and space conscious areas might require a wall shelf. These shelves attach to a wall and can use that wall as support for whatever is being placed on the shelves. It's a great way to make use of your wall space, particularly if you are not big into paintings or other decorations. It is easy to install and takes away the pain of clunking around a bulky bookshelf.

Designing Your Garden Path

Having your garden in tip top shape is important, but have you considered how you get to that garden, and how you get around that garden? Today, we provide you with some tips on how to design your garden path.

There are a few basic things to consider.

Firstly, the practicality of the path – what is it going to be used for? This is something that is often overlooked as people are generally focused on aesthetics. Is it going to be a path with lots of feet and weight constantly barraging it? If so, it is important that the path is thicker, wider, and made of a durable surface. A few known durable garden path surfaces are gravel, cement, stone, and brick.

Many people go for pebbles or smaller stones and bits of broken down material. It is certainly not as stable as something like cement, however it does provide some flexibility. You also get that incredibly therapeutic sound of crunching underneath your feet as you stroll!

You could also opt for a more organic path using natural materials. Among these materials are wood chip mulch, straw, and hay. These are best if the path is more for aesthetic means, rather than something being constantly traversed. With these paths, it is crucial that the area underneath them is weeded out and dug.



Ku-ring-gai Men's Kitchen

The Men's Kitchen provides a fun, safe, supportive environment where men learn cooking skills, make new mates and enjoy lunch together.

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Are Seniors the Fix to our Job Crises?

In the wake of the COVID pandemic, we seem to be in dire need of workers. This is devastating to businesses, especially at a time of high consumer demand. This combined with our limited labour supply presents a serious issue.

A perfect example of this was a recent *Channel 9* news story about *Bay Ten Espresso* in Lavender Bay, who were forced to hire billboards along the M2 and near the airport (a very expensive last resort) to advertise the position for a chef. You do not have to walk very far down a shopping precinct or strip of cafes to see a 'staff required' sign.

Businesses are currently facing a record 480,000 job vacancies. This has been due to a variety of factors, most notably the halting of immigration due to the pandemic. This means that international workers, like overseas students, backpackers, and visa holiday or working travellers, have not been able to make any kind of contribution to the Australian economy.

In the lead up to the Federal Budget in October, a jobs summit has been announced for 1 – 2 September 2022. Treasurer Jim Chalmers will address key job challenges with unions, employers, civil society, and governments. The summit will discuss a range of jobs issues which are critical to addressing labour force shortages.



A *National Seniors Australia* report, *Older Australians' Perspectives on Working after Retirement* aimed to gauge the desire for senior Australians to work again. About 4,000 people were surveyed and 17% had returned to the workforce with a further 19% considering it.

There were, however, barriers to prevent these individuals returning to the workforce. This included ageism, which is discrimination based on age (36%), and

pension rules (21%), whereby pensioners' income eligibility is constantly assessed and under scrutiny.

National Seniors Australia believes that a great short-term fix for this current labour shortage predicament is the reintegration of our seniors in the workplace, without being subject to age discrimination or pensioner penalties. Long-term remedies to the labour shortage issue will come from the consistent practice of these changes.

Economic Abuse Among Our Elderly

Elderly people suffering from economic and financial abuse is a serious problem. A UNSW Sydney report from June 2022, *Understanding Economic and Financial Abuse and Older People in the Context of Domestic and Family Violence*, aims to provide insight to address this problem by allowing victims to achieve long-term financial independence.

An important finding was that domestic and family violence contributing to economic abuse can go unnoticed, and the term 'elder abuse' can obscure and mask these situations.

Another key insight from the report found that traditionally gendered management may contribute to the economic and financial abuse against older people, including within First Nations communities. This includes patriarchal

norms surrounding inheritance, as well as the expectation for older women to play caretaking roles.

The report also provided some possible solutions. These solutions included better training for legal and health professionals in recognising abuse, family mediation, and formal regulations around family transactions. However, troublingly so, the research found that services responding to these cases of abuse had their own struggles. These were things such as lack of resources, lack of training, and reluctance of the victim to disclose the abuse.

Further investigation is required to address these concerns. The report was funded by *Commonwealth Bank* and is the fifth research report on the topic. To find out more, visit commbank.com.au/support/financial-abuse.html.



