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Sydney Observer

IN PRINT SINCE 1996



Australian Funny Men

THE LISTIES

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From the Editor

As those old Christmas albums would so melodiously sing – welcome to the most wonderful time of the year.

The holidays are upon us and *Sydney Observer* is your perfect companion! Read our summer special and gift ideas for great summer products. We have a water safety section where *Bondi Rescue* lifesaver Harries provides us with some invaluable lessons and tips about keeping safe in and around the water this summer.

We meet Australian funny men The Listies and talk about their touring life, laughter, writing comedy and the bizarre nature of their line of work. The Listies are on a mission to bring joy to the world and they believe it starts with a child's laughter. From there, everyone follows suit and starts laughing themselves, eventually.

Our regular contributors provide us with articles on toxic positivity, surviving the summer holidays for parents, the colourful art of nutrition and much more!

Have a great holiday season and enjoy our December/January issue.

Jhouhlias

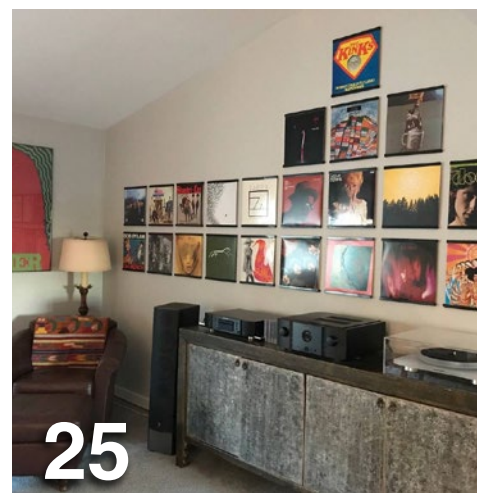
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Join us for Christmas fun each Saturday from 10am to 2pm.
PLUS Christmas Carols from 6pm.

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An artwork by Olena Vigovska, "Yellow on blue – golden wattle," 2022.

Supporting Ukraine with True Blue

Willoughby City Council has thrown its support behind an exhibition by Ukrainian artists which is raising funds for the war-torn country by presenting the Australian natural environment.

The exhibition titled "True Blue and a little bit of Yellow: Australiana", presents a collection of paintings and fine art photography at the Incinerator Art Space. The exhibition ran through mid November and featured artists who are either Ukrainian-born, or who have Ukrainian ancestry, and are now permanently residing in Australia.



Turrumurra's Got Talent

Local Turrumurra resident Makan Wang performed on one of Australia's biggest television shows, *Australia's Got Talent*. Young Makan's theme of his show is "Make Science Popular."

He recited the whole periodic table while solving the Rubik's cube. Makan received 4 yes votes and made it through to the judges' audition. Television personality David Walliams said, "I feel like you're goanna inspire a lot of kids to get into science and also you've inspired me, I can let you be a great character in a children's book!"

Congratulations Makan!



Aboriginal and Torres Strait Islander Helpline

Federal Member for Indigenous Affairs, the Honourable Linda Burney MP, was joined by Assistant Minister for Mental Health and Suicide Prevention, the Hon Emma McBride MP, to officially launch Australia's first national Indigenous-led crisis hotline, 13YARN.

Funded by the Australian Government, the purpose-built, 24/7 national telephone helpline was codesigned with Aboriginal and Torres Strait Islander people and is run with the support of Lifeline.

If you or someone you know are not feeling good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



Using Exoskeletons

Exoskeletons are motorised mechanical devices attached to an individual's body to assist movement. They have been a popular feature in science fiction movies like *Iron Man* as a kind of performance enhancer.

However, researchers at Victoria University's Institute for Health and Sport are using the concept in real life to help the elderly or people with physical injuries or neurological conditions such as spinal cord damage, stroke, or osteoarthritis improve their mobility. This could be achieved with hybrid assistive limbs. These identify and anticipate a person's residual muscle activation through a sensor. It can use the signal to control the exoskeleton's timing and movement.

With repeated training, the device could help reconnect signals between an individual's damaged nervous system and limbs to improve or even restore motor function.



The Traveller's App

Travelling can be tricky. So can finding all the things you want; from the best attractions to booking accommodation, the nearest public toilets or current road hazards can lead you fumbling and lost.

Now there is one travel app that provides an essential travel companion and it's free! The Australian Visitor Centres App is available for free download from the App Store or Google Play. It opens the window on a wealth of up-to-date information for travellers starting with the location of over 400 accredited Visitor Information Centres across Australia.

Whether you are seeking must do attractions, galleries, bush walks and nature-based experiences, in search of fishing spots, the nearest golf course or great dining options, the Australian Visitor Centres App includes a wealth of information and special deals.



Eight Billion Day

Sustainable Population Australia says that Eight Billion day, which fell on 15 November, is a cause for concern. They argue that humans have overpopulated the Earth by exceeding the boundaries that ensure the renewal of life.

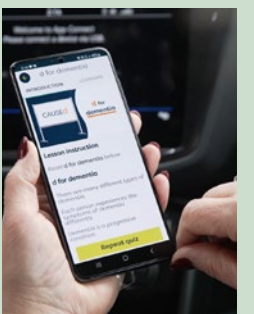
According to national president of Sustainable Population Australia, Ms Jenny Goldie, rising scarcity of natural resources, accelerated climate change, worsening pollution, environmental degradation, extinction of species, increasing hunger and pandemic disease, mass population movements, and unaffordable housing and food, are all indicators that we have exceeded the carrying capacity of the planet.

"We doubled the global population in less than 50 years," says Ms Goldie. "It is not levelling off. The last billion was added in only 11 years. In that time, 90 million were added to the global population every year."

Dementia Australia's Big Technology

At the 2022 Future of Ageing Awards, Talk with Ted, an artificial-intelligence avatar designed to educate care workers to better communicate and support people living with dementia, won the Dementia Care category. The judges described Talk with Ted as a "hugely impressive program" and awarded it the highest score for any entry across all categories.

Another mobile app, Ask Annie, that helps care workers provide better support to people living with dementia, won the Technology – Business category. These awards recognise leadership and innovation in aged care



Social Media and Natural Disasters

New Charles Darwin University research suggests that people are less likely to use social media as an information source during a natural disaster, instead using traditional media and authorities' websites for critical information.

The study, which surveyed 1665 adults across Australia, found 65 percent of respondents who experienced a natural disaster did not use social media to look for real-time information at the time. In addition, households with children were more likely to use social media for information during disasters.

The results and findings of the survey was published recently in the International Journal of Disaster Risk Reduction (www.sciencedirect.com/science/article/pii/S2212420922004265?via%3Dihub).



Summer Holidays Reading Bonanza

Let's rekindle our love our reading! This summer, Hornsby Shire Council is presented two free reading programs to strengthen literacy across the Shire. These programs are the Summer Reading Club (children 12 and under), and the Summer Reads (adults and young adults).

SUMMER READING CLUB FOR CHILDREN 12 AND UNDER

This program encourages children to enjoy recreational reading during the summer holidays. This year's theme is Choose Your Own Adventure, offering children the opportunity to access a magical world of adventure through exciting books and their own imaginations. Hosted online through the *Beanstack* app, the Summer Reading Club offers weekly prize draws and the chance to win one of four \$50 gift cards at the end of the program.

Participants are invited to join Professor Bubbles for a special launch event from 4.30pm Wednesday 30 November at Hornsby Central Library, where he will take them on a journey into the science and wonder of bubbles. Register now at hornsby.nsw.gov.au/library.

SUMMER READS FOR ADULTS AND YOUNG ADULTS

The Summer Reads program for adults and children over 12 gives participants a list of reading prompts, then, for each book read they enter a draw to win one of ten \$30 book vouchers. Participants can also receive their own tailor-made list of reading suggestions. Collect a form from a Hornsby Shire Council library or complete it online to get started.

Hornsby Shire Mayor, Philip Ruddock said, "Reading is vital for people of all ages for numerous reasons. It helps us develop new skills, brings a sense of discovery, helps us relax, makes us more empathetic and supports all areas of life."

"Our summer reading programs encourage residents to take time out and grow their minds by connecting with literature. They are part of the services we offer at all stages of life including Storytime for pre-schoolers, resources for students, school holiday activities, book clubs and author talks for adults and the home library service for our older residents."

The Summer Reading Club and Summer Reads run until 29 January 2023 for Hornsby Shire Library Service members.

To find out more and to register visit hornsby.nsw.gov.au/library.



Reverend Kevin Kim.

Welcoming Rev Kev

During May and October, Turramurra Uniting Church hosted the famous Flea Market which returned after the Covid two-year break. The event was a huge success, raising \$25,000 for community and national needs.

Turramurra Uniting Church's minister Rev. Phil Swain was on deck for this event, with the help of second minister the Rev. Kevin Kim. Kevin was called in as second minister to serve the church and community in January. The Rev. Kevin Kim came after a long period of service at Lugar Brae Uniting Church, Waverley.

He was introduced to the UC Child Care Centre behind the church, Bugz, a group for younger primary children, and TurraTurtles Playgroup, where parents and toddlers enjoy their play and companionship.

Kevin met up with the regular church attenders and some of the frailer long-standing members who love chatting with their minister either at their home or church when they can. He also commenced his Sunday preaching roster.

Both ministers enrich the ministry with their different interests and skills and share them with the church members as they conduct the three worship services on Sundays, as well as the adult groups which meet regularly.

More recently, Kevin and Phil have been organising 'Coffee with Phil and Kevin' in the church lounge once a month, and the numbers of people joining in for a chat are growing. He also looks in on 'TUC and Friends' which is a monthly lunch for anyone looking for some nice company.

We welcome and congratulate Kevin on his first year of service!

Female Sport to Flourish

"When women and girls feel comfortable, they are more likely to stick with their chosen sport. This helps local clubs keep existing players and inspires the next generation of female sporting stars."

Those were the words of Minister for Women Bronnie Taylor. She believes the new program supporting women's sport in NSW is a game changer.

Women and girls across the Willoughby electorate will benefit from funding to help enhance local sports facilities and boost participation. Applications are now open for the NSW Government's Female Friendly Sport Facilities and Lighting Upgrades Program.

Member for Willoughby Tim James said the program provides grants of up to \$500,000 to help transform local sport facilities into safer and more inclusive venues.

"This funding will help modernise facilities for local clubs, which will help get more women and girls to participate in community sport and recreation activities. This investment in our community will also support local jobs, which will grow the



economy and help secure a brighter future for the people of NSW."

Minister for Sport Alister Henskens said the program will deliver female-friendly change rooms, amenities, and lighting upgrades, which is one of the biggest barriers that prevent women and girls from participating in sport.

"Community sport is where it all begins and we know the number of female players is soaring. This program will give them the facilities to complement their aspirations."

More information about the program, and how to apply, is available at www.sport.nsw.gov.au/grants.

Ku-ring-gai Council

Ku-ring-gai Council Christmas and New Year operating hours

Friday 23 December – 8.30am to 12.30pm

Monday 26 December – closed

Tuesday 27 December – closed

Wednesday 28 December – call centre open 8.30am to 5pm; customer service centre closed

Thursday 29 December – call centre open 8.30am to 5pm; customer service centre closed

Friday 30 December – call centre open 8.30am to 5pm; customer service centre closed

Monday 2 January – closed

The staff and Councillors wish all our customers and residents a happy Christmas and best wishes for the New Year!

krg.nsw.gov.au
Enquiries: (02) 9424 0000

Council meetings and public forums

The Council meeting will be on **13 December 2022**.
Public Forums will be on **6 December 2022**.

For details visit krg.nsw.gov.au/meetings
Enquiries: (02) 9424 0000.

Mayor's Christmas Appeal

Collecting food for local families in need

Lifeline will receive the festive food donations and pack them into hampers to be given to people in need within our local communities. Donate at **Council Chambers** at Gordon or any **Ku-ring-gai Library branch** by **Monday 5 December**.

Please note this year we are accepting food items only.

krg.nsw.gov.au/christmasappeal



Historic First Home Buyer Law

Home ownership for first home buyers in NSW will now be a very real possibility following the successful passage of the Perrottet Government's historic legislation in Parliament during November.

For the first time in Australia, first home buyers will be given the choice between paying a smaller annual property payment or a large upfront stamp duty on their first property.

Eligible first home buyers will be able to opt into the First Home Buyer Choice. First home buyers will be required to pay stamp duty on purchases made until 15 January 2023, but then will be able to apply for a refund of their stamp duty if they choose to opt into the annual fee. From 16 January 2023, purchasers can opt in to the annual fee directly and will not be required to pay stamp duty.

First Home Buyer Choice will be available for dwellings costing up to \$1.5 million. For the purchase of vacant land intended for the construction of a first home, the price cap will be up to \$800,000.



The program is uncapped and will be available for every eligible first home buyer who wants to access it. The NSW Government has allocated \$728.6 million to First Home Buyer Choice over the next four years.

For more information, head to <https://www.nsw.gov.au/initiative/first-home-buyer-choice> and start to dream with your first home acquisition.

Big Win for Community Organisations

Ku-ring-gai Council has voted to approve the assistance package to organisations helping the Ku-ring-gai community.

\$95,416 will be distributed to community groups by the Council. This year's community grants were awarded in three categories: small equipment, community development programs and arts & cultural programs, with 48 applications received.

Organisations receiving funding range in their targets, from children, young people, older people, people with disabilities and people from culturally and linguistically diverse backgrounds.

Successful applications will provide assistance for residents with a disability and support for troubled young people, as well as sporting equipment for scouts and guides and IT equipment for churches and community groups.

Deceased Estates and Superannuation

Wal Abramowicz

Usually your superannuation will be excluded from your estate. However, in New South Wales, the Court can declare that your superannuation forms part of your estate. Recently, the NSW Supreme Court considered whether a wealthy man's Will made adequate provisions for his adult children. The man's children attended private schools and received a university education. Some of the children were gifted properties by the man while he was alive. He married a second time after his first wife died. The man's relationship with his children became strained. He threatened to disinherit them.

The man was a member of a self-managed superannuation fund which was valued at about \$12 million. He signed a binding death nomination in favour of his second wife. The nomination form included words saying that the nomination could be revoked at any time. The man owned several properties, some jointly, and shares in listed companies. Three months after his marriage to his second wife, the man signed a Will which left a property, money in a bank account, and all shares he owned to his second wife. Ownership of the jointly owned properties automatically passed to the second wife upon the man's death. The

rest of his estate was to be divided equally between his children. After the specific gifts to his second wife and payment of estate expenses, there was very little left to distribute between the man's children. Three of the children commenced proceedings in Court seeking a provision from the man's estate. They argued that the man's Will did not leave them with an adequate amount for their maintenance and advancement in life.

The Court had to decide whether the children were left with an adequate provision. If they were not left with an adequate provision, should the man's excluded property and superannuation be made part of the man's estate and be available to distribute to his children? Property excluded from an estate can only be made part of an estate if the actual estate is insufficient to make a family provision order. The man's children argued that by not revoking the binding death nomination, the man deliberately reduced his estate to limit the provision that would be made for the children. The man could have signed a new nomination before his death that would result in the superannuation being paid to the man's estate, but he did not.

