

Sydney Observer

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Back To
School
Special

Fertility
Treatment
Rebates

The Year of
Wellness

Alternatives
to Traditional
Sunscreens



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From the Editor

Welcome back, faithful *Observers*, to another year!

We have much to discuss in our February issue. We have a back to school special with articles centred around preparing your children for their best school year yet, wellness articles covering retreats and taking control of your health, and of course a layout of the 2023 Seniors Festival which will be taking place throughout the month.

We are also all about Pride this month, catching up with the delightful Casey Donovan. *Sydney Observer* spoke with her about the importance of balancing serious topics with, as Casey says, 'letting your hair down.'

When thinking about this, I am always reminded of David Bowie who famously said, "I don't know where I'm going from here, but I promise it won't be boring."

Our regular contributors entertain and inform us with articles on everything from ageism, local mountaineers, alternative sunscreens and much more!

Have a fantastic start to the year. We hope you enjoy our February issue.

Jay Houhlias

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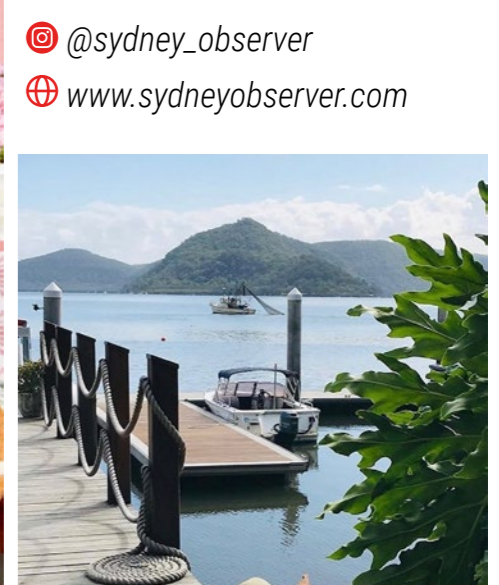


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Killara	Roseville	Turrumurra	Willoughby



Do Girls Just Want to Have Fun?

Victoria University research has found when it comes to playing community sport, the old adage is true - girls just want to have fun.

The research tracked over 5,000 females who participated either in community club gymnastics or soccer around Australia from 2019 to 2021. About half the survey respondents had stopped participating, and about two thirds of those who left reported their main reason as not having fun. Other major reasons included losing interest, having an unfriendly coach or official, injuries, or feeling too old.

Researcher Professor Rochelle Eime stated, "Clubs can focus too much on pennants and medals, yet the research shows players mainly want to have fun, especially at the crucial adolescent stage when we lose so many young women and girls."



New Year New You?

New research from global nutrition and food tracking app, MyFitnessPal, has made some findings regarding New Year's resolutions. Their top five results showed exercising to lose weight (50%), saving money (50%), eating more healthily (41%), exercising to lose fat and gain muscle (22%), and spending more time with friends and family (26%).

The biggest diet resolution killers were pizza (39%), cheeseburgers with chips (37%), ice cream (31%), pastries (31%) and cheese (20%).

Whilst these are all great resolutions, if you're finding them difficult to adhere to, try making more specific resolutions and maintaining consistency over 'yo-yo dieting'.

Lower Costs for PBS Medicines

The new, lower cost of PBS (Pharmaceutical Benefits Scheme) medicines came into effect on New Year's Day. This means that from 1 January 2023, most patients will

pay \$30 for a PBS listed medication, down from \$42.50. This follows Parliament passing legislation to lower the maximum co-payment cost of PBS medicines.