Surviving and Thriving with Chronic Pain

Dr Sue Ferguson

I have chronic pain myself. I am not alone. More than 2.1 million Australians have arthritis, and millions more with other forms of chronic pain. Chronic pain can impact our daily activities (including work and social activities). In older adults, in particular, it can also reduce mobility, and increase the risks of falling and of disability. Chronic pain (and the consequences of it) can also disrupt sleep and increase our levels of stress, anxiety, and depression - all of which can increase our pain levels in a vicious cycle.

Pain can come from parts of the body or from the nerves themselves. However, we don't feel pain until it reaches the brain. The brain can send messages increasing or decreasing the level of pain we experience. The brain can also sometimes get stuck sending messages of pain (perhaps through chronic immune responses or inflammation). However, research shows that messages from the brain (including our own natural opioids), and the level of pain we therefore feel, can be influenced by a range of biological, psychological, and social factors. This means that not only surgery, medications, or exercise, but also social support and psychological techniques can often help reduce pain and its impact on our levels of disability and wellbeing.

See aci.health.nsw.gov.au/chronic-pain/chronic-pain or try the free online pain course from *Mindspot*.

SOCIAL SUPPORT

- We need to accept that our pain is real and emotional and can be remedied by practical support and social activities.
- You can join a support group through the *Australian Pain Management Association* (APMA) or
- Ring the *Musculoskeletal Australia* helpline 1800 263 265.

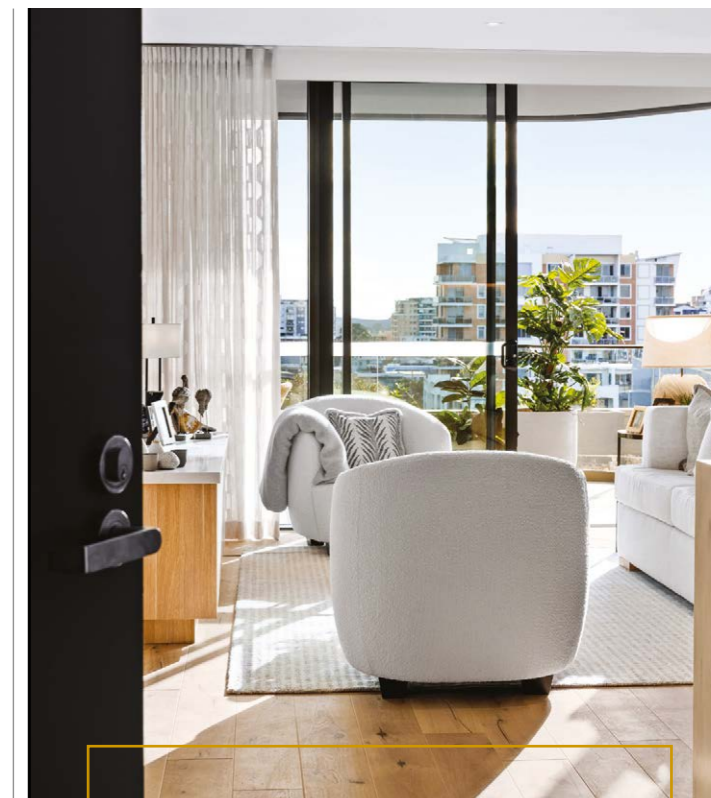
PSYCHOLOGICAL TECHNIQUES

- Relaxation techniques, or mindfulness meditation do help.
- Pace yourself to avoid overdoing activities (and thus aggravating the pain).
- Try sleep hygiene strategies.
- Cognitive techniques reduce unhelpful thoughts and negative emotions.

I remind myself that I've had flare-ups of pain before. They always eventually settle down.



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



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Chalk and Slates

Margaret Simpson

A vivid memory of my school days is the boxes of *Bellco* chalk on the teacher's desk. Each box contained 144 (a gross) sticks of chalk in white or coloured varieties. The box advised that *Bellco Superfine School Chalk* was "made by a special new process which reduces all particles to microscopic fineness".

Bellco chalk was first made in a gypsum factory in South Australia. The chalk was manufactured by dehydrating gypsum. Its development involved a local schoolteacher enlisted to test samples for softness, hardness, brittleness or scratchiness. By 1928, *Bellco* brand chalk (named after company founder Mr G. Bell) was being supplied to NSW schools. The chalk factory ultimately moved to Melbourne and eventually became the main supplier of school chalk around Australia.

My teacher used chalk to write on the blackboard to instruct us how to form our letters, write sums, and lists of spelling words. It was erased with dusters and cleaned by the unlucky duster monitors by banging them hard outside the classroom.