The Judge decided that it is not the Court's function to achieve equality between the

children or to correct a sense of wrong felt by them. The Court's function is to decide what is an adequate provision for the advancement in life and maintenance of the adult children. The Judge accepted the children's argument that the failure to revoke the binding death nomination in favour of his second wife was intended to limit the amount available to the man's children. Up until the man's death, he could have revoked the nomination in favour of his second wife and made a new nomination in favour of his estate so that the superannuation formed part of his actual estate and be available to distribute between his children. The Judge decided; the superannuation proceeds and the properties should form part of the man's estate, the children were not left with an adequate provision by the estate, and the children were given further provisions totalling \$2.7 million. The superannuation proceeds and the properties could be used to pay the provisions.

Fox & Staniland Lawyers have a team of lawyers with extensive experience in making notional estate claims on behalf of claimants, defending notional estate claims on behalf of estates, and acting for clients in all aspects of contested estate litigation.

Return & Earn in Roseville and Willoughby

Return and Earn machines will be implemented in two new places, Roseville and Willoughby. These machines allow the public to return used recyclables and turn them into profit.

The Roseville Return and Earn machines are located on 19-21 Babbage Road and are open 8am to 6pm Monday to Friday and on weekends from 8am to 5pm.

Following on from National Recycling Week in November, Member for Davidson Jonathan O'Dea said, "This year, National Recycling Week is about reducing waste and recycling better, and there's nothing better than the 'win-win' of recycling your eligible bottles and cans through Return and Earn," Mr O'Dea said.

"Since the scheme launched, more than eight billion containers have been returned for recycling through the network of more than 600 return points across NSW... Our community's



The machines allow the public to return used recyclables and turn them into profit.

participation helps reduce litter and landfill and contributes to NSW's growing circular economy, while putting money back into the pockets of people who recycle right."

The Willoughby Return and Earn machines are located at 329 Penshurst Street, Willoughby. They are open from Monday to Friday 8am to 6pm, Saturdays 9am to 6pm and Sundays 12pm to 6pm.

Member for Willoughby Tim James said, "This announcement of a major new collection point for our area means it is now easier than ever to participate in this great scheme and ensure a cleaner environment for us all."

Return and Earn is a vital fundraising channel for many charities and community groups in NSW, raising more than \$35 million from donations and fees since the scheme launched in 2017.

Local recyclers can also support the latest state-wide recycling appeal 'Protect our Planet' by donating to either the Australian Marine Conservation Society or Bush Heritage Australia.

For more information on Return and Earn including checking container eligibility or the status of your nearest return point, visit www.returnandearn.org.au.

To download the Return and Earn app, search for 'Return and Earn' in the App Store.

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

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Level 2, 828 Pacific Highway Gordon NSW 2072*

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

Hornsby Hitting Targets

The Hornsby Shire Council has followed through with its high level of service outlined in their 2021-2022 Annual Report.

Key aspects included a successful onboarding of a new Council in January, the adoption of a new Community Strategic Plan and Delivery Program and developing the Resourcing Strategy, as well as assisting in times of emergency by waiving fees and levies and organising clean up and repair programs across the Shire.

“The 2021-2022 Annual Report is a clear demonstration of the significant impact that local government has on the lives of its residents. From completing 61 capital projects including upgrades to playgrounds, parks, roads and paths, to delivering projects promoting social inclusion, introducing innovative initiatives to protect our environment, responding to emergencies, and making important decisions shaping the future of the Shire, Council is taking tangible steps towards building a resilient and prosperous community,” said Hornsby Shire Mayor, Philip Ruddock.

“While we maintain a sense of optimism, we must acknowledge that recent events have resulted in significant financial challenges including revenue loss, inflation, high building material costs and supply chain issues. Through prudent financial management, we achieved a balanced budget. Our priority is to maintain a



sustainable financial future for Hornsby
“The 2021-2022 Annual Report is a clear demonstration of the significant impact that local government has on the lives of its residents”.

Hornsby Shire Mayor Philip Ruddock

Shire which is why we have consulted with the community on applying for a Special Rate Variation.”

The 2021-2022 Annual Report is available to view at hornsby.nsw.gov.au.

Major Festivals Coming

Festival lovers unite! The NSW Government will partner with Willoughby City Council over the next two years to host three major festivals in the Willoughby area – the Lunar New Year, Gai-mariagal and Emerge Festivals.

\$980,000 has been provided to the Council to host these festivals, and it is a great win for the local community.

This partnership will make Chatswood a bigger tourism attraction and provide a boost for our local community. Grant funding of up to \$500,000 a year for

two years has been awarded to 15 local councils across the state’s Six Cities regions to host major multicultural events and festivals in partnership with the NSW Government.

Willoughby is one of 15 local councils that has received funding from the NSW Government to host its event in 2023 and 2024. All successful councils will partner with the NSW Government and co-fund to host events.

For more information, visit www.multicultural.nsw.gov.au.



\$4,000 For Literacy and Numeracy

Officeworks Hornsby thanks the local community for contributing \$4,617 raised for the Australian Literacy and Numeracy Foundation (ALNF), as part of the 2022 Officeworks Literacy is Freedom Appeal.

The annual appeal will help support 5,400 students across Australia. To date, Officeworks has supported more than 15,000 students in partnership with the ALNF.

All funds raised by the appeal will go to support the ALNF’s community-led literacy and language programs, which work to close the literacy gap for First Nations, refugee and other vulnerable Australian children.

Since 2012, Officeworks has contributed more than \$4 million to the ALNF and has now supported more than 15,000 students. The retailer aims to help 30,000 students in need before 2025 as part of its People and Planet Positive commitments.



Diwali Celebrations in Ku-ring-gai

The first major Diwali event in Ku-ring-gai was hosted by SHARE SMR Inc, on Sunday 30 October 2022 at Ku-ring-gai Town Hall. Over 300 guests packed the Town Hall which was illuminated with colourful lights. Inside the hall was decorated with lights and diyas and the scent of incense sticks in the air, mingled with the sounds of Indian music. Nothing was spared; entertainment, food and Jalebees cooked on the spot, dancing and networking as people from Indian heritage and non-Indian people enjoyed the festivities. The atmosphere overwhelmed people with its joy, togetherness, hope and a wonderful night enjoyed by all.

Clr Barbara Ward Deputy Mayor of Ku-ring-gai welcomed honoured guests on behalf of SHARE SMR Inc which included Hon’ble Consul General of India Mr Manish Gupta and Mrs Ninesha Gupta, The Hon Paul Fletcher MP, Federal Member for Bradfield, Shadow Minister for Government Services and the Digital Economy, For Science and the Arts and Mrs Fletcher, The Hon Jonathan O’Dea Speaker of the House, The Hon Alister Henskens SC MP Member for Ku-ring-gai, The Hon Scott Farlow MLC, Government Whip, Daniel Stowe Consul General of Fiji, Hon Phillip Ruddock Mayor of Hornsby



Clr Barbara Ward (left) at the Diwali event.

and Business and Community Leaders and John Mangos the MC. Such was the enthusiasm and interest that the event was oversubscribed with the waiting list.

“As the President of SHARE, I extend my heartfelt thanks to the Board of SHARE for

their financial support, this wouldn’t be possible without SHARE. Diwali is about light over darkness and SHARE has brought light to the Ku-ring-gai community this Diwali – we are truly grateful,” said Clr Ward. Diwali is the biggest and the brightest of all Hindu festivals, it is celebrated around the globe, and is more than a Hindu festival; it’s a celebration of South-Asian identities.

Clr Ward successfully moved a motion at the Council to establish a Multicultural Advisory Committee and hopes that her fellow Clrs will support her as she continues to strengthen cultural connections that truly reflect diversity in all its form. “A Christian of Indian heritage from Fiji, I recall Diwali celebrations in Fiji whilst we didn’t participate in the Hindu religion, we respected the religious significance of Diwali. In each legend, myth, and story of Deepawali lies the significance of the victory of light over darkness, conquest of good over evil force and triumph of knowledge over ignorance. This festival instils charity in the hearts of people, who perform good deeds,” said Clr Ward.

Clr Ward continues to receive many notes of congratulations on a successful, inclusive, transformative and impactful event.



COURTYARD BY MARRIOTT

FESTIVE DINING AT BISTRO

Looking for your End of year party venue or a simple casual Lunch. Bistro Sydney, a hidden gem on Sydney’s lower North Shore has that and much more. With an Outdoor BBQ on the deck and plenty of casual seating, the Bistro is the perfect Summer locale.

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Tragedy in St Ives

Ralph Davis

It may come as a surprise to learn that the North Shore has had more than its fair share of murders over the years – some too grisly for a family publication such as *Sydney Observer*!

This article relates the unusual story of police sergeant Edwin Stuart Hickey, who was killed on duty in St Ives on 1 May 1913; and of his assailant, Thomas Edwin (Tom) Brown.

Well respected, Sgt Hickey had been in charge of the Pymble Police Station for 25 years before he was shot at age 52. Hickey was generally very well liked, and it was reported that he 'usually adopted a kindly attitude when dealing with difficulties'.

Tom Brown was a member of a respected Ku-ring-gai family, being a son of Thomas Brown, and nephew of John 'the Squire' Brown (1834-1884), probably one of the colony's wealthiest timber merchants. Brown was regarded by his neighbours as a quiet man; but in contrast was also something of a colourful character, with a long history of litigation.

Sgt Hickey, accompanied by Constable Barclay, proceeded to Brown's residence on Pittwater Road (Mona Vale Road), St Ives, to arrest him on two commitment warrants in connection with the non-payment of costs. Brown was in his orchard working with his sons. He appeared friendly and invited the policemen up to his house.

It was reported that when Hickey approached him, Brown produced a revolver without warning, firing four shots at point blank range. Three of them hit the sergeant's abdomen, and in the scuffle that followed, the fourth shot lodged in the wrist of one of Brown's sons who had tried to intervene.

Brown then left the house and headed down Gordon Road (Pacific Highway) with Constable Barclay in pursuit. Brown surrendered, was arrested, and was subsequently charged with murder.

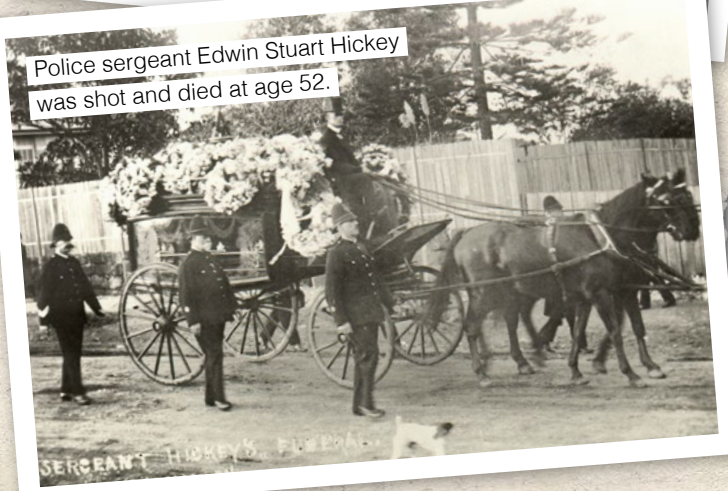
The events were much contested in lengthy legal battles over the next eighteen months. The defence argued that the shooting was accidental and the fatal wounds inflicted were by Hickey himself. Initially a mistrial was declared and Brown was kept in custody until the retrial, in which medical evidence supporting his position was tendered. He was however found guilty and sentenced to death.

Brown appealed to the High Court, and his sentence was commuted to life imprisonment. The High Court upheld his appeal and directed that there should be a new trial, at which the jury determined there was reasonable doubt about whose hand the revolver was in at the time of the shooting. A verdict of 'not guilty' was returned on 25 March 1914.

As it seems improbable that Hickey would have accidentally shot himself three times, it is likely that the jury realised they were dealing with a man of diminished responsibility, preferring to return that verdict than be party to the execution of a person of unsound mind.

Brown was discharged from custody – but in an extraordinary turn of events was immediately detained again, this time on a charge of lunacy, and was lodged in an asylum.

Eventually the Crown made a deal with Brown's relatives to release him if he would leave the country. Brown sailed for the US in early 1916, stayed about seven months, then returned to Australia where he resumed orcharding at St Ives, keeping a fairly low profile.



He then bought land at Freemans Reach on the Hawkesbury, living on a subsistence basis in a humble abode among a few orange trees. His final fate is unknown, as he does not rest in the family plot at Gore Hill Cemetery.

The Sun newspaper commented: "Surely a man with such pronounced idiosyncrasies required the most careful police surveillance. Had the Crown Law Office dealt with Brown as a man whose actions declared him to be non compos mentis instead of regarding him as a joke, the tragedy of St Ives would never have happened, and Sergeant Hickey would be alive today."

The day of Sgt Hickey's funeral on 2 May 1913, the *Sydney Morning Herald* recorded that Hickey was "held in high esteem by the residents of Pymble"; and the *Daily Telegraph* the following day stated that the much-photographed police funeral, which proceeded from his home on the highway at Pymble to St John's Cemetery at Gordon, "was attended by the largest concourse of people that has ever gathered together in the district".

This is an edited version of the events originally published in Ku-ring-gai Historical Society's journal The Historian, Vol. 29 N° 1.

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.

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Serious About the Silly

Jay Houhlias

There are few things purer than laughter, perhaps one of them being a child's laughter. Richard Higgins and Matthew Kelly are The Listies, a comedy act originally from Melbourne who understand this notion all too well. They act with each other and for each other, singing and dancing around on stage as the humble vehicle of laughter for both children and adults alike.



Photos: Andrew Wuttke

When *Sydney Observer* asked why children's laughter in particular is so special, The Listies joked, "Children's laughter is more high pitched, and shrill... I'm being facetious."

They went on, "It's very genuine; kids find it hard to fake. Although, they can be just as evil as adults... I'm usually the butt of the jokes (Matthew), and they quite like laughing at my misfortune. But it really is just pure joy; it's infectious. Our shows usually start with the kids laughing and the parents holding back a bit, and then the infectious nature of kids' laughter means that everybody starts having a great time."

"That's the other thing about performing for kids - they'll tell you if something isn't funny. We do try and put ourselves in the position of a child, like what a child knows and what they are in to... But honestly, it is whether we think it's funny. It's the number one thing, we amuse ourselves. I still laugh at the stuff in our shows."

So what is a show from The Listies like?

"Our shows are really interactive, and we like to make up lists with our audience. We are called The Listies because we like to make lists. We are always going out to the audience so kids have an opportunity to say something in the microphone. They are the stars of the show... No two shows are the same."

"We've done 102 shows in 3 different countries this year... it's pretty tiring. We are very much looking forward to coming



back to the Opera House and playing that big stage. It's really great to spread laughter, especially now. It feels really great to be on the road and see people laugh. It's a pretty sweet life."