Charles Wollertz/Getty Images



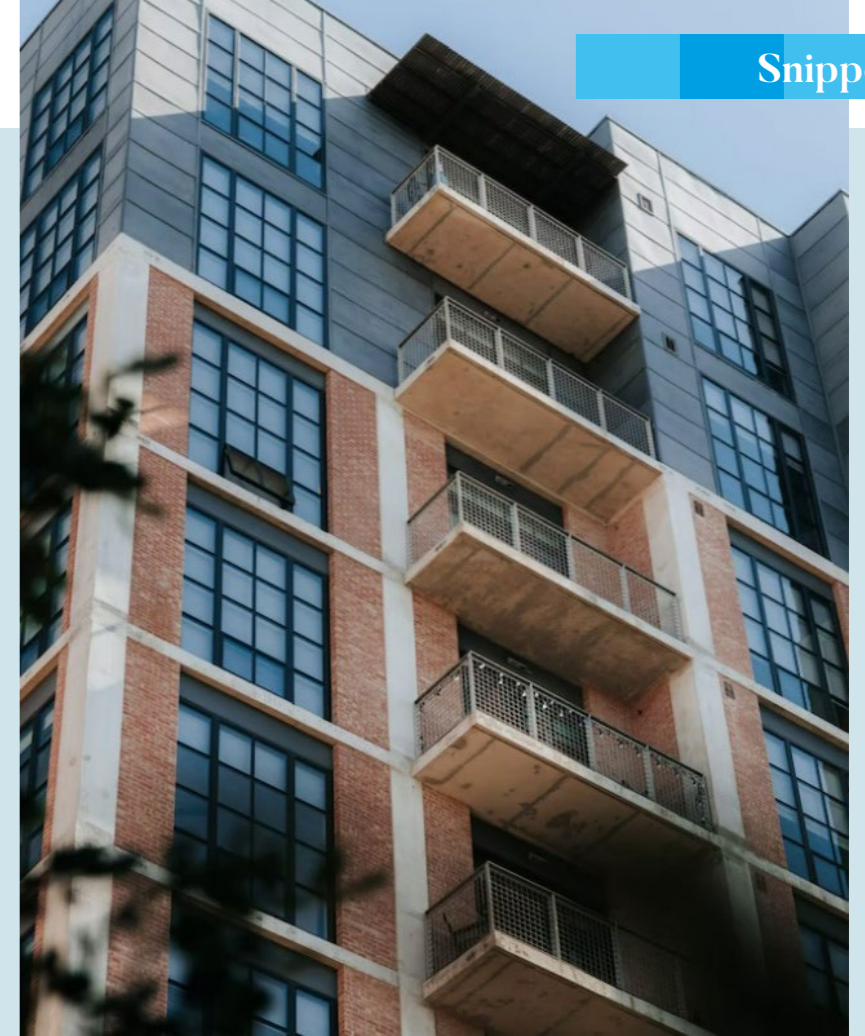
Processed Meat and Cancer

When one thinks of Australian summer, they think of the beach, backyard cricket, sunscreen, and of course, some sizzling processed meat on the BBQ. We are all aware that processed meat is inferior to unprocessed meat, however it could be even worse than we imagined.

The International Agency for Research on Cancer (IARC) classifies processed meat as a carcinogen, and they found sufficient evidence that eating processed meats causes colorectal cancer.

Professor Bernard Stewart from UNSW Medicine & Health stated that, "Processed meat, at least historically, has been processed using sodium nitrite... That nitrite can react with molecules in the body to form N-nitroso compounds, which are cancer-causing substances."

Cooking processed meat over high heat or an open flame can also contribute to the problem.



Rising Rent

The renting market over the past few years has been volatile at best, particularly due to the COVID pandemic.

The Greens are calling on all parties to put renters first and commit to an immediate rent freeze.

Jenny Leong MP, Greens spokesperson for Housing and Renters said, "We know that housing costs are far and away the biggest cost in everyone's budget, and renters are continuing to be hit with massive and unfair rent hikes."

She believes the only way to solve this crisis is to 'cut rents, end unfair no grounds evictions, and stop the special treatment of landlords and investors profiting from the housing crisis.'

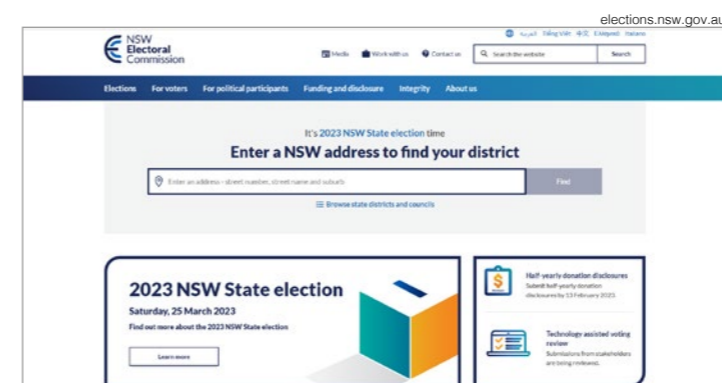
The Election is Coming

The NSW State election is on Saturday 25 March. The NSW Electoral Commission is asking NSW voters to get ready to vote by enrolling to vote or checking their enrolment is up to date. NSW Electoral Commissioner John Schmidt said with much of the state on break, now is a great time to get election ready.