Chalk was sometimes used to write on slates too, though long thin slate pencils were the norm. Older readers may recall using slates to learn to write, those rectangular sheets of dark grey slate set in morticed wooden frames, and used before paper became cheap enough after World War II.

These days teachers use interactive whiteboards and coloured markers while children write on screens. But in 2021, neuroscientist and education lecturer at Central Queensland University, Dr Ragnar Purje, says kids should go back to learning handwriting with chalk! He says it's "profoundly important for developing the brain, fine and gross motor skills, and the intellectual ability to construct a story", not to mention the environmental sustainability of chalk compared to tablets which will quickly become obsolete.



At Ease With Arthritis

Rejimon Punchayil

Winter is a time when sufferers of arthritis face some challenges. Arthritis is Australia's major cause of disability and pain. What causes arthritis in the first place?

Arthritis can be caused by genetic factors, the actual events of your life (accidents or injuries for example), and finally the way you lived your life such as lifestyle choices (smoking for example). The effects of arthritis can vary from person to person, from a minor annoyance to debilitating pain.

Whilst early diagnosis through a doctor is important, the most important person involved in treating arthritis is the person with arthritis. In addition to treatment and management of pain, learning more about arthritis and maintaining a positive approach is essential. There are many natural remedies and exercises. Some even say tai chi can help deal with arthritis.

There are many simple and practical tools to help manage daily activities while living with arthritis. A pick-up-reacher, a key turner, a jar opener or a tap turner can make a huge difference. The enhanced independence feeds our self worth and self-esteem.

Arthritis gloves of various types can be a great relief during this season. It is good to know that there is a range of cutlery that can assist a person who is experiencing difficulties at the dining table. Get yourself equipped to deal with the challenges this winter and your arthritis can throw at you. You can find more information on these solutions at www.comfortdiscovered.com.

City2Surf Legends

The *City2Surf* does not discriminate. People from all ages and all walks of life can participate – and they certainly do!

The *City2Surf* Legends are a group of individuals who have participated every single year since the *City2Surf*'s genesis in 1971. From the beginning, the 14km race has always been about fundraising, fitness, being a part of the community, and fun.

Some local North Shore participants are among these legends.

Trevor Hamilton was born in 1948 and grew up in Chatswood. He was drawn to outdoor activities, taking up football at the age of seven where he played league and union for 19 years. He avoided injuries during his football days because he was a very fast runner!

Brendan Dumas was born in 1954 and grew up in Eastwood and Wahroonga as the second youngest of nine children.



Trevor Hamilton (top) and Brendan Dumas.

This year's *City2Surf* will take place on 14 August, with the course stretching from Hyde Park in the city to Bondi Beach. Find out more about the event and the Legends at <https://city2surf.com.au>.

Good luck to our North Shore *City2Surf* Legends!



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Wake Up Your Winter Skin

Arti Kumria

It's hard to radiate vitality and health when your skin is being pummelled by harsh winds, cold rain, and 24/7 heaters that draw out your skin's moisture. Fortunately, there are two miracle workers that rehydrate, soften, and brighten dry or dull skin that, particularly during the winter months, should be skincare staples. If your skin is not looking or feeling its best, these are your new BFFs.

HYALURONIC ACID

You may have heard of hyaluronic acid, a powerful substance capable of holding up to 1000 times its weight in water. That super ability to retain moisture is why hyaluronic acid, or HA, is all the hype. Plus, it works on every skin type, even sensitive or oily complexions, to deliver gentle hydration where you need it.

Although it's now found in serums and moisturisers, hyaluronic acid is naturally produced by our bodies to help lubricate joints and tissues. The largest amounts are in our skin, eyes, joints, and connective tissue.

But, like collagen and elastin, the amount of hyaluronic acid in our bodies declines as we get older. With that comes fine lines, reduced elasticity, and a dull appearance.

Thankfully, we can top up our HA tank. Pump up to plump up, you might say, because we know that gorgeous skin retains its dewy, radiant, and firm appearance due to its high content of water.

You don't need to spend a fortune either. You can find HA-heavy serums from just \$12 for The Inkey List's Hyaluronic Acid to \$48 for Go-To's Much Plumper Skin, which is packed with four types of HA to seriously quench skin.

VITAMIN C

As a beauty ingredient, vitamin C has been zooming up 'must-have' lists for the

past decade. If improving radiance and countering the effects of ageing are key skincare concerns, vitamin C would be hard to miss in any product you try.