The Listies have a licence to be as silly as possible. It is something foreign and unusual to many of us who probably spend the majority of our lives trying to do the opposite.

"We don't have the confidence to not (act silly). It's like an addiction we can't give up. Matt and I are very comfortable in what we do, and we have grown what we do through our double act. We have been working together since 2001... It's not just me on stage, it's me as part of this duo."

"We fundamentally believe that everybody is there to have a good time. We just make that happen. We kind of open the door and let everybody into a world of stupidity we all create together. We really want there to be more laughter and more joy in the world, so we do what we can to make that happen, and that gives us the confidence to keep doing it."

In January, The Listies will present their brand new comedy concert called *Make Some Noise* at the Opera House. It is filled with silly songs, stupid sketches, and crazy clowning for everyone - all you need is a sense of humour.

Head to sydneyoperahouse.com for bookings, and for more information on The Listies, visit their website www.thelisties.com.



Youth and Out-of-Home Care

During the early part of November, the NSW Premier announced a raise in the age of young people leaving out-of-home care to 21 as part of the 'Your Choice Your Future' package.

The Advocate for Children and Young People is an independent statutory office reporting to the NSW Parliament. Their goal is to make NSW a better place for children and young people.

The Advocate for Children and Young People, Ms Zoë Robinson stated the "announcement to raise the age of leaving out-of-home care from 18 to 21 is a positive step in the right direction to support better outcomes for vulnerable young people in NSW."

"Young people themselves have asked for the age of leaving care to be extended. In August I called for government to listen to children and young people in care and take action and today we see this action come to fruition. I applaud the government for listening to children and young people and responding to their voices."

In August, Ms Robinson launched the Voices of Children and Young People in Out-of-Home Care report, detailing in-depth interviews with 99 children and young people with lived experiences of the care system. A key recommendation



of this report was to extend the age of leaving out-of-home care to at least 21 years.

The NSW Government, under the 'Your Choice Your Future' package has committed to extend the Care Allowance to support more young people to remain with their carers until 21, expand the Aftercare Allowance – a fortnightly payment for any young person who does not remain in their carer's home and

needs assistance until the age of 21, an expansion of the Specialist Aftercare Program – increasing the availability and location of targeted supports for young people when they leave care, and additional funding for caseworkers to further support young people.

Read the Voices of Children and Young People in Out-of-Home Care Report at <https://www.acyp.nsw.gov.au/out-of-home-care>.

We've Got the Classics Covered

Has your child ever brought a book home from school to which you responded, "I read that book when I was at school!"?

Many people believe that a lot of these classically taught books and literature are just recycled from an outdated syllabus. However, have you ever considered the reason these books are used year after year is because they are still so relevant?

Sydney Observer has compiled a list of five classic books that are taught all around NSW and Australia. If you're a student and haven't studied these books, you might consider doing so – you may just be missing out on a vital text which has lasted through the ages!

1. EDUCATING RITA

The original play *Educating Rita* was written by Willy Russell. The compelling story follows a working-class woman's desire

to get an education. Rita seeks personal development and inner growth through education, and on her journey, she and her tutor Frank both learn valuable lessons about honesty and courage in the face of cynicism.

2. THE CRUCIBLE

Arthur Miller's *The Crucible* is another play detailing the events of the Salem witch trials that took place in the late 16th century. It is a powerful portrayal of the breakdown of moral virtue and truth as the town of Salem slowly but surely gives in to manipulation and hysteria.

3. BRAVE NEW WORLD

Aldous Huxley's dystopian novel outlines a world where its people are engineered into a social hierarchy. The terrifying story predicts mass scientific conditioning and selective breeding which is challenged by one individual.



4. 1984

Often referred to as the book that broke communism. This short allegory by George Orwell is a metaphor for the gradual quashing of individuality in favour of collectivism which, in turn, becomes corrupt by power.

5. TO KILL A MOCKINGBIRD

Harper Lee's novel tackles serious issues like racial inequality, however all the while remains a story of positivity, warmth, and humour. This is mainly portrayed through the narrator's father, Atticus Finch, a man of ultimate integrity.

ADHD and Our Children

The Citizens Commission on Human Rights (CCHR) NFP organisation has taken a strong stance against Australia's new attention deficit hyperactivity disorder (ADHD) guidelines. They state they are littered with a history of conflicts of interest with drug companies who make ADHD drugs.

Australian ADHD Professionals Association (AADPA) were given \$1.5 million to develop these Guidelines, yet the conflicts of interest were not declared. At least three of AADPA's recent annual conferences have been sponsored by ADHD drug company manufacturers - two by Novartis (Ritalin company) and three by Takeda (Vyvanse company).

The guidelines do not inform parents that in Ritalin and Concerta's Australian official drug Product Information (PI), it states adverse events reported for these drugs include suicide, suicide attempt and suicidal ideation.

The CCHR is outraged that the new ADHD guidelines describe ADHD stimulant drugs as "safe medications" in a section directed at those working in addiction settings.



"These Guidelines are a travesty for children and parental rights. Children do have problems and need real help, not stimulants that put them at risk of harm. Parents and teachers and those who care for and make decisions for children, all who are the intended users of the ADHD Guidelines, are not given all the facts and are being lied to," says Ms Wilkins, Executive Director of

the Citizens Commission on Human Rights Australian National Office.

Making things more difficult is the fact that ADHD can't be seen or tested for. Parents are not told that there is no way to scientifically diagnose their child with ADHD. The CCHR is demanding more funding to expand services.

Jonathan O'Dea MP Says Thanks

Having represented the Davidson Electorate since 2007, I am retiring from politics and will not contest the March 2023 NSW election. During my time as a local member, I have tried to put service over personal ambition, integrity over political expedience and principle over easy pragmatism. It is my strong belief that Members should serve others; listening, learning and caring for them as we fulfil our responsibilities.

Locally, I am pleased there has been continued major infrastructure investment for Davidson Electorate, including roadworks around the new Northern Beaches Hospital and multi-million dollar capital upgrades at four local schools. There is now more commuter parking at Lindfield, and lifts and easy access improvements at Lindfield, Roseville and Killara rail stations. Investments in recreational facilities include improved sporting grounds and a new bike park at Belrose. Local community groups and sports clubs have shared 65 Community Building Partnership grants. Importantly, I have also worked to protect our local environment and opposed inappropriate plans for overdevelopment where warranted.

It has been an enormous privilege to serve as your local member and more recently as Speaker in the NSW Parliament. Thank you for the opportunity. I wish all a peaceful Christmas season and a wonderful 2023.



Jonathan O'Dea MP
Member for Davidson

As your local member in the New South Wales Parliament, it is my pleasure to serve you and our community.

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- Direct your concerns to the appropriate NSW Minister for a response
- Advocate for more local services and infrastructure
- Refer you to relevant government services
- Organise congratulatory messages eg. 50th or 60th wedding anniversary, as well as 80th or 100th birthday

The best way to contact me to bring anything to my attention is to email Davidson@parliament.nsw.gov.au

Sign up for my digital newsletter to keep up-to-date about local announcements: <https://bit.ly/2yj1Ebq>

Phone: 9880 7400 Fax: 9880 7488
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www.jonathanodea.com.au

Authorised by Jonathan O'Dea MP. Funded using parliamentary entitlements.



‘Surthriving’ the Summer Holidays for Parents!

Sarah Wainwright

6 to 8 weeks of summer holidays sounds like a lot of fun. Though for parents, it can be stressful with kids at home claiming they’re ‘bored’, hosting and attending events, working, and trying to keep some semblance of order and routine at home too!

Planning the calendar, involving the children, and setting expectations are a great place to start. Children can feel anxious and unsettled without the predictable school routine, hence, sticking to regular sleep times, planning activities, and down time will be beneficial.

Time to teach life skills can also be entertained, where children are expected to amuse themselves and to contribute more at home, which also helps to increase responsibility and provide the structure that children crave. Opportunities to allow older children greater age-appropriate freedom and independence can also be trialled, building trust and responsibility. Try and aim for a balance between scheduling children, keeping them and yourself busy, and allowing children time to themselves to use their imagination with unstructured play that’s so beneficial for developing children’s resourcefulness and creativity.

I caught up with my dear friend and busy working mum of 3, Dr Liz Magnussen PhD, integrative medicine practitioner and mindfulness coach. Liz suggested that, “we begin by setting a good example by optimising our own self-care. First, becoming aware of and attuned to our own needs, to the needs of our own ‘inner child’ if you will, we provide a meaningful example of life surthrival skills for the next generation.”

Liz adds, “Rather than taking time out, ‘taking time in’ to take care of our physical health, emotional well-being, and happiness is an effective role model that powerfully influences our young ones to do the same. Another way of saying ‘taking time in’ is to be mindful of our own experience in each moment. When we consciously appreciate an experience as it is rather than letting our mind drift to the past or the future, we increase our contentment, lower our

anxiety, and have more happiness. Accordingly, we become more joyful, less stressed and more present parents. So, let’s choose activities that nurture our inner sense of joy and fun: perhaps time in nature, perhaps craft, perhaps lying on the grass looking at the clouds! When we increase our connection with our inner child in this way, we increase our connection to our family, reduce stress, and have fun. Let’s take more time in when we’re taking time out this summer!”

Sarah’s Top Tips for Summer Holiday Surthriving:

- Stick to consistent bed times.
- Close the kitchen at an agreed time at night.
- Schedule down time, embrace the inevitable ‘I’m bored!’
- Avoid over-scheduling kids.
- Involve the kids in planning and preparations.
- Increase children’s responsibilities at home and allow them to venture further unsupervised.
- Encourage children to keep reading.
- Leave space for fun, spontaneous ‘memory-makers’, special times to remember the holidays by.



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_.

Truth Matters in Education!

Russell Bailey

We’ve almost finished another year of study at school. What have we learnt?

Students have been demonstrating through examinations – written and practical – what they’ve assimilated in truth that really matters relevant to their subject.

Think about science. It’s really important to know about the law of gravity because if we disobey this law – if we let something fall – it will get smashed. In mathematics, we can apply the $A=\pi r^2$ equation to get the area of a circle. Embarrassing mistakes would be made if this truth is ignored in design or planning. And we’ll repeat horrific sins in our times if we fail to learn from the sometimes subtle histories unveiling the causes of significant world events. In English, we learn to distinguish between truth and falsehood in human relationships through the nuance of language. We may miss a great opportunity in life if we can’t parse the truth in a message accurately or communicate our message with clarity and appropriate feeling.



Truth matters! And truth is beautiful! When you discover truth, you don’t want to let it go. This can be in mathematics or English or science or history; in any subject. But even more so when it comes to truths about creation, our humanity, and our destiny.

Professor Graeme Clark – the Australian inventor of the cochlear implant – said in

an interview with the Australian Academy of Science that in his research he wanted to discover what was scientifically possible and, with prayer, to see whether he was able to use his research to do some good to help deaf people.

If you discover the truth, it’s not only personally satisfying but it may also be a great help to others in need.

As we approach the season of Christmas, we have opportunity to celebrate the truth in the person of Jesus Christ born in a humble stable. His truth fed the hungry, healed the sick, forgave the sinner, and teaches us all to love. This is the joy of Christmas!

Let us all prepare our students for life with truth that will protect them, enrich them and guide them along a path that is good not only for themselves but also for others.



Russell Bailey,
Headmaster of Redeemer
Baptist School.



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Alicia Medeiros/Pexels

Mulching 101

Mulch is about the most common gardening supply you'll find. It has an array of different uses. Today, we are going to provide you some footnotes about mulching; what it does, how to use it, and some different types of mulch.

Firstly, mulch can be separated into two categories: organic mulch and inorganic mulch. Organic mulch consists of material which was previously living. This includes things like woodchips, bark (paper too), compost, leaves, straw, grass clippings. Many people prefer organic mulch as it eventually breaks down and adds to the soil. This can be beneficial to the structure of the soil, as well as encourage microbial activity and help with drainage.

Inorganic mulch consists of landscape fabrics and other materials which do not break down. These include plastic pieces and even things like gravel or pebbles.

WHY MULCH?

Mulching is done for a few reasons. The first is to reduce weed growth. Weeds that grow in your garden compete with your plants for nutrients and water. It is important to use enough mulch so that it is thick enough to prevent sunlight from reaching the weeds, yet not so thick that it can begin to harbour pests.

The second is to retain soil moisture. Mulch prevents soil from drying out and can drastically reduce the amount of water you need to use for your garden.

An added bonus to this is regulation of soil temperature.

Thirdly, mulch (organic) provides nutrients to the soil. This will ensure healthier plants and a better-looking garden.

WHICH MULCH?

Using compost is a great way to start recycling and build your own little ecosystem. Compost is best moist and spread as a thin layer on top of and around your plants. It is recommended also to use another type of mulch on top of compost. This ensures that the compost retains its moisture and remains active.

Wood chips can be purchased by the bag at your nearest garden centre. Bark based mulches like these are great

because they are slower to break down, meaning you don't need to keep reapplying. However, wood chips aren't ideal for vegetables due to the fact you'll be continuously digging them out to get to your produce.

Landscape fabrics perform a similar job to organic mulches, however they do degrade over time due to sunlight exposure. Weeds can often grow into the fabric, meaning you'll need to tear the fabric to remove them. This can be frustrating as you'll need to keep replacing your fabric.



Gnomes in Our Homes

Jay Houhlias

If we were to call a spade a spade – which *Sydney Observer* certainly does in our Home & Garden section – some people love garden gnomes, and others think they are hideous and scary.

The garden gnome derives from the mythological gnome, drawing from folkloric dwarf stories. Its origins also lay in ancient Rome where the Romans used small stone statues depicting the fertility god Priapus. These statues were placed around vineyards, gardens, and farms as a means of good luck and protection.

Since then, these interesting figures have made their way into the modern world and can be found in just about every garden. This was helped in part by many of their features and depictions in contemporary culture. These included the animated film *Snow White and the Seven Dwarfs* and spoof films like *Gnomeo and Juliet* (2011) and *Sherlock Gnomes* (2018).

Originally, garden gnomes were only used by the wealthy as they were seen as a luxury. In addition to this, many of the earlier gnomes were made at a time where craftsmanship



was not as easily replicable - mass production of goods and materials was not yet viable or possible. Things were done by hand by skilled makers, and this took time.

Gnomes are usually made with clay which is poured into moulds. The middle of the impression is emptied which just leaves the outer clay shell. The gnome is then fired in a kiln. Once this is done and the gnome has cooled, it is painted.

Most garden gnomes possess a similar aesthetic. They are usually male, old, bearded, and wearing a red cape or hat. Many of them also appear in working gear with boots.

Gnomes are commonly depicted standing or just relaxing. Many will be doing activities like meditating, sleeping, holding a spade (with no intention of using it), fishing, or just plain sitting.