"Whether you need to enrol for the first time, update your details or just check where you are enrolled, it's quick and easy to do online."

"Service NSW has put together a check list for NSW residents of who may need to be notified when you move house, including details of how to change your enrolment... It will make voting in your new area much easier and election day - Saturday, 25 March isn't far away."

Head to to www.elections.nsw.gov.au for more information.



Fake Pet Rescue Groups

Leading national animal welfare charity, Companion Animal Network Australia, is warning pet adopters about fake pet rescue groups. Puppy Scam Awareness Australia Founder Sandy Trujillo provides some tips on how to identify a rescue scam. She states that most Facebook pages titled "rehoming and adoption" are fake.

"Genuine Australian pet rescue pages mainly use the word 'rescue', not 'rehoming' or 'adoption' which scammers tend to use. These scam pages always have cute puppy pictures, not older dogs that have been surrendered."

You can also check if the rescue group is a genuine non-profit organisation by looking them up on the website of the Australian Charities and Not-for-profits Commission at www.acnc.gov.au.



willoughby.nsw.gov.au

A Greener Willoughby

Streets in Willoughby are set to benefit from \$500,000 in funding to enhance the tree canopy and green cover.

The tree plantings will beautify and add to the existing tree canopy on the corridor down Edward and Penshurst Streets between Artarmon Road and Mowbray Road (currently only 11% tree coverage).

The barely vegetated 800m street will be transformed into a cool, green, active travel boulevard connecting

with the Penshurst Street Local Centre, Willoughby Public School and Willoughby Girls High School.

The NSW Government will fund the street tree plantings through their \$10 million Greening our City program. This will help lessen the impact of the urban heat island effect and improve the city's resilience to a changing climate.

For more information on the Greening our City program and the projects selected, visit www.nsw.gov.au/premiers-priorities/greening-our-city.

Goodbye Plastic!

Ku-ring-gai Council has pushed forward its efforts to reduce single use plastic with the installation of several drink bottle refill stations.

The first were installed in January at the entrance to the Ku-ring-gai Fitness & Aquatic Centre at West Pymble and at the Wildflower Garden in St Ives.

More drinking stations are being rolled out at Bicentennial Park playground (West Pymble), Gordon

Golf Course, North Turramurra Golf Course, The Glade Oval (Wahroonga), Charles Bean Playing Field (Lindfield), St Ives Showground, Canoon Netball Courts (South Turramurra) and Roseville Park.

The drink stations are a result of the partnership between Sydney Water and the Council. Sydney Water is coordinating the rollout of these drinking stations which are expected to be completed at the end of the year.

Getting State Election Ready

Our state election is fast approaching. It is integral that you are prepared so you can make the most informed decisions possible.

New South Wales is divided into 93 state electoral districts. Voters in each district will elect one person to represent their district in the Legislative Assembly. Voters will also elect 21 of the 42 members of the Legislative Council.

For more information head to www.elections.nsw.gov.au.

Key dates to keep in mind.

- Monday 27 February**
 8am: Commence lodgement of nominations.
- Friday 3 March**
 Legislative Assembly expires.
- Monday 6 March**
 Issue of Writs, 6pm: Roll preparation for confirming candidates/ nominators and authorised roll printing.
- Wednesday 8 March**
 12 noon: Close of nominations.
 12 noon: Close of registration of candidates and groups
 Registration of electoral material commences.
- Thursday 9 March**
 10am: Announcement of candidates and conduct of ballot draw.
 Online system for registration of electoral materials is available.
- Monday 13 March**
 8am: Registered electoral material available on NSW Electoral Commission website.
- Friday 17 March**
 5pm: Registration of electoral material closes.
- Saturday 18 March**
 Early voting period opens.
- Monday 20 March**
 Declared facility voting period opens.
 Close of registration period for third-party campaigners.
 6pm: Postal vote applications close.
- Friday 24 March**
 Declared facility voting period closes.
 Early voting period closes.
- Saturday 25 March**
 8am-6pm: Election day.
 End of capped state expenditure period.
 End of claimable period for the Election Campaigns Fund.
 End of pre-election disclosure period for reportable donations.
 End of advance payment period for Election Campaigns Fund.
- Thursday 6 April**
 6pm: Receipt of postal votes closes.
- Friday 14 April**
 Estimated completion of Legislative Assembly declaration of results.