Dermatologists say that's because it's the ultimate brightening and anti-ageing antioxidant – it induces a gorgeous glow while protecting your skin cells from nasty free radicals that can make you look older than your years. It brightens, fades, tightens, and probably files your taxes on time, as one beauty editor so aptly put it.

Vitamin C works by neutralising or disarming these free radicals (unstable molecules that damage cells) created by environmental stressors like pollution and sun damage. It also slows down the ageing process by promoting collagen production, which naturally declines as we get older leading to sagging skin and fine lines.

But its ability to also reduce redness and lighten dark spots should not be overlooked. Vitamin C is a renowned anti-inflammatory, so it helps with healing and can restrict the enzyme responsible for melanin production that causes hyperpigmentation. (Remember, it can take at least two months to see dark spots fade).

We tried Sephora's \$31 Ultra Glow Serum with vitamins C+E for glow and Ole Henriksen's C-Rush Brightening Gel Crème at \$68 for a bit of everything. Our verdict: a surprising almost-instant difference with the Ultra Glow Serum. After two weeks, we're still waiting for a great transformation from the pricier product.



Sephora's Ultra Glow Serum with vitamins C+E - \$31
Ole Henriksen's C-Rush Brightening Gel Crème - \$68

The Inkey List's Hyaluronic Acid - \$12
Go-To's Much Plumper Skin - \$48



Tooth Development in Children

Dr Ian Sweeney

A child's first baby tooth starts to develop around week 14 in utero. It is a complex process of formation and calcification which results in the creation of a tooth. A child's first permanent molar begins calcifying around the time of birth and will continue developing until the age of 5 or 6 years of age.

Dental development mimics jaw development, growing slowly with the addition of new teeth until approximately the age of 18.

A child has 20 baby teeth that are replaced by 32 permanent teeth. The 12 permanent molar teeth erupt into the mouth behind the baby teeth. As a child grows, the roots of the baby teeth are dissolved by pressure from the erupting permanent teeth. This process follows a precise timeline with each baby tooth being lost at a particular time.

Many people believe that a child's first teeth are not important as they will eventually be lost and replaced by permanent teeth. As a result, many children do not receive dental care at an early age, often waiting until their permanent teeth erupt.

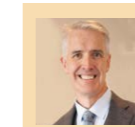


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A child's first teeth are just as important as their permanent teeth. Untreated dental infection in a baby tooth has the potential to cause a life threatening situation.

Baby teeth are necessary for a child to speak, chew, and help maintain space for the permanent teeth to erupt.

Early loss of a baby tooth may have a dramatic result on the eruption pattern of the permanent teeth. For example, should a baby molar tooth (a tooth that is usually lost around 10.5 years) be lost prematurely, the first permanent molar tooth (that erupts into the mouth at 6 years) may drift forward to fill the space where the baby tooth was lost. This forward movement of the permanent molar may block the eruption pathway of another permanent tooth. In other words, one permanent tooth may end up above another. Extensive orthodontics or even surgery may then be required to correct such a problem.



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

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Sleeping Beauty

Every night, something mystical happens. We doze off in a bed and wake up in a bed – only now, hours and hours have passed without our hardly realising. What we also may not be aware of is the position we are sleeping in - is it actually a neutral and comfortable position for our body?

Our body sometimes does not register our sleeping position. After all, we are asleep, how can we know if a sleeping position is comfortable? This could be a reason why so many of us wake up sore in certain areas as opposed to waking up feeling revitalised as we should.

There are usually three positions which people sleep in: back sleeping, side sleeping, and front sleeping - each of them with their own set of benefits and drawbacks. If you wish to experiment with different sleeping methods, it is best to consult with your doctor or specialist to obtain proper medical advice.

BACK SLEEPING

Many people have heard that back sleeping can cause sleep apnea and lower back pain. This can certainly be the case if not done correctly. The recommendation for healthy



back sleeping is to raise your legs above horizontal to alleviate pressure from your lower back and increase blood flow. It might also be helpful to support your neck with neck-support equipment.

SIDE SLEEPING

Arguably the most common sleeping position, side sleeping resembles the recovery position in emergency situations and is a neutral pose. There are many variations to the side sleep, however, the most common and comfortable involves arching your back slightly and lifting your knees up so they are placed at a 45-degree angle. Side sleeping is generally recommended for those with hip and back pain, and pillows between the knees and other buffer spots are commonly used. Where you may run into trouble with side sleeping is in shoulder or neck pain.