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Chess Boards for Your Home



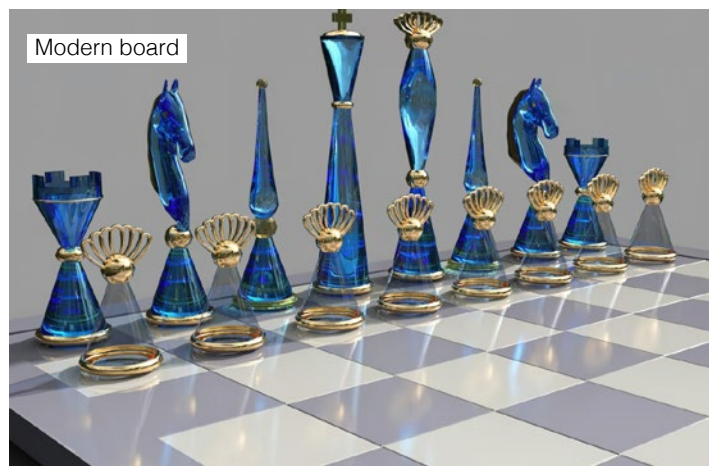
Chess – probably the most well-known and loved board game in the world. When people think of chess, many think of the black and white board with the classic chess design elements we all recognise.

However, there is a whole world out there of beautiful chess board designs that not only make playing the game more pleasurable, but also give your home an extra touch of style.

If your living room table is lacking something, a chess board may be the perfect thing to bring it to life. If your bedside table or your even your kitchen bench doesn't look the part, this might just be for you.

Consider these different designs of chess boards. These are only a few different options, and prices can vary dramatically based on make and quality.

Modern board



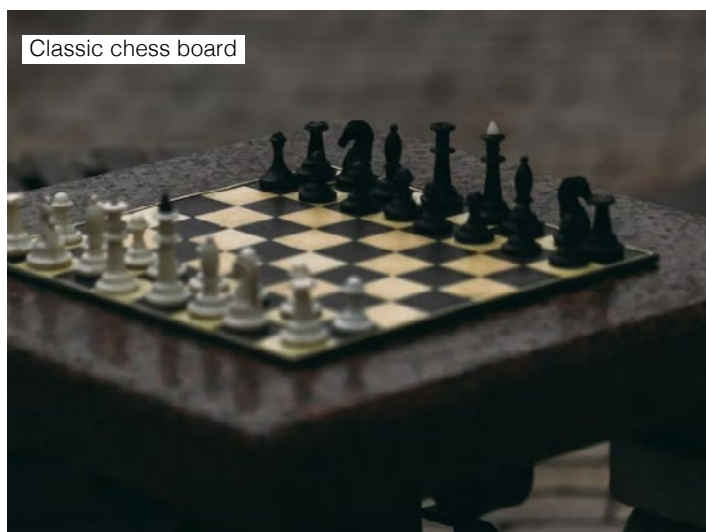
Glass board



Pattern chess board



Classic chess board



Boutique board



Decorating with Records

The resurgence in the popularity of vinyl records hasn't been going unnoticed. Many younger demographics are discovering the magic of an old vinyl record combined with some old school speakers.

But vinyl records can also be used as wall art and decorations. Serious vinyl collectors will often have their vinyl in drawers or storage. This is certainly the best way to preserve and protect them. However, for those who want the vintage look of vinyl on display in their home, they can kill two birds with one stone – vinyl they can play and vinyl that looks nice in their home.

Many people like to use the actual disc as a decoration. This makes for a clean, classy aesthetic, almost like you are a record producer whose albums have gone platinum. However, usually multiple discs must be used to decorate a wall or space. A single disc can look odd or out of place. Also, one must be careful as an exposed disc is more likely to be damaged or worn-out overtime.

Another route to explore is using the actual artwork of the vinyl album. There



are myriad options for how this can be done. You can compile your favourite band's albums over the years, or you can create a huge display of eye-catching images and colours.

Spice up your home with some musical inspiration. Don't just let your records gather dust. Find some of your favourite album artworks and see if you can bring out your inner interior designer!

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Aged Care Industry on a Budget

The last year has been tough for everyone, particularly aged care workers. They have had to grapple with increased expenses, quality control measures, and perhaps most concerning of all, a lack of aged care workers.

The latest federal budget has provided some light at the end of the tunnel, with a commitment to implement royal commission reforms. In August this year, the Federal Government promised to pick up the bill for any potential pay rise for aged care workers in a submission to the Fair Work Commission. If successful, the minimum wage of a qualified personal carer could increase from \$23.09 to \$28.86 an hour. A full-time level 1 aged care worker could see their weekly pay increase almost \$200 a week.

However, those in aged care believe more can be done. Colin Osborne is the CEO of Peninsula Villages on the NSW Central Coast. With over 350 staff, Colin wants to highlight the mounting issues that face aged care workers and providers in the current climate.

"As an aged care provider, we of course welcome last week's federal budget for its commitment to implement royal commission reforms, but do want to emphasise the remaining shortfalls in funding and workforce... As an independent, not-for-profit aged care

Skilled staff are leaving the sector due to the pay, conditions and brighter prospects in other fields

CEO of Peninsula Villages, Colin Osborne

provider, we, like many others in the industry, are battling a workforce crisis and while we have managed to get creative with recruitment and development of staff, the real issue here is the huge droves of skilled staff who are leaving the industry for good."

"The reality is these people are feeling fed up and are leaving the sector due to the pay, conditions and quite frankly, brighter prospects in other fields...It was just last week that someone mentioned to me, you could be paid more in a retail or cleaning job than that of a caring and passionate aged care worker who is required to have an advanced set of skills. Quite simply, the existing award rates do not reflect the value and skills of the sector."

It is only with the availability of people with appropriate skills that many of the recommendations from the royal commission into aged care can be effectively implemented.



Don't Be Scammed!

Many elderly Australians fall victim to online scams. It's a sad reality, however, scammers are well aware that in general, older Australians aren't as comfortable using technology as younger Australians – and they capitalise on this.

NSW Fair Trading is encouraging consumers to learn new ways to identify scams. NSW Fair Trading Commissioner and Head of SafeWork NSW Natasha Mann said, "Stop, check, and verify is the message we're sending consumers - to take the time to check whether an offer or contact is genuine before acting on it."

"It's becoming increasingly important to inform people on where to seek help if they, or someone they know has fallen victim to a scam... Due to the 'fly by night' nature of many scammers, it can be difficult for law enforcement agencies to track scammers down to take action. This is further complicated by many being located abroad."

Ms Mann has seen an increase in consumers falling victim to Facebook and other online marketplace offers that seemed too good to be true. She said that if "a caller threatens you for immediate payment, it's likely a scam. Check that communication is real by contacting the person or organisation directly using details you've found yourself."

For further information or assistance, consumers can contact NSW Fair Trading on 13 32 20.

When Christmas Came to Town

Margaret Simpson

Every Christmas, our aunties would take us into the city for a special outing. We wore our best clothes, the ones kept for Sunday school, and travelled into town on a big green double-deck bus - sitting upstairs of course.

If you were early enough you could hear the David Jones' staff choir singing Christmas carols as the doors of their Elizabeth Street store opened at 9:30am. City department stores vied to outdo each other. There'd be festive window displays of fairyland villages and nativity scenes with animated nodding donkeys. One year, David Jones thrilled kids by attaching a letterbox on the outside of the window where you could post letters to a mechanical Santa inside. He'd open your "precious message" in front of your eyes!

After battling your way through the shoppers, sometimes three deep waiting at counters, you'd go upstairs to the toy

department. There, the real Santa would be waiting for you on the first-floor where you'd have your photo taken with him. A treat would be watching the Pixie Town animated tableaux. Shelves would be brimming with Pedigree dolls, Hornby train sets, Meccano construction kits, scooters, toy sewing machines, carpet sweepers, cap guns, and clockwork drumming bears.

A welcome respite from the crowds was lunch at Coles cafeteria. You'd slide your tray along the chrome rails past an enticing selection of sandwiches, peach meringue pies, and coloured jellies topped with cream.

Some kids were taken to a Christmas pantomime. In 1953, husband and wife entertainers Bobby Limb and Dawn Lake, staged *Jack and the Beanstalk* at Sydney's Capitol theatre. Bobby played Dame Candy and tossed lollies into the waiting hands of the excited audience.



A 1956 toy catalogue and an author's collection picture.

At the end of the day, foot sore and a bit fractious, you'd head home to await the big day.

HEAR SPEECH CLEARLY AGAIN

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Toxic Positivity

Dr Sue Ferguson

Being positive (such as using optimism, gratitude, and positive reappraisal) can be good for our emotional health, and even our physical health. However, when we are being unrealistically positive or using it to avoid or suppress negative emotions, it can be toxic.

Macquarie University researcher Dr Margo Lecompte-Van Poucke found many examples of toxic positivity (in Facebook support groups), including when people respond to another's bad news or tough emotions with:

- Overly positive false assumptions (such as if you think positively your problems will go away).
- Unhelpful comparisons like "it could be worse" or "I managed, so you can too".
- Suggestions they haven't asked for such as "have you tried yoga?".
- Statements that cut off feelings like "you are a warrior".
- Commands like "hang in there" or "you got this!".

She argues that people use these types of platitudes because it's quick and seen as polite, without realising that it may come across as dismissing the person's emotions and need for support.

When positivity is forced on us and our real emotions are ignored in this way, we feel we are not understood or accepted, and our real emotions can begin to feel like a weakness or an abnormality. For example, see: <https://fb.watch/g36waEwLeS/>.



People exposed to toxic positivity are then less likely to share their experience or seek help. This increases feelings of loneliness, anxiety and depression.

THEREFORE:

- Notice and accept your own emotions.
- Remember people who say to "look on the bright side" usually mean well.
- Listen carefully to others (in real life and on social media).
- Let people know you agree that their situation is hard, and that they have every right to be angry (or however they feel).
- Empathise first, then ask "Is there anything I can do to help?"



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

Seniors Card for Senior Discounts

Seniors living in Willoughby now have access to even more businesses and service providers via the NSW Seniors Card.

This program helps ease cost of living pressures on seniors while providing a boost to small businesses.

More than 140 new businesses have joined the seniors card program, adding to the already 6,500 businesses across retail, food and beverage, travel, and professional services.

Some new businesses joining the program include dental surgeries, pubs and hotels, health and wellness centres, and home cleaning service providers.

Member for Willoughby Tim James stated, "The Seniors Card for over-60s has thousands of discounts covering groceries, tradies, holidays, insurance and services such as accountants and medical care. Businesses signing up to the program get more people through the door so it's a win-win."



"Each and every one are offering a range of discounts to cardholders, some even up to 30 per cent. This means seniors are able to take some pressure off the household budget and keep more money in their back pocket," Mr James said.

Seniors also have access to the digital version of the NSW Seniors Card. Card holders can access a full list of discounts available via the NSW Seniors Card at seniorscard.nsw.gov.au.

In addition to the NSW Seniors Card, there are more than 70 discounts and rebates available through the Savings Finder Program available on the Service NSW website at www.service.nsw.gov.au/campaign/savings-finder.

Those without internet access can make an appointment with a savings specialist at a Service NSW centre or by calling 13 77 88.



Geriatrician and professor, Dr Susan Kurrle.

Honouring Local Geriatrician

Susan Kurrle is a professor in health care of older people at the Faculty of Medicine and Health, University of Sydney, and a practicing geriatrician for the Northern Sydney Local Health District.

She specialises in the areas of dementia, frailty, elder abuse, successful ageing, and intergenerational care. She is also the expert geriatrician leading the work on the ABC TV documentary series 'Old People's Home for 4 Year Olds'.

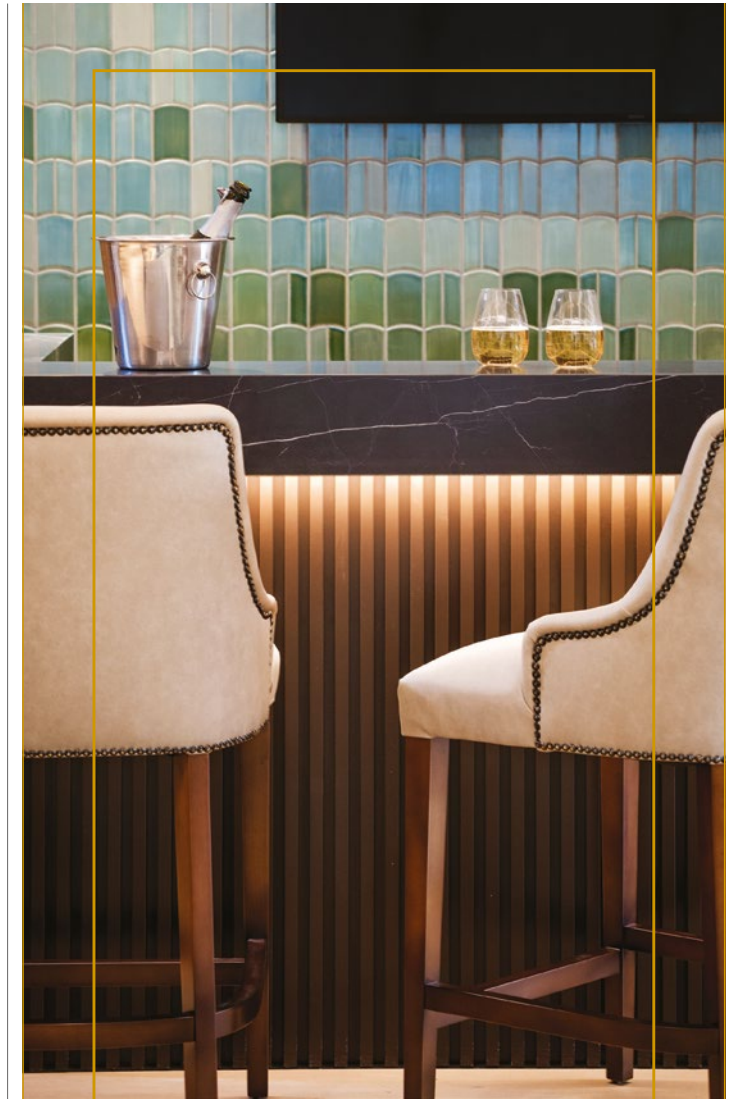
Hornsby Shire Council acknowledged the invaluable contribution by professor Kurrle, who has been working alongside Council in having Hornsby Shire recognised as a Dementia Friendly Community. Professor Kurrle was also announced as the recipient of the Australian Healthcare and Hospitals Association (AHHA) 2022 Sidney Sax medal – an annual award for outstanding contribution in the field of health services policy, organisation, delivery and research.

Hornsby Shire Mayor Philipp Ruddock spoke of professor Kurrle's impact across the Shire, which has a significant population of older people and rising rates of dementia.

"In her capacity as Co-Chair of the Northern Sydney Dementia Collaborative, she worked alongside Council in having Hornsby recognised as a Dementia Friendly Community. She has provided her support through presentations regarding dementia support and healthy ageing and raising dementia awareness at a range of Council events and activities."