Fertility Treatment Rebates

Women around NSW who use assisted reproductive technology treatments in private clinics can now claim a \$2,000 rebate.

To be eligible for the rebate you must be a resident of NSW, have incurred an out-of-pocket cost from a registered private provider, and have accessed the treatment from 1 October 2022.

These rebates are part of the \$80 million expansion to the NSW Affordable IVF (in vitro fertilisation) Initiative.

The rebate will make our local communities and the rest of NSW among the most affordable places in the world to have IVF treatment. It will help an estimated 12,000 women around the state and will ease the burden on families trying to have a baby.

Professor Luk Rombauts, President of the Fertility Society of Australia and New Zealand said, "The extra financial support available through this rebate is an opportunity to provide more equitable access to fertility treatments and help more people across NSW fulfil their dreams of having children."



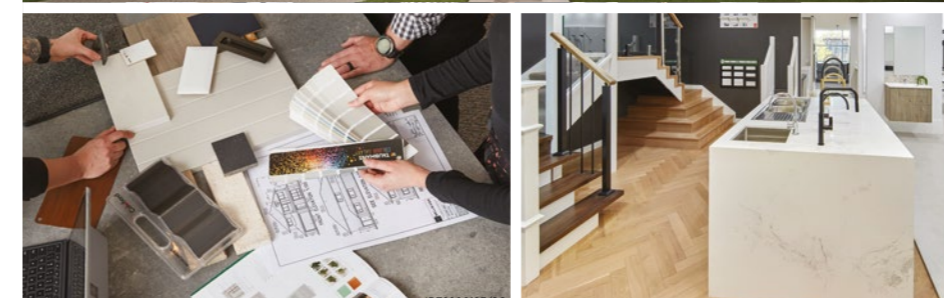
The \$80 million extension also includes extending rebates for pre-IVF fertility testing, expanding state-wide access to lower cost IVF treatment through publicly supported clinics, boosting fertility preservation services for patients with cancer and other medical needs, and

providing up to five days' paid fertility treatment leave for teachers, nurses and other public servants across NSW.

More information can be found at www.service.nsw.gov.au/transaction/apply-for-the-fertility-treatment-rebate.

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Willoughby Seeks Feedback

The Willoughby LGA is a hive of community sporting activity. It has approximately 17,000 participants in clubs and associations, in addition to around 20 sportsgrounds.

Willoughby City Council is urging the community for some feedback regarding the Council's sports facilities. This includes supporting local community sport as well as the rising number of female athletes.

Willoughby Mayor Tanya Taylor said, "It is natural that there is always debate and discussion as to whether the Council has the right policy settings in place to manage current and future usage of these important sporting facilities."

"As such, we are keen to get widespread feedback on these proposed changes, which seek to ensure Council is focusing its attention on supporting community sport and that we are setting aside enough space for the rising number of female athletes."

"Sporting clubs and associations, in interviews with a consultant commissioned by the Council, stated they expected a 30 per cent growth in female participation over the next five years."

Feedback is sought before 20 February at www.haveyoursaywilloughby.com.au.



per month is allocated exclusively to women and girls' sport played at a local and district level.

The proposed changes

Synthetic Sportsground Management Plan

- No longer having a monthly Sunday rest day for Northbridge Oval, Thomson Oval and Chatswood High School Oval, and instead using this former rest day for women and girls sport played at a local and district level.
- An increase in weekend booking times at Northbridge Oval to reflect a trial of these hours held in August - September 2022.
- A decrease in Sunday booking times at Thomson Oval.
- For Gore Hill Oval, ensuring at least one Sunday

Community Use of Sports Facilities Policy

- Ensure fairness and gender balance in the provision and allocation of community sport facilities.
- State that regional-level improvements for Council sport facilities should be funded by non-Council sources, the relevant sport codes and their peak State bodies.
- Add a definition for regional-level sport.

\$500M to Fix Local Potholes