Long-term favouring of a single sleeping side may cause pain and injury to the side you are sleeping on.

FRONT SLEEPING

Generally considered the worst sleeping position by many professionals, front sleeping can potentially induce lower back and neck pain. Professionals recommend using a soft pillow, or no pillow at all, so that your neck will not be at an awkward position.

Visiting a chiropractor, physiotherapist or any other medical practitioner is a great option if you are concerned about how your sleeping position is affecting you. There are some excellent professionals on our North Shore, it might be worth having a chat and consultation. About a third of our life will be spent in our sleeping position, we might as well get it right!

Are We Eating Wrong?

Jay Houhlias

We have all heard of the French Paradox. It is based on a simple question - how is it that the French eat such rich and conventionally 'unhealthy' food, including dairy, high fat meat and oils, pastries, and lots of red wine, yet still remain so healthy?

The French Paradox has been studied and dissected, with many of the experts attributing its positive health benefits to its focus on quality produce and unprocessed 'real food'. However, one can find nutritional data to back up any claim or supposed dietary fad. Today, we come at it from a different angle. Is our obesity crisis more about how we look at eating habits and our relationship to food rather than the actual food itself?

Sydney Observer spoke to Jo of *Restdown Wines*, an organic farm in country NSW which raises cattle and produces wine, to get some insight into what we can learn from the French about food and health. Jo knew from an early age that she wanted to be in Europe, and France in particular. She went to France to teach English, and there she learnt fundamental lessons which changed her relationship to food.

"As soon as I arrived, I decided I didn't want to live in a flat on my own and I wanted to live with a family. That way, I would learn about everyday life in France and learn about what the average French person does. I was able to get a really rounded experience living and working with a French family."



Jo and Don at Restdown Wines.

"Some days I would cook with the grandmother of the house, and she would tell me about her life. Other days I would cook with the mother of the house. It was a really formative experience as I discovered more about food and wine than I ever did in Australia."

There appears to be a strong sense of tradition regarding the way the French view food and eating. Recipes are passed down and cooking is seen as both a cultural necessity and expression of love, rather than a time-consuming chore as so many of us in western countries are led to believe.

"We would eat oysters regularly; we would go to the fish monger and see what his wife had made from all the leftover pieces of fish. It was all very exciting. Eating what was from that region was so important to the French people. The specialty from one region was only found in that region. Quality of food was also critical, and respect for farmers and for the land was too."

"It might be five courses for each meal, each with a different wine to match."

Drinking in Australia at that time was mostly about beer and spirits."

From Jo's experience, mealtimes in France were treated with deep reverence. Families would dine together, and people would not 'eat on the go' – they were to sit, enjoy their meal, and enjoy each other's company. There is scientific evidence to support the benefit of this, showing that high levels of stress in the body while eating can cause overeating and lessen your body's ability to absorb nutrients. This could be a major factor contributing to the French Paradox.

Jo does not like to dictate what people should and shouldn't do, so *Sydney Observer* asked her about what she did for herself regarding her own, personal relationship with food.

"The best place to start is to read labels and ask questions. We all buy processed food here and there - the quick fix when we are really busy. But if you can, try and look for certified organic. Farmers markets are great because you're not purchasing lots of plastic packaging and you can ask the farmer about the produce. You can find out how far the food has travelled, what is in season etc. It's really important to have respect for food and have respect for yourself."

Perhaps the first step to better health is to appreciate our food more. The French Paradox conveys to us that we can indulge in delicious foods, just like the French do, if we build the appropriate culture to surround it.

To support *Restdown Wines*, head to restdown.com.au.

Australia and Diabetes

Diabetes is a condition marked by high levels of glucose in the blood. It is caused either by the inability to produce insulin (a hormone made to control blood glucose) or by the body not being able to use insulin effectively, or both.

According to a report by *Diabetes: Australian facts* from the *Australian Institute of Health and Welfare*, over 1.3 million Australians were diagnosed diabetes between 2000 and 2020. The numbers are worrisome, with around 63,900 people diagnosed each year - an average of 175 diagnoses a day!

Type 2 diabetes represents 90% of diabetes cases in Australia. It becomes even more pressing considering that diabetes is one of many conditions correlated with greater health consequences for people with COVID-19. 20% of the 4,700 hospitalised patients involving a COVID-19 diagnosis in 2020-21 were type 2 diabetics. Similarly, diabetes was a pre-existing condition in 20% of the 3,600 deaths due to COVID-19 between January 2020 and March 2022.