"Most recently, she spoke at the launch of the Hornsby Village Hub, a collaboration between Council and the Sydney North Public Health Network together with a range of community partners and supported by funding from the Australian Government Department of Social Services through their 'Seniors Connected Program'."

Council presents a range of resources and initiatives for people with dementia, as well as for those who care for them. For more information, including a video of a webinar by professor Kurrle, visit www.hornsby.nsw.gov.au/dementia.



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Razing Dementia Discrimination

A new report from the Dementia Action Week and World Alzheimer's Day has found that the impact of discrimination on dementia sufferers causes delays in diagnosis and social isolation. Not only is dementia incredibly challenging, but now, on top of that, the challenge is amplified by our societal norms and acceptance of certain attitudes and behaviours toward it.

The report begins before the diagnosis and moves on to explore the impact of discrimination. It also shows how early diagnosis and community support are critical in ensuring people with dementia can live as well as possible.

Dementia Australia CEO, Maree McCabe AM, said, "An early diagnosis means people with dementia can access vital support and resources sooner, to help support a better quality of life and to plan for the future."

"Dementia is largely an invisible disability and what people can't see they don't understand and what they don't understand they tend to avoid."

It is not always evident that someone has dementia. The report uses the analogy:

In the same way that physical ramps are used to support people with physical disabilities to access spaces, metaphorical ramps are needed to inform how we, as a community, can reduce discrimination for people living with dementia.

"A little support for people living with dementia really can make a big difference and communities can play a big role in learning more about how they can support people living with dementia...This support can include creating physical environments that are more dementia-friendly and improving understanding and awareness

of dementia amongst the community and health care professionals," Ms McCabe said.

The consensus from studies such as these is clear; dismantling discrimination related to dementia requires a collective effort. A little bit of support from everyone can make a huge difference. Maree McCabe provides some practical tips we can all start applying.

Considering the signage and lighting in a place to make the area easier to navigate is a great start. This also means making door signs and graphics, like toilet doors and exits, more visible. Frequent checking in on people, particularly if they have moved away from your group or you don't see them as much, is important too. A quick phone call or coffee visit can make a world of difference.

Ms McCabe also believes in introducing yourself each time you meet someone with dementia. "Even if you have known the person living with dementia for a long time, it can be helpful to use a simple greeting such as 'Hi Lisa, it's Peta.'"

Studies show that stigma and discrimination associated with a dementia diagnosis can discourage people from seeking health care - something so vital for sufferers. A 2021 Dementia Australia survey found 65 per cent of people who live with dementia believe discrimination towards people with dementia is common, and 87 per cent of people living with dementia surveyed felt people patronise them and treat them as if they are not smart.

Through greater awareness, we can lead discussions about discrimination and dementia to support people to access an early diagnosis.

Head to discrimination.dementia.org.au to find out more.

Davidson's Delightful Seniors

Seniors living in the Davidson electorate can get involved in the 2023 NSW Seniors Festival, thanks to grant funding provided by the NSW Government.

Ku-ring-gai Local Council had received \$4,800 in funding to host a "Day of Cultural Delights" during the festival, which is the largest celebration of seniors in the Southern hemisphere.

Member for Davidson, Jonathan O'Dea said, "These community-led activities and events are a great way for seniors and help keep them connected with their local community during the NSW Seniors Festival."

"The electorate is increasingly culturally diverse, with almost 20% of residents speaking a Chinese language at home, and smaller percentages speaking Korean, Persian and Hindi."

"The 2023 NSW Seniors Festival is an opportunity for people to showcase unique aspects of their culture. The Ku-ring-gai Day of Cultural Delights program features multicultural performances and will showcase various cuisines. There will be activities such as Tai Chi and Qi Gong as well as ancient games like chess and Mah Jong."

Ku-ring-gai Council joins 85 community organisations across the state that have received a share in \$200,000 provided by the NSW Government to host activities during the festival.

The NSW Seniors Festival runs from 1-12 February 2023. For more information, please visit www.nsw.gov.au/seniors-festival.

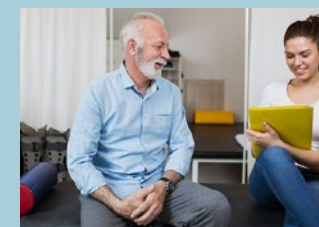


Ku-ring-gai Local Council had received \$4,800 in funding to host a "Day of Cultural Delights."

What is an AT Assessment?

Rejimon Punchayil

Equipment, technology, and devices that help us do things we can't normally do are called AT or assistive technology. In the review prepared for the Department of Health, AT is defined as "Any product (devices, equipment, instruments and software), especially produced or generally available, used by or for persons with disability for participation, to protect, support, train, measure or substitute for body functions/structures and activities, or to prevent impairments, activity limitations or participation restrictions."



Aids such as a can opener or a bed are some examples. An AT assessor is someone who is able to consider a person's needs and identify the most appropriate AT. Under the My Aged Care programme, NDIS and the Dept of Vet Affairs, an AT assessment report (called differently in diverse programmes) is usually required. Do not mistake this for an ACAT assessment.

The process of selecting equipment can be overwhelming and expensive, yet it is an important decision. Comfort Discovered offers an independent occupational therapist for a personal assessment, considering the medical, physical and cognitive aspects of the individual with a written report of suitability and funding justification. The report will include an assessment of anthropometrics (individual sizing and ergonomics), trial and assessment of different AT options, detailing equipment trialled, and clinical justification for clinicians' recommendations which can be passed onto the relevant funding body. Take the stress and guess work out of equipment selection!

Find out more about AT assessment clinic at Comfort Discovered at www.comfortdiscovered.com/get-help/at-assessment-clinic.



HammondCare Chief Executive Mike Baird and his colleagues at the opening of Bugari Cottage.

New Northern Beaches Respite

Terrey Hills will host a new overnight respite cottage – the first of its kind – on Sydney's Northern Beaches. It will be available for eligible older people who are frail or living with dementia.

Bugari Cottage will offer specialised care to guests in a comfortable environment. The overnight respite service, operated by innovative health and aged care provider HammondCare, is located on a quiet residential street with trained staff who can provide tailored daily lifestyle activities and entertainment.

The aim of Bugari Cottage is to stray away from operating like a traditional aged care home. The classic 'bed and breakfast' model will be used. There will be a maximum four guests at time. The staff are dedicated to meeting the engagement needs of every guest and will seek to schedule stays with other guests with similar interests.

If this sounds like something you need, call 1800 826166, email support@hammond.com.au, or visit hammondcareathome.com.au.

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Preventing Stroke and Heart Attack

Almost 29,000 Australians had a stroke and 40,200 had an acute coronary syndrome (ACS) event for the first time in 2018.

Every day in 2018, about 110 Australians had a heart attack for the first time. 79 had a stroke; 17 of these people had heart attacks, and 21 of the people who had strokes died.

While stroke and heart attacks are common in Australia, a large proportion of people who suffer from heart attacks do not use the recommended medications when they leave hospital. This is a huge problem, and researchers are trying to figure out who are most susceptible to this and why.

Data from the National Integrated Health Services Information Analysis Asset revealed some troubling results. The study examined 67,800 people who had been admitted to hospital with chronic heart disease between 1 July 2016 and 30 June 2017. About half of these people had ACS, which includes heart attacks and unstable angina.

AIHW spokesperson Miriam Lum On stated, "People who have been to hospital for ACS are at higher risk of having another cardiovascular event in the future... However, there are steps that they can take to reduce this risk, including taking cardiovascular medicines. Australian clinical guidelines recommend that people who survive an ACS event are prescribed a multidrug regime that includes four medication classes." Only 61% of people with ACS had been dispensed three or more of the recommended medicines within 40 days of leaving hospital. This was less common in women.

Ms. Lum On went on to say the "release provides a better understanding of some of the factors that affect medication use by people with CHD discharged from hospital. However, further work is required to identify why some population subgroups were less likely to access preventative medications, or continue medications after hospitalisation." If we can understand why preventative medications are being avoided, we can get to the root cause of the issue and begin to create solutions accordingly.

When You Know Better, You Can Do Better

How can I do better? This was the one question that started everything for Tamara Eacott. She wanted to use her knowledge of the skin care and beauty industry and marry this with a desire to create a more sustainable and progressive brand. Thus began the *BETTER Brand*.

The company's hope is that they can make small and important changes to the way their customers incorporate sustainable practices into their lives while as a brand, they continue to do better themselves.

HOW CAN THIS BE DONE?

Packaging is an integral part of any product. The *BETTER Brand* has tried to combine sustainability and luxury. There is no one perfect type of packaging when focusing on sustainability, so instead, they took the time to work out how they could make their product enjoyable to use with packaging that lasts through refillable options.

90% of The *BETTER Brand's* packaging is produced on Australian shores, with 80% made within 100km of their head office in Brisbane. *BETTER* bottles are made from 100% recycled HDPE (high density polyethylene). The plastic lids are made from 100% recyclable HDPE plastic, which can be placed into your kerbside recycling bins and can be recycled into more bottles and bags for future use. HDPE is one of the easiest plastic polymers to recycle.

The unique fragrance keepers are made mostly from aluminium, which is infinitely recyclable and can be 100% recovered in the recycling process. The small pieces of packaging, which are harder to recycle at home, can be sent back to the *BETTER Brand* as part of their 'Better Off Back Returns Program'.

The refillable aspect will hopefully encourage customers to keep using it themselves. Refills are a vital part of the eco-packaging puzzle. Refillable packaging enables the reduction of greenhouse gas emissions. The *BETTER* Fragranced Body Elixir and Mist are all registered and approved for returns through the REDcycle® soft plastics program. Choosing to offer larger refill pouches reduces the purchasing of bottles. This coupled with a lifetime guarantee on all pumps and sprays means you may never need to buy another bottle again!

The *BETTER Brand* has taken a unique and modern approach, uniting their ever-increasing passion for fragrance and the skin-loving benefits of body care, to deliver the ultimate sensory experience. They offer three gender neutral fragrance collections: Ocean Wild, Smokey Notes and Fresh Intent.

For more information visit www.thebetterbrand.com.au.



Do You Have a Haircare Routine?

Pamela Rontziokos

Split ends, dry, or oily hair? If your hair feels impossible to maintain, it's because you probably do not have a haircare routine.

Grooming hair requires effort, so shampoo, conditioner and applying Argan oil here and there isn't going to give it the nurturing it needs.

Bouncy, soft and shiny hair comes when you have established a hair care routine. For this, there is no blueprint. Everyone's hair is different so you'll have to build a hair care routine that works for you.

To get you started on your hair care journey, we recommend these tips. Consider this as the foundation before you curate your hair care routine.

Sydney Observer recommends you reach out to your hairdresser for pro tips on maintenance and the products best suited for your hair. But for now, follow these 5 tips.

TIP 1: IDENTIFY YOUR HAIR TYPE

There is a hair type chart which applies for both men and women. Are you a 1 or 3b? Search it up. Once you know which hair type you are you can choose the right shampoo and conditioner and even the right brush.

Keep in mind your hair type can be determined by texture and thickness. Hair types by texture generally include the straight, wavy, and curly types. Hair type by thickness consists of a thin, normal, or thick types.



TIP 2: INVEST IN A SILK PILLOW CASE

A silk pillow case will keep your hair silky smooth! This is because silk is a natural smoother unlike cotton or polyester. It also promotes silker hair strands, reduces frizz and ensures less breakage. Particularly if you have bleached or dyed hair, sleeping on a silk pillow case will help with protecting and restoring the strength in your hair.

TIP 3: SHAMPOO AND CONDITIONER

There is a plethora of shampoos and conditioners on the market. Once you know your hair type, search for the one that suits your hair texture and thickness.

If you have a thin to medium hair type, consider using a volumising shampoo and conditioner to add a balanced level of texture to your hair. If your hair leans more towards

the thick and coarse side, you want to use a smoothing shampoo and conditioner to allow for a shiny and soft hair cuticle.

TIP 4: FREQUENCY IN WASHING HAIR

When it comes to washing, if you have a dry scalp and hair, it is recommended you wash your hair every 3 days. If you have oily hair, wash it every 2 days to prevent oil build up.

TIP 5: DEEP CONDITIONER AND SCALP DETOX SCRUBS

You should deep condition your hair once a week. Whether that is with a product or supermarket coconut oil, let the roots of your hair soak in some nourishment.

Scalp detoxing is another really important part of your hair care. A healthy scalp promotes healthy hair!

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ORAL CANCER

Early Detection Can Be Life Saving

Ian Sweeney

Oral and mouth cancer is on the rise in the population, and the role of your dentist in early detection has never been more important.

Oral cancers can often be linked to lifestyle and environmental factors.

Early detection of mouth cancer results in approximately 80-90% 5-year survival outcome compared with survival rates of around 50% following late detection of oral cancer.

Oral cancers are broadly divided into mouth and oropharyngeal cancers. Tobacco, in any form, appears to be responsible for up to 2/3 of mouth cancers, while excessive consumption of alcohol has been linked to cases of mouth cancers. Oropharyngeal cancers originate in the throat immediately behind the mouth and appear to be linked to human papillomavirus (HPV).

The HPV family of viruses is one of the most common viruses. The American centre of disease control say that 80% of Americans will have HPV infections in their life time, with 99% clearing the infection without consequence. Generally, the

body's immune system is able to eliminate the HPV infection without causing any problems. The HPV virus consists of almost 200 strains, of which only 9 are linked to oral cancers. Of the 9 that are high risk, only HPV16, is strongly associated with oropharyngeal cancer.

The most rapid growth populations for oropharyngeal cancers are the otherwise healthy non-smoking 25-50 age range. Non-smoking males aged 35-55 are most at risk, with a ratio of 4:1 over females.

These figures are not meant to scare, rather to educate. Although oropharyngeal cancers are increasing, they still have a very low incidence in the community. However, the American Oral Cancer Foundation recommends that, "Anyone old enough to have engaged in behaviours which are capable of transferring this very

ubiquitous virus needs to be screened annually for oral cancer."

Existing treatment modalities for HPV infection work best in the early stage of infection. Treatment at this time shows the highest survival rates, stressing the need for annual screenings to help early detection of this disease.

It is imperative that any ulcers, red or white spots in the mouth, hoarse voice, pain or difficulty swallowing, numbness of the tongue or other parts of the mouth that persist for more than two weeks, should be re-evaluated and considered for a biopsy.

Your dentist is in the best position to examine your mouth for any signs of disease. Should you have any concerns or questions, please consult your dentist immediately.



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

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Surfrider Foundation Australia Has a New Partner

Everybody loves Jack Johnson – the perfect summer soundtrack. In his *Meet the Moonlight* tour of Australia, he is partnering with Surfrider Foundation Australia. Jack is huge advocate for our ocean, and acknowledges our joint responsibility to protect it to ensure it thrives for generations to come.

The Johnson Ohana Foundation is matching donations contributed to the Surfrider Foundation Australia until 31 December 2022 up to \$2,500 USD. Make a donation and it will be doubled by the Johnson Ohana Foundation, double the love for our ocean!

By donating, you are automatically in the draw for a chance to win tickets to see Jack in your city. Rally your friends,



and you'll also receive a free t-shirt if they win tickets to the concert. It's a win win!

Donate at https://www.surfrider.org.au/donations/?mc_cid=615cd8f64a&mc_eid=88ba3812d8.

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- Inspire and educate our local communities to protect their coastline.
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- Assist and support with key local issues in their coastal areas.
- Stop seismic testing in Australian waters.
- Continue protecting our 10 most endangered waves.
- Cease the construction of additional seawalls in Sydney, and advocate for a sustainable coastal management plan from decision makers.
- Prevent the privatisation of our beaches.
- Keep our beaches clean and accessible.
- Fight plastic pollution through the Ocean Friendly Program.
- Highlight the impacts of climate change on our ocean.

Get Down to FLICKERFEST

Summer entertainment just got a whole lot more entertaining. The FLICKERFEST Short Film Festival will return to Bondi in January 2023!

Celebrating its 32nd year, this ten-day event will showcase a handpicked selection of the world's most exciting short films, returning to its old home the stylishly revamped Bondi Pavilion, presenting a not to be missed season showcasing our most exciting emerging talent.

Alongside the best of short films from Australia and the world, audiences will also be delighted with a celebration of youth filmmaking from across Australia



(SAE FlickerUp) amazing LBTQI films in competition at home and across the world (Rainbow Shorts) and special showcases of kids and family friendly films (FlickerKids), films about relationships (Love Bites), and hilarious comedy films (Short Laughs).

Following the festival in Sydney, FLICKERFEST will share the short film love on tour to over 50 venues across Australia between February and October, 2023.

Tickets will be on sale from mid December 2022. FLICKERFEST hits Bondi Beach from 20 – 29 January 2023. For further information head to www.flickerfest.com.au.

Sunscreen for Sensitive Skin

Australian sunscreen brand *Sunny Skin* creates mineral face sunscreens for rosacea, eczema, hyperpigmentation and sensitive skins.

The brand was inspired by CoFounder Danielle McDonald's son's eczema journey. She was determined to create a product that protects against UVA, UVB, blue light and environmental pollution. The Super Sun is free of the top 8 allergens, including peanuts, dairy, shellfish and others, and protects against sun damage and improves skin tone.

Sunny Skin has two primary sunscreen products, Super Sun SPF50 and Glow Filter SPF50. Both products work under makeup in addition to on their own. The potent antioxidant tomato fruit extract contains a naturally glowing carotenoid, enhancing the skin's healthy glow and instant anti-redness correction. They are also highly nourishing, which smoothens the skin and acts as a strong base under makeup.

Through their online store, *Sunny Skin* has also already been selling to customers in the United States. Showfields is known for their revolutionary retail concept built to engage and inspire customers' sense of discovery through revolving experiences with brands. *Sunny Skin* will be featured at Showfields Miami through 11 February 2023.

"We've had a lot of orders and inquiries coming from North America so it made sense to set up a distribution centre for our US customers," *Sunny Skin* CoFounder Brad McDonald said. "We are super excited to begin this journey and our official launch with Showfields in Miami."

To learn more about *Sunny Skin*, or to check out their online store, visit www.sunnyskin.com.



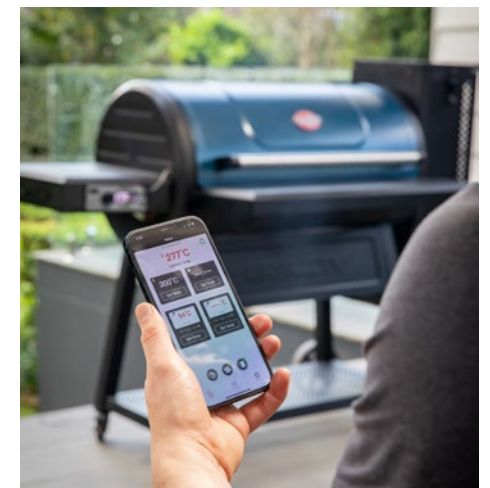
Sunny Skin has two primary sunscreen products, Super Sun SPF50 and Glow Filter SPF50.



Get Some Flavour with a Charcoal Barbecue

Summer is the perfect time to fire up the BBQ, load up the grill and get your family and friends together. Throwing a good barbecue is synonymous outdoor entertaining in Australia and provides the perfect opportunity to cook versatile dishes using grilling and smoking techniques to bring out natural flavours to produce restaurant quality smoked foods.

BBQ manufacturer, *Char-Griller*, has launched its newest charcoal grill, the Char-Griller Gravity 980 (RRP \$1,199), the brands' first gravity fed charcoal barbecue in the market. Having invested more than 24 months in the development of the product, from the ideation, design, engineering, product testing, and mobile app development, the new Char-Griller Gravity 980 is an all-in-one must-have for those that enjoy 'low n slow' cooking. This charcoal barbecue combines the force of gravity with advanced digital technology, delivering unmatched charcoal flavours with precise temperature control. It has been created with a gravity-fed hopper that utilises gravity to fuel the fire and allows for uninterrupted cooking for hours, with a built-in fan to control the grill.



Precisely dial in the desired temperature with the digital controller and monitor both the grill and food temperature from your mobile device with Bluetooth and Wi-Fi Connectivity. Intended to offer the ultimate temperature versatility, this barbecue is perfect for smoking, barbecuing, grilling, baking, broiling, and searing. *Char-Griller* barbecues are available from Bunnings stores nationally. For more information visit www.chargrilleraustralia.com.au.

Summer Safety

Summer is here! What a time to be alive; sunshine, holidays, and of course, the water. Australia is known for its affinity to water. We are blessed with some of the world's best beaches and have always been a country which gravitated towards water wherever we find it; beaches, lakes, swimming pools. However, swimming is a skill which does not come naturally to us, and knowledge of the ocean needs to be taught.

Bondi Rescue's Anthony 'Harries' Carroll is almost at 6000 rescues in his lifesaving career. He has devoted his life to public service and he understands all too well that whilst summer is a great time of year, it's also a dangerous time. Warmer weather means more people out in the water, and that means more likelihood of drownings.

"It was Christmas Eve. I was actually on annual leave, and I was out for a surf. I knew numbers were quite short on lifeguards. I was surfing off the ramp at Bondi, and this guy went out for a swim. He just jumped in, and as soon as he did, he realised he couldn't touch the bottom."

"There was no sandbank to stand on. It was clear as day to us that he was in a rip, but he didn't have any idea. I saw him struggling, so I caught a wave to him. He was trying to reach for the shore – it's called climbing the ladder. When I was about 20 metres away from him, I saw him go under. All I could see were his sunglasses, these black sunglasses, they were the last things I saw before he went under. So I dived off my board, and I remember seeing him underwater on his knees, reaching up toward the surface, like he was reaching for life."

"I grabbed him up and pulled him to shore. And he was only about six metres from the shore. He had no idea where he was and how he got into that situation. His family didn't even know he had gone missing, and he had a wife and two kids who were making sandcastles on the shore. It makes it really special for me that I've been able to bring someone home to their family on Christmas Eve."

Harries has provided some invaluable advice and tips for keeping safe around water this summer.



Bondi Rescue's Anthony 'Harries' Carroll has almost 6000 rescues in his lifesaving career.



Pool Safety Tips

1. If you can't see them, you can't save them.

Supervision is key with pool safety. You must know where your loved ones are at all times.

2. Fencing and latching.

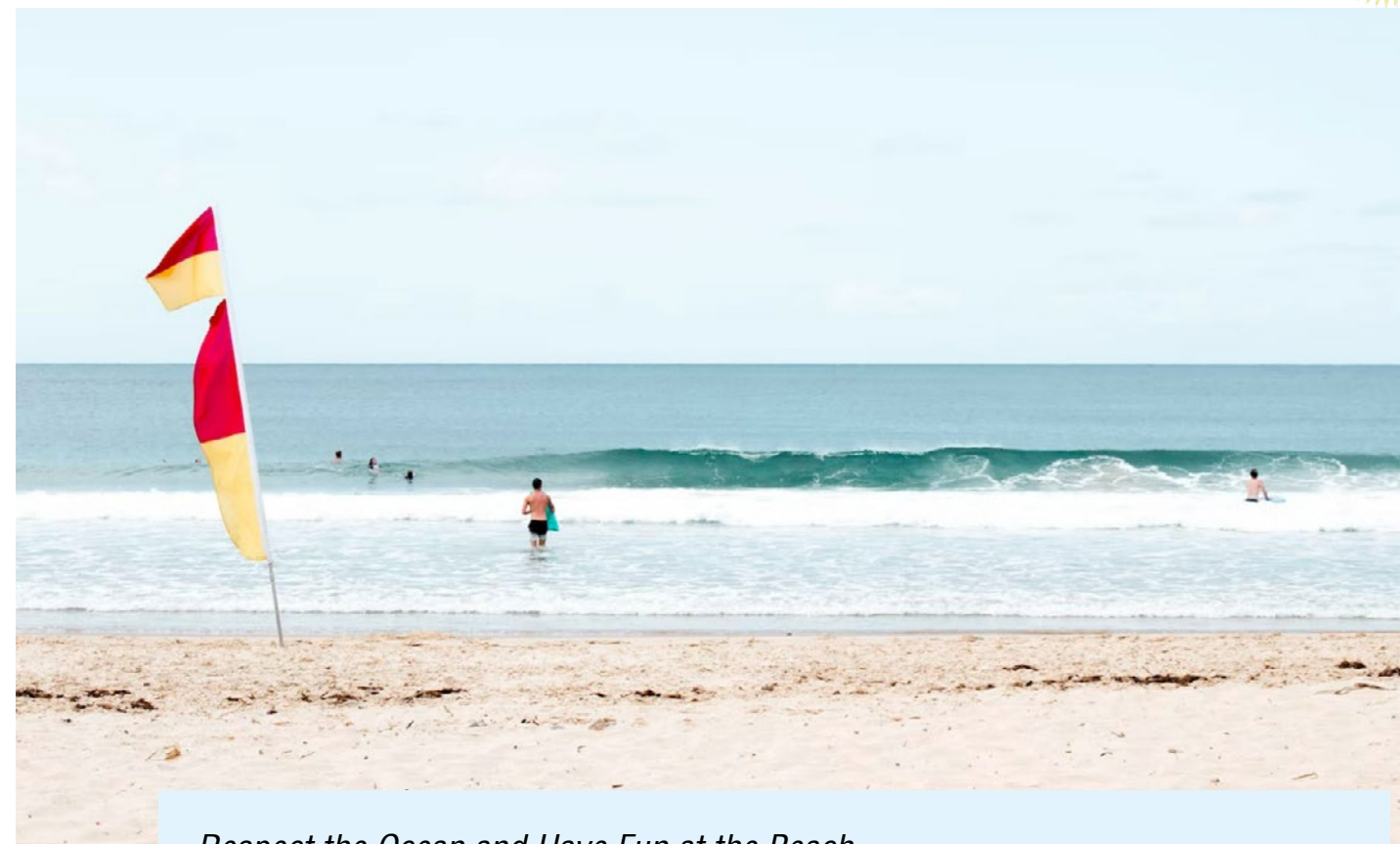
Get the best quality fencing and hinges for your pool. Polaris makes the best hinges. It's crucial to spend the money to get the best quality hinges.

3. Knowing resuscitation.

Learning how to resuscitate someone and having a resuscitation chart could mean the difference in saving a loved one's life. Have the chart clearly displayed where you or any other's you might have at your house can see.

4. Have entry and exit points for your pets.

A lot of pets drown in pools. It's crucial to set up exit and entry points for your pets, and train them to use them so they know how to get out of the pool if they fall in. Perhaps use a runway so they can easily get in and out, or a landmark where they know they can exit.



Respect the Ocean and Have Fun at the Beach

1. Always swim between the red and yellow flags and at patrolled beaches.

The golden rule of any beach activity. The red and yellow flags are placed at the most swim friendly part of the beach, and there will usually be lifeguards patrolling. The red and yellow flags are the safest part of the beach to swim in.

2. Take ownership and accountability.

Harries states how critical it is to take responsibility for yourself and for your family while at the beach. You must know where your loved ones are at all times and you must be honest about their level of skill in the water. Many drownings will occur when someone is attempting to rescue a loved one – you must understand and accept what you can and can't do.

3. Have a conversation with the lifeguards about where the best place to swim is.

A thirty second chat with a lifeguard could mean the difference between a lovely day at the beach and you drowning. Lifeguards are trained professionals. Their knowledge of the beach means they can educate you on the safest place to swim, places to avoid, rips, and so forth.

4. Education about the beach.

Spending the time and money to educate your family about the ocean, as well as spending money on swimming lessons is crucial. It shouldn't be a question of wanting to save on money – swimming lessons can be expensive – however Harries believes it absolutely vital because at the end of the day, you're training a skill that could one day save your child's life, or they in turn could save yours.

5. Take precautions if fishing.

Fishing actually causes the most deaths in relation to recreational water activities. Fishing around rocky edges and cliff faces can be very dangerous. You need to make sure you let people know when you're going fishing and when you'll be back, you need to have a light for attracting attention and a life jacket. Never go fishing alone, and always check out weather conditions.

GIVEAWAYS!

Harries said that surfers are godsend, and they save so many lives and perform so many rescues. In aid of this, Surfing NSW offers a free course called Surfers Rescue 24/7 where they teach surfers how to perform rescues. For more information, head to www.surfersrescue247.com.

Sydney Observer is also giving away two first aid kits to help keep everyone safe and prepared. Email editor@kamdha.com with the subject title 'First Aid' for a chance to win!



manukarx.co.nz

Our Neighbours Pro-Ageing Secret

For thousands of years the most potent, precious, and powerful secret to youthful healthy skin has been hiding within the tiny leaves of mānuka trees exclusive to the East Cape rural region of New Zealand.

While mānuka trees are native to both Australia and New Zealand, only the East Cape mānuka trees hold a special distinctive secret that is backed up by the most incredible scientific studies; a unique chemical identity called Triketone.

Sustainable, conscious, and restorative New Zealand skincare brand ManukaRx is set to revolutionise our skincare regimes with their science-backed formulations that harness the powerhouse potency to triketone-rich mānuka oil that is proven to have the most profound youthfully restorative impact on skin.

The Pro-Aging range by ManukaRx accounts for 80% of sales, has over 1,800 5-star reviews and has won multiple awards. However, the most impressive evidence of the effectiveness of the range remains to be the science and statistics obtained through more than 1,000 internationally peer reviewed studies on East Cape Mānuka oil coupled with in-house research conducted by ManukRx's own doctor and research and development team.

30 times more powerful than Australian tea tree oil and 1,000 times more powerful than mānuka honey in eliminating skin bacteria.