Australian Institute of Health and Welfare spokesperson, Richard Juckes said "diabetes increases the risk of health complications, including heart disease, stroke, kidney disease, blindness, and



lower limb amputation. It is also frequently associated with other chronic health conditions."

Approximately \$3 billion of health system expenditure was attributed to diabetes in 2018-19 - 2.3% of total disease expenditure in Australia.

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Greek custard pie

Cook like Yiayia: Galaktoboureko

Pamela Rontziokos

Ever wondered how those Greek desserts taste so good? Well, we're about to tell you. Firstly, any Greek you meet will tell you, "My Yiayia's galaktoboureko is the best", but I must contest, because my Yiayia's galaktoboureko is the best!

It is not drowned in syrup or overwhelmingly rich. It's crispy and gooey - with a perfect crunch that will make your eyes roll back and your lips utter, "Ohhh".

Ingredients (Serves 24):

- 3 cups of white sugar
- 2 cups of water
- 1 cinnamon stick
- 1 thin slice of lemon
- 2 slices of lemon skin
- 2 slices of oranges skin
- 6 cups cup of full cream milk
- 6 eggs
- 1 teaspoon of vanilla sugar
- 1 cup of semolina
- 1 block of unsalted butter
- Thin-style filo

Method (time: 35 minutes preparation, 40 minutes cooking):

- Pre-heat the oven to 250 degrees for 10 mins. Then lower the oven heat to 180 degrees.
- Syrup:** Pour 2 cups of white sugar, 2 cups of water, 1 cinnamon stick and a thin slice of lemon in a medium sized saucepan and stir until combined. Transfer saucepan onto the stove and let the syrup simmer on high heat for 3-4 minutes. When the syrup is on the stove, do not stir. Then, let the syrup simmer on medium heat for 20 minutes and leave to cool down.
- Filling:** In a large saucepan, put 2 slices of lemon skin, 2 slices of orange skin and six cups of full cream milk on high heat for 10 minutes.
- In a separate bowl, electronically whisk 2 egg whites and 3 whole eggs, 1 cup of white sugar and 1 teaspoon of vanilla sugar for 2 minutes until the mixture is light and fluffy.
- Then, one at a time, add in the remainder 2 egg yolks and whisk. Add one cup of semolina and slowly add 4 ladle scoops of the warm milk mixture into the separate bowl and gently whisk.
- Slowly pour the mixture with eggs into the large saucepan and stir altogether. Do not stop stirring as this will prevent the mixture from sticking to the bottom on saucepan. Keep stirring on high heat for 10 minutes until it bubbles. Then lower to medium heat and stir until the mixture is creamy.
- Remove the orange peels and lemon peel and add a thick slice of unsalted butter and stir in.
- Filo:** My Yiayia uses home-made filo, but you can use prepared thin-style filo.
- Preparing the tray:** Melt half a block of butter. In between each layer you must
- Pour filling inside and put one layer straight on top. Fold over all the edges, except edges from the first two 2 layers. Put the remainder of filo on top. Before last layer, fold over last two edges. Then tuck in the last layer on top and butter.
- Cut galaktoboureko into squares. Cook for 40-45 mins until crispy golden brown.
- Pour the cold syrup over the hot tray and let it cool down. Ready to serve in 30 mins or once syrup has set!

It's crispy and gooey - with a perfect crunch that will make your eyes roll back!



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Parramatta heritage houses

Volunteers will take you on a guided tour of Hambledon Cottage Museum, including Devonshire tea on arrival. This cottage was built in 1825 as the Macarthur's 'guest house'. You will also visit nearby Elizabeth Farm, John and Elizabeth Macarthur's original home and one of Australia's oldest houses. Lunch will then be at Cumberland State Forest café and

nursery. Morning tea is included and lunch is at own expense.

When: Friday, 12 August, 9:00am - 3:30pm.

Where: Marian Street Theatre car park, 2 Marian Street, Killara 2071.

Cost: \$45.

Contact: Ku-ring-gai Seniors events, 02 9424 0836, rhall@krg.nsw.gov.au.



Spring Veggie Garden Workshop

Whether you're new to gardening or are in need of a refresh, the workshop will look at; choosing which veggies to grow, planning your beds, companion planting, attracting pollinators, planting a mix of plants for reduced pests, weeding, adding compost and natural fertilisers, and more. Afternoon tea will be served. The presenter is Mike of Permaculture Sydney North. He manages his own successful urban farm in Mount Colah, focusing on producing food for the family.