- East Cape mānuka oil combined with rosehip oil in the ManukaRx Pro-Aging range produces 6 times more Type 1 collagen than Vitamin C and almost 3 time more Type 3 collagen than Vitamin C.
- Triketone-rich mānuka oil works synergistically with other skincare ingredients to increase their effectiveness and strength.
- The Pro-Aging range is suitable for all skin types, including sensitive, and is scientifically proven to boost collagen and elasticity, while minimising fine lines and



Cream Cleanser | \$34.95, 120ml



Skin Oil | \$41.95, 20ml



Day Cream | \$44.95, 50ml



Night Cream | \$44.95, 50ml

wrinkles and promoting youthfully restored and rejuvenated skin.

- The range provides astonishing and proven antibacterial, antioxidant, anti-inflammatory, skin healing, cell turnover and anti-ageing benefits.
- From seed to skin, ManukaRx is involved in every step of the creation process for their revolutionary skincare range, including helping to plant 5,000,000 mānuka trees on the East Cape of New Zealand.
- The 180 hectares of mānuka plantations utilised by ManukaRx are run in conjunction with local iwi (Māori community) who are paid for the rights to use the land and also have a share in the profits. The sustainably produced mānuka oil supports the local economy, provides employment, fair land use and environmental regeneration through native mānuka planting that supports the health of the soil and land for years to come.



Rejuvenating Manuka Oil Exfoliant | \$45.95, 120ml



Eye Cream | \$44.95

Makeups to Shine on Summer

Lip Tint Tree | \$22 RRP each, available in Tea Rose, Rosé and Nude Sugar

Ideal for stocking fillers, this super-cute Lip Tint Tree by Lük Beautifood contains the brand's cult-favourite Lip Nourish lipstick in the shade Tea Rose, Rosé or Nude Sugar. Formulated with nutrient-active botanicals, this 100% natural balmy treatment provides high-pigmented colour and long-lasting hydration for beautiful, satiny lips. Flattering on all skin tones, this gifting option serves as a thoughtful Kris Kringle present, Christmas tree ornament, and festive table topper for guests to take home.



Care + Colour Lip Kit | \$60 RRP

Curated especially for the holidays, this limited edition pack by award winning natural cosmetics brand, Lük Beautifood, contains everything you need for silky soft, kissable lips this festive season. Made with nourishing plant oils, including apricot, avocado and macadamia nut, the Care+Colour Lip Kit contains the moisture-boosting Sweet Dreams Lip Mask, the vegan-friendly Lychee Sorbet Lipstick Crayon, and the cult-favourite Guava Blush Lip Nourish for a 'pretty in pink' picture perfect pout. Housed in a reusable transparent cosmetic purse made from eco-friendly, 100% biodegradable TPU.

Luminous & Lovely Kit | \$69 RRP (Rose Gold Edit)



Glow for the gods with this lovingly curated selection of radiance boosting skin and lip essentials by Lük Beautifood. Gift-ready in a luxe, click-closure presentation box, the perfectly matched shade range includes the multipurpose Rose Gold Luminizer Drops for an ethereal all-over face and body glow, the shimmering Nude Sugar Lip Nourish, and the high-pigment, demi-matte Lychee Sorbet Lipstick Crayon. Housed in limited edition festive packaging, the premium presentation box can be re-used to store treasured keepsakes.



A new home in time for Summer

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

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment. MacKillop Grange offers on-site management and a 24 hour medical alert. Join our waiting list to secure your chance to live at this exclusive address in the heart of Mosman.

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

mackillopgrange.com.au



Secure your place on our waiting list



Bringing people together

Amod Aromas Gifts



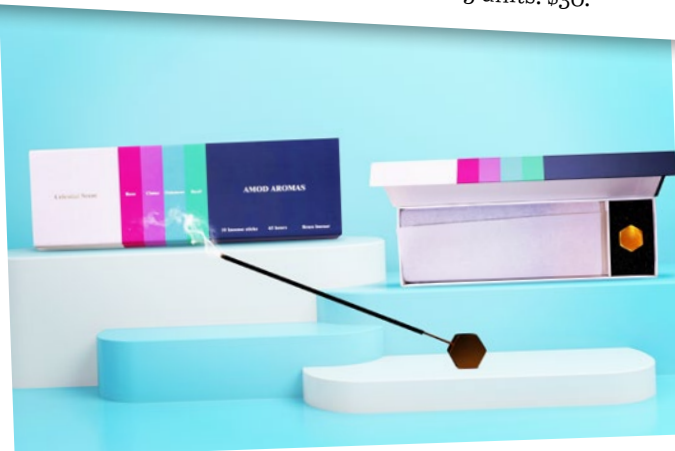
METALLURGY | RRP: \$59

5 curated fragrances in metal vessels. Wholesale price: 5-10: \$24, or more than 10: \$22.



DUSK | RRP: \$75

3 Rejuvenating fragrances to induce calm. 50 incense sticks; 65 hours of burn time; Six sided solid brass burner. Wholesale price: 5 units: \$35, or more than 5 units: \$30.



DAWN | RRP: \$75

3 Invigorating fragrances to kick start your morning rituals. 50 incense sticks; 65 hours of burn time; Six sided solid brass burner. Wholesale price: 5 units: \$35, or more than 5 units: \$30.



WABI-SABI | RRP: \$49

10 non routine fragrances in silver mercury embellished fluted glass vessel. Wholesale price: 5-10: \$19, or more than 10: \$16.



INCENSE BURNERS | RRP: \$85 (Funnel) | RRP: \$65 (Hexagon)

Solid brass/aluminum burners in 2 design options. Funnel: Solid brass burner and ash catcher. Wholesale price: 5 units: \$40, or more than 5 units: \$35.

Hexagon: Solid aluminum burner with antique polish/nickel plating. Wholesale price: 5 units: \$35, or more than 5 units: \$30.

Handcrafted Christmas Decorations from Africa

The Basket Room is thrilled to launch its first range of handwoven Christmas decorations – a collection of eleven colourful festive figures produced by a rural women’s craft group in Kenya.

The range comprises a chorus of winged angels in eight different colourways, a snowman, a Father Christmas figure, and a Christmas pudding.

These detailed ornaments are handwoven from sisal - a grass found in abundance across the country and therefore a sustainable, renewable material. Each piece in this collection brings sustainable work to rural artisans, from growing and harvesting the crop to preparing and dyeing the fibres – all this before the weaving begins. Once harvested, sisal leaves are then stripped to reveal their robust internal fibres before being dyed using natural dyes wherever possible.

The group behind this collection was set up by a pioneering founder with a mission to empower women through leadership



workshops, handicrafts training and health education. In 1985 there were 12 women being mentored through this organisation; to date over 1400 women have benefitted from working with this group and lead more empowered and sustainable livelihoods thanks to its

support and guidance. As well as small décor items, this group also produces beautiful sisal baskets and silver jewellery.

These beautiful hanging tree decorations are to be sold individually online and are available online at thebasketroom.com.



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Key Cooking Questions

Google Australia recently celebrated its 20th anniversary by revealing what Aussies are searching for the most. Aside from the inconvenient times when someone catches us Googling bizarre things, there were some common threads.

The results showed that in the past five years, Aussies became increasingly creative in the kitchen, with technical cooking terms proving to be commonly searched. This was probably also aided by the COVID-19 pandemic, with everyone stuck at home wanting to explore what they could, and how they could.

New research from meal-kit delivery service, EveryPlate, has revealed the top 5 'how to cook' questions Aussies are searching for on Google over the last 12 months. So how do we cook all these things? Hannah Gilbert, Director of Culinary Innovation & Operations has answered those key questions with some tasty recipes to try at home.



12,100 searches/month

Rice

There are three basic techniques for cooking rice: absorption, boiling and steaming. First things first, we recommend washing the rice. Washing is designed to remove excess starch from broken grains and has very little effect on the nutrients. Simply place the rice into a saucepan, add water and then pour it off.

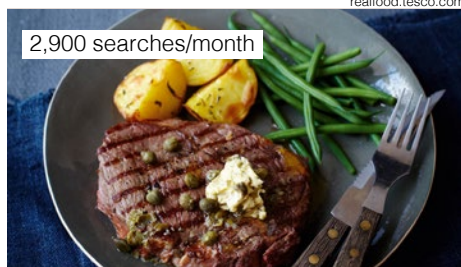
The most popular method for retaining rice's nutrients is absorption. With rice like basmati, add the rice, and water into a saucepan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from heat and keep covered for another 10 minutes until the rice is tender and the water absorbed. Then fluff up with a fork and serve. Rice is a cooking staple and by using this easy method your rice will be perfect every time!



4,400 searches/month

Asparagus

Asparagus can be cooked in a number of ways, from boiling and steaming to roasting and sauteing. Either prepare on the stove, in the oven or even on the BBQ in the summer months. Our favourite method is to pan fry asparagus as the caramelisation unlocks a new flavour. Simply trim the ends of asparagus and then heat a drizzle of olive oil over medium-high heat in a large frying pan. Cook asparagus until tender. Add a dash of water to the pan to help asparagus cook!



2,900 searches/month

Steak

For rump steak, heat a large frying pan over high heat with a drizzle of olive oil. Season beef rump on both sides with salt and pepper. When the oil is hot, cook beef for 3-4 minutes each side, or until cooked to your liking (this will give you a medium steak). It's important that you transfer the steak to a plate to rest for at least five minutes before serving.



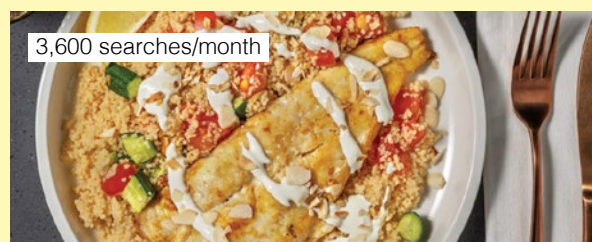
4,400 searches/month

Salmon

Salmon is a great protein and a rich source of omega-3 fatty acids. Our favourite method of cooking salmon is searing it. Just before cooking, pat the salmon dry with paper towels, to help make the skin crispy before seasoning with salt and pepper. Then, in a large frying pan, heat a drizzle of olive oil over medium-high heat. When the oil is hot, cook salmon skin-side down first, until cooked through. Our recommended cooking time is 2-4 minutes each side, but this will depend on the thickness of each piece. It really is that simple.

Couscous

Our favourite method of cooking couscous is in a pot. Melt the butter in a medium pot over a medium-high heat. Cook garlic, stirring, until softened for 1-2 minutes. Add the water and stock powder and bring to the boil. Stir in your desired amount of couscous and a drizzle of olive oil. Cover and remove from heat. Set aside until water is absorbed, around 5 minutes.



3,600 searches/month



Where to Dine this Summer

Visit NSW, the tourism site for Destination NSW, knows exactly the best places to dine this summer! Visit their website www.visitnsw.com/articles/unique-waterfront-dining-in-nsw for more information and places to dine.

THE SURF DECK

The Surf Deck is a breezy beachfront bar that's a little slice of the summer holidays on Collaroy Beach. Tucked next to The Collaroy pub, it sits right on the sand, just a few steps from the water. Huge windows look out onto the spectacular views, and the airy interior is styled with exposed floorboards, dried palm leaves and a rattan bar.

Merivale group executive chef Jordan Toft is responsible for the food, creating a seafood-heavy menu with flavours inspired by Mexico and the Mediterranean. It's all designed for snacking and sharing, like citrus pork belly tacos, yellowfin tuna tostadas or calamari fritti with chipotle mayo. Woodfired pizzas are also on offer.

The cocktail list has a Tiki twist, with classics like banana daiquiris, mai tais and pina colodas perfect for sipping on sunny afternoons while the waves crash behind you.

1064 Pittwater Road, Collaroy, NSW 2097, Australia.

ARMORY WHARF CAFE

Set on the edge of the Paramatta River in Blaxland Riverside Park, Armory Wharf Cafe is a casual dining spot open for breakfast and lunch. The menu features



Armory Wharf Cafe.



Merewether Surfhouse

The Surf Deck.

breakfast classics like pancakes, eggs benedict, corn fritters and smashed avocado. For lunch, tuck in to fish and chips, nachos, salads, burgers and pasta, washed down with Grinders coffee, smoothies, cold-pressed juice or a small selection of wine, beer and cider.

This spacious cafe has both indoor and outdoor seating, perfect for enjoying the river breezes. Armory Wharf Cafe is great for families, with a dedicated kid's menu, pencils and colouring books available, and a playground just behind where parents catch watch little ones play while they eat. It's also a popular spot for bike riders and dog walkers to stop on their way around the park.

Blaxland Riverside Park, Jamieson St, Sydney Olympic Park, NSW 2127, Australia.

MEREWETHER SURFHOUSE

Drink and dine right on the edge of Newcastle's famous Merewether Beach at the Merewether Surfhouse. The three-level venue has a restaurant, cocktail bar with huge open-air terrace, pizza kiosk and cafe, all with million dollar views over the Pacific Ocean. Dine on modern Australian dishes like fresh Sydney rock oysters, lobster spring rolls, wagyu beef rump and pork belly with scallops, as well as a range of soft tacos, burgers and woodfired pizzas.

5 Henderson Parade, Merewether, NSW 2291, Australia.

Merry Christmas
Wishing you a peaceful and happy Christmas and a wonderful 2023! Support local business and stay safe on our roads.

PAUL FLETCHER MP
FEDERAL MEMBER FOR BRADFIELD

As your Federal Member, I am here to:

- Assist with accessing Federal Government services
- Advocate on behalf of our community in Bradfield
- Arrange congratulatory messages

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paul.fletcher.mp@aph.gov.au
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Authorised by P. Fletcher, Liberal Party of Australia, 2/280 Pacific Highway, Lindfield 2070 NSW

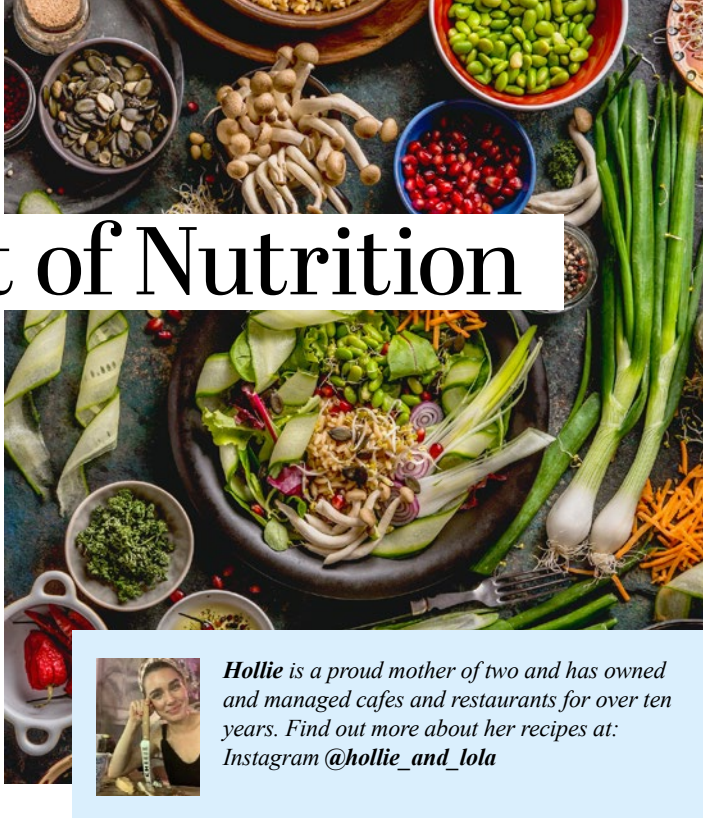
A LITTLE ON THE SIDE The Colourful Art of Nutrition

Hollie Jones

Experts have long known that the colour of the food we eat plays a key role in the taste and perception of our dining experiences. However, it goes a little deeper than that.

The vibrant natural colours found in fruit and vegetables are created by specific phytonutrients - compounds that help protect plants from threats; and each colour indicates an abundance of specific nutrients and potent health benefits. Phytonutrients aren't essential, however they may lend a hand in preventing disease and keeping you in tip top shape.

Eating a diet rich in nutrient dense food can be a pleasurable experience, join me as we discover how you too can eat the rainbow and delight in doing so.



Hollie is a proud mother of two and has owned and managed cafes and restaurants for over ten years. Find out more about her recipes at: Instagram @hollie_and_lola



- 2 tablespoons sesame seeds
- 2 tablespoons salted grass fed butter
- 1 teaspoon sesame oil
- ½ teaspoon paprika
- 1 teaspoon dried mint
- 2 cups water

Add water, carrots, honey, and butter to a deep pan over medium high heat and cook, stirring till almost completely evaporated and carrots are soft. (If carrots aren't soft yet, add water and cook down again). Then add paprika, mint, sesame oil and sesame seeds and toss.

Purple, Red, Yellow Charred Corn Salsa

- 1 x sheath of corn
- 1 x tomato cubed
- ½ red cabbage shredded thinly
- ½ cup spring onion sliced
- ½ bunch coriander chopped roughly (or parsley if you don't fancy coriander)
- Juice of 1 lime
- Salt, pepper, paprika to taste

Char your corn over the open flame of your gas stove, or alternatively fry in pan till kernels are slightly blackened. Add cabbage, lime, salt, pepper, paprika and coriander to bowl and massage well. Add all other ingredients, toss, and serve.

Orange Honey Sesame Carrots

- 2 large carrots, peeled and cut into circles / 1 bunch baby carrots, peeled and greens removed
- ¼ cup honey



White Garlic Wild Mushrooms

- 500g wild mushrooms
- 2 tablespoons extra virgin olive oil
- 6 gloves garlic
- 1 small red onion
- 1 sprig fresh thyme
- 1 sprig fresh sage
- 1 sprig fresh oregano
- 1 tablespoon paprika
- ¼ teaspoon curry powder
- ½ cup chicken stock
- Salt and pepper to taste
- 250ml cream
- 1 tablespoon soy sauce



Green Pickled Cucumber Salad

- 1 x large Lebanese cucumber
- 1 x shallot
- ½ cup rice vinegar
- ¼ cup soy sauce
- 1 tablespoon chilli - fresh, dried or sriracha sauce (these are all optional if you don't want the heat, or adjust to taste)
- 1 tablespoon black or white sesame seeds
- 1 teaspoon sesame oil
- ½ teaspoon salt
- 1 teaspoon sugar

Slice cucumber and shallot thinly - mix all other ingredients in a small bowl till sugar is dissolved. Pour over cucumber and shallot and refrigerate for a minimum of 15 minutes.

Sautee mushrooms and onion in oil till browned. Add garlic, herbs and spices and cook till aromatic. Add stock and cook till reduced by half. Add cream, soy and cook till thick and creamy. Season to taste.

Dine to Win: Don't Miss the Christmas Fun!

Make this a December to remember at The Mix at Chatswood Place. The restaurants at The Mix are giving you the chance to win 1 of 30 \$100 Dining Gift Vouchers this Christmas!

It's easy to enter. Simply dine-in on restaurant level until 9pm Wednesday 21 December and scan the QR code to complete your entry. Winners will be drawn each Wednesday.

Participating restaurants include Eat Fuh, Chat Thai, Meet Fresh, Pellegrini's Italian, Ramen Zundo, and The Yook. Terms and conditions apply. Visit chatswoodplace.com.au for full details.

There is also a bunch more Christmas fun to be had at The Mix. Bring the kids along to enjoy a variety of free Christmas activities each Saturday from 10am to 2pm on ground level, the line-up includes:



- 3 December: Face Painting
- 10 December: Bubble-ist
- 17 December: Balloon Twisting

Plus catch up with family and friends on restaurant level and enjoy Christmas Carolling each Saturday evening from 6pm.

With ALDI, Amcal Pharmacy and a variety of cafes, restaurants and beauty stores, The Mix at Chatswood Place is conveniently located at 260 Victoria Avenue, Chatswood. Customers can enjoy 3 hours free parking during the day and free parking after 6pm.

A Sip into the Wild

Fermented foods and drinks are all the rage. With the increasing range of health benefits being attributed to them, who could question why?

Wild Drinks is the definitive book on infusing, brewing, and fermenting

delicious things to drink, from mead to kombucha to cider to kvass.

Across 60 recipes, learn the basics of wild fermentation and read about the equipment you need to start your fermentation journey. Topics range from drinks made from grain, including doburoku (farmhouse sake), wild beer and kvass; recipes for wild apple cider, country wine and wild soda; exploring water kefir, kombucha, ginger beer and fruit vinegars, and come to understand the art of imparting flavour, from shrubs to flavoured waters to syrups and liqueurs.

The final chapter shows how to use fermentation by-products to get even more bang for the buck and reduce waste.

Author and fermentation expert Sharon Flynn saw the benefits of fermentation on the microbiome firsthand when her youngest daughter was ill. In 2013, she created her business The Fermentary and established a loyal following, providing a platform for her to focus on real food and flavour over health fads and profit.



Sharon Flynn and her book, *Wild Drinks*.





Carols Under the Stars 2022

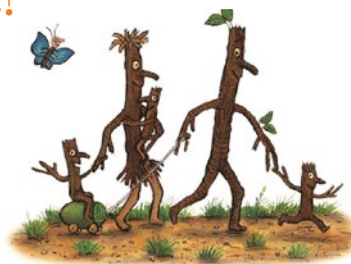
Carols Under the Stars 2022 is live again this year! Presented by the local churches of Berowra, this carols event features bands, carols and performance groups, and will raise money for compassion.

Preshow activities begin at 5pm and are followed by the main carols event at 7pm. Visit www.carolsunderthestar.com.au for more details.

When: Thursday 15 December 5pm – 8:45pm.
Where: Warrina St Oval Hillcrest Road, Berowra.
Cost: Free.
Contact: Ann Leslie 0425 821 290 or aeleslie@hotmail.com.

Stick Man Feast!

Come and meet the Stick Family and join Ku-ring-gai Wildflower Garden for a Christmas feast! Their programs offer weekly nature-themed activities designed to develop curious minds and playful spirits. Activities cost \$20 per child with one parent/carer admitted free of charge. All activities are COVID-19 safe and bookings are essential as spaces are limited. Suitable for ages 5 and under.



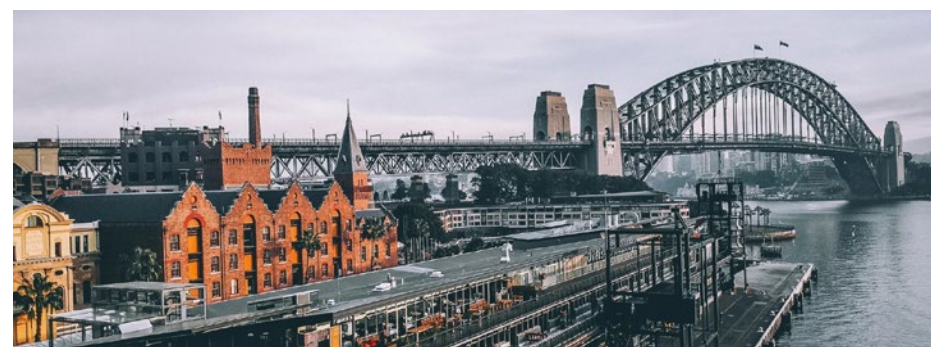
When: Tuesday 20 December 2022 10am - 11:30am.
 Wednesday 21 December 2022 10am – 11:30am.
Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives, 2075.
Cost: \$20.
Contact: Ku-ring-gai Wildflower Garden 02 9424 0353 or kwg@krg.nsw.gov.au.

Ceramics Beginners Summer School

In this workshop, tutor Kim-Anh Nguyen will take you through the three fundamental techniques of hand building in clay: pinch pots, coiling and slab building. You will learn how to make a bowl, cup, and a vase. You will also have the chance to decorate your work with some basic techniques. As a result, you will have 3 to 4 finished works. These will be fired and glazed for you. They can be collected after 2 weeks.

Clay is to be paid for prior to the workshop. Clay costs \$13 - \$15 per half bag, and \$26 - \$30 per full bag.

When: Tuesday 3 January to Thursday 5 January 2023. (enquire at number below for times).
Where: Ku-ring-gai Art Centre, 3 Recreation Ave, Roseville, 2069.
Cost: Standard - \$400 (clay to be purchased separately); Pensioner - \$340.
Contact: Art Centre office 9424 0310.



The Rocks Scavenger Hunt

Urban Hunt is offering a series of self-guided scavenger hunts around Sydney that make for a fantastic activity to do with friends, family, colleagues or even a first date!

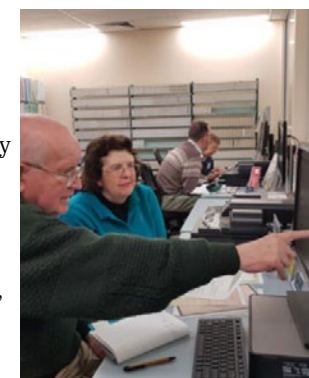
This modern adventure dives deep into one of Sydney's most historic districts, revealing hidden stories, back alleys and unique architecture, one cryptic clue at a time. Team sign up is via the Urban Hunt website and the trail is played via Facebook Messenger. Teams of 2-4 people are recommended so all players can receive the clues to their device.

When: All day every day until Saturday 31 December 2022.
Where: The Rocks NSW 2000.
Cost: \$40 per team.
Contact: Urban Hunt <https://urbanhunt.co>.

Ancestor Hunting

Book in for a one-hour free session with one of the family history volunteers at Hornsby Library. Their family history volunteers can assist you with genealogy research problems and locating records which can help you on your way to discovering your past.

When: 9am – 5pm, until Saturday 31 December 2022.
Where: Hornsby Central Library, 28-44 George Street, Hornsby.
Cost: Free.
Contact: Hornsby Shire Libraries 9847 6813.



Santa in the Garden

Santa is coming back to the Wildflower Garden this year for a unique outdoor photo opportunity. Summer weather can be unpredictable, and as there are only limited sessions available, 'Santa in the Gardens' photography will go ahead in the event of wet weather.

The photography session will take place outdoors at the undercover Bush Christmas themed area located in the Wildflower Garden. The package includes a 5 minute session and 3 high resolution digital images for \$80. Parking is available onsite. On entry into the Wildflower Garden please follow the Santa In the Garden parking signs. Please arrive no earlier than 10 minutes prior to your booked session.

When: Every Saturday 8am – 12pm until 17 December. Every Sunday 8am – 12pm until 11 December.
Where: Ku-ring-gai Wildflower Garden, 420, St Ives, 2075.
Cost: \$80 for 3 high res digital images.
Contact: Ku-ring-gai Council 9424 0980, events@krg.nsw.gov.au.

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Living Like a Local

Jay Houhlias

You don't have to leave Sydney to experience a delightful change in scenery. Jay's Adventures this month led me to *Spicers Potts Point* where I experienced all the luxury our great city has to offer. My stay included a night's accommodation with breakfast.

It's that time of the year when everyone in the city heads for the hills, oceans, and wherever else they deem 'away from the maddening crowd'. But no, not me. The contrarian that I pretend to be (when it's convenient for me to do so) headed straight to the heart of Sydney.

Spicers have numerous locations in New South Wales and Queensland, and their retreats are usually in tranquil oasis's. However, their Potts Point location boasts 19th century terrace houses with ornate decorative filigree latticework, situated amongst eclectic streets which emanate a bohemian vibrancy.

The luxury rooms are a short walk from Kings Cross station. My room was the beautiful Victoria Suite which looked like something a president or prime minister would stay in while they were visiting a town. It really did make me feel important. I felt as though I should play the part and organise an important meeting or do something substantial in the room. Nothing did come to fruition, but I know that in future if there are any big life decisions to make, any documents to sign or deals to be done, the Victoria Suite is where I'll go. The windows overlooked the rest of the street which was littered with lush green trees, and this provided a cool shade for the hot afternoon.



Victoria street is just behind the busy Darlinghurst Street and the rest of Kings Cross, so at night you get a soft and relaxing hum of noise. Being a tourist in your own city is very refreshing, and I definitely felt the part as I took an evening stroll. There is an abundance of cafes and restaurants around the area, and because of that, *Spicers Potts Point* does not have their own restaurant. It struck me how popular the small, street style venues were. It could have been on the end of a seemingly dead-end avenue, yet it would be packed to the brim with people.

Waking up the next morning and taking a walk was yet another experience in and of itself. The gyms were full of people, the cafes were packed, and the streets were bustling with life; some people off to work, others coming home from work, and some just enjoying the morning.

Spicers Potts Point gave me a new appreciation of our city. The small backstreets, the square parks on top of buildings, the hidden cafes and restaurants that only the locals know about, and all the little nooks and crannies you find when you're just wondering around aimlessly with nowhere to be - these are the things that truly give you a feel for a place.

These holidays, consider spending some quality time in Sydney. You don't always have to traverse the state to find peace and novelty. Sometimes it's right there in front of you as you look out the window on your train ride on the way to work.

For booking and more information, visit <https://spicersretreats.com/retreats/spicers-potts-point>.

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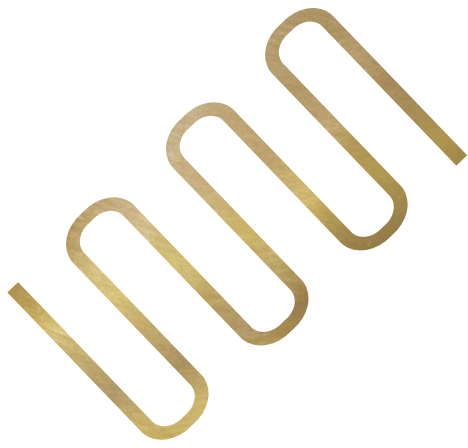


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