When: Saturday, 3 September 2022 | 1:00pm - 3:00pm.

Where: Turramurra Lookout Community Garden, 1328 Pacific Highway, Turramurra 2074.

Cost: Free.

Contact: The Sustainability Team, 02 9424 0893, sustainability@krg.nsw.gov.au.

Volunteer at Oxfam Trailwalker

Oxfam Trailwalker Sydney returns 26-28 August 2022! Oxfam Trailwalker is a 100km trail walk event bringing people together from all walks of life, where every step that our walkers take helps to raise vital funds to tackle world poverty. Volunteers are the backbone of Oxfam Trailwalker, and there's a volunteer position to suit everyone.

To sign up, head to the Oxfam Trailwalker Volunteer Page. You will then be able to create an account and choose a shift that best suits you.

When: Thursday, 26, to Sunday, 28 August, 8:00am.

Where: St Ives Showground, 450 Mona Vale Road, St Ives.

Cost: Free.

Contact: Eddy 1300 130 516, twvolssydney@oxfam.org.au.

Northside Opera Study Group Inc

The Northside Opera Study Group Inc provide a varied program with entertaining presenters. Meetings are held every Monday except for public holidays in the hall at St David's Uniting Church. There is a break for morning tea and socialising mid-morning. All are welcome including long term opera enthusiasts as well as newcomers to opera and music.

When: Until Monday, 28 November, 10:00am - 12:30pm.

Where: St David's Uniting Church Hall, 454 Pacific Highway, Lindfield.

Cost: \$150 per semester, 2 per year, or \$20 per visit.

Contact: John Sanders, 9412 2581, johnmsanders@hotmail.com.

Dementia Alliance Invitation

The Dementia Alliance aims to create a dementia friendly community. The first step is to gather a group of local residents from all sectors of the community to form a Dementia Alliance.

Those who are living with dementia, their family and friends, and all individuals who would like to contribute, are encouraged to come along to the initial meeting.

When: Tuesday, 23 August, 10:30am - 1:00pm.

Where: Council Chambers, 818 Pacific Highway, Gordon 2072.

Cost: Free.

Contact: Ku-ring-gai Seniors events, 02 9424 0836, rhall@krg.nsw.gov.au.



Cherry Blossom Festival

Join the walking tour of the Auburn Botanic Gardens with the Cherry Blossoms in full bloom. Market stalls will be set up during the festival with a variety of cuisines to enjoy for lunch. Wear comfortable walking shoes.

When: Wednesday, 24 August, 9:00am - 3:30pm.

Where: Marian Street Theatre car park, 2 Marian Street, Killara 2071.

Cost: \$35.

Contact: Ku-ring-gai Seniors events 02 9424 0836, rhall@krg.nsw.gov.au.

Wildflower Walk

Take a tour of the garden and discover some of the spectacular flowering species of plants. Ku-ring-gai Wildflower Garden offers a monthly *Seniors in Nature* program on the last Friday of every month, providing over 55s the opportunity to connect with nature through a variety of experiences including guided walks, bushfoods, fauna encounters, nature art and other sensory experiences.

When: Friday, 26 August, 10:00am - 11:30pm.

Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives 2075.

Cost: \$10.

Contact: Ku-ring-gai Wildflower Garden 02, 9424 0353, hwg@krg.nsw.gov.au.



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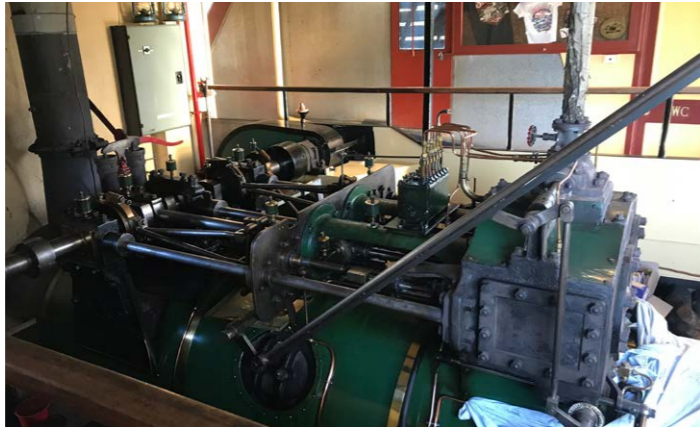
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Cruising the Murray

Jay Houhlias

In the early part of July, our faithful North Shore, and indeed the rest of Sydney, experienced more rainfall in five days than in an average month. For that time, I was lucky enough (sorry to rub it in) to experience a Murray River cruise with *Murray River Paddlesteamers*. This included one night's accommodation at *Mercure Port of Echuca* and a four night cruise aboard the *PS Emmylou* with meals and drinks.



The drive down to Echuca was about eight hours, and it felt very cinematic driving away from the dark Sydney tempest and out toward the sunlit plains of the country. I arrived in Echuca mid-afternoon to blue skies. The town is quaint and eclectic, like something you'd see in an old western film except rather than desert, it is surrounded by verdant rivers and fields. I was struck by how trendy and modern the place was, with coffee houses and vintage shops, but then I remembered that I was in Victoria, so all the trendiness made perfect sense. I had an incredibly comfortable stay at the *Mercure*, and the next day I was boarding the *Emmylou*!

The *PS Emmylou* is a boutique beauty, powered by a restored 1906 steam engine and totally refurbished with deluxe cabins and ensuites. It is a sentimental old gal surrounded by outside decks and wooden railings, and inside the dining area was warm thanks to the amazing crew and their sagacious use of the very modern, very convenient, air conditioner.

So, there we were cruising, chugging rhythmically down the river, NSW on

one side and Victoria on the other. As we passed campsites and houses on the river, people would come out and wave happily, and if you didn't wave back, you were considered a bit of a party pooper. Everybody on our cruise waved back.

On our first day we visited *Restdown Wines*, a beautiful organic farm which harvested wine and raised cattle. We were educated on the Indigenous land of country NSW and then treated to a delightful lunch, all with locally grown foods and products.

The next day we went on a *Kingfisher* cruise and got up close and personal with some birds, wild horses and the general environment surrounding the Murray River. The only other time I got more up close and personal with the Murray River was when I jumped in for a swim. The other guests thought I was mad, but I justified my actions with the attitude, 'well you've got to do it.' I don't think anyone shared my incredibly stoic and profound attitude nor yielded to my attempts in getting them to join me. For some reason, 'well you've got to do it', just wasn't enough justification.

Skipper Warren was articulate and informative, spouting knowledge and

interesting facts whenever he felt a pang of inspiration. On our final evening we had a campfire, and armed with a guitar and harmonica, Skipper Warren covered everything from Redgum to Roy Orbison to John Williamson. Chef Greg was an absolute powerhouse in the kitchen, and I was constantly hassling him about recipes and how he cooked certain things. During the cruise, I never finished a meal not feeling full and satiated – and believe me,

that is no small feat. Cabin hand Julie never squandered an opportunity to make perfect of my every wish, and this made me feel completely unselfconscious in asking for my 15 cups of tea per day.

The *PS Emmylou* cruise is something I'll look back on as a time of complete ease and no worries. The snug cabin became a retreat, and the other guests became a part of a little riparian household as we wine, dined, and cruised together. The thing that surprised me the most about the *PS Emmylou* cruise was how little I felt compelled to do in order to enjoy myself. It was the perfect combination of relaxation with no boredom, contentment without the need to do more. We are often caught up in this idea of 'being productive', not realising sometimes the most productive thing you can do at any given moment is sleep, eat, talk, drink wine, and basically be taken care of in the most compassionate and kind heartily manner.

Due to the huge demand, *Murray River Paddlesteamers* is releasing 13 new sailing dates in 2022, creating 57 departures from Echuca aboard the *PS Emmylou*. For more information and to book, visit psemmyloucruises.com or call 03 5482 5244.

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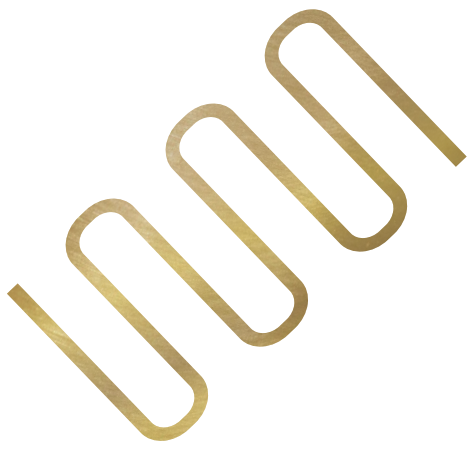
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Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort 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.

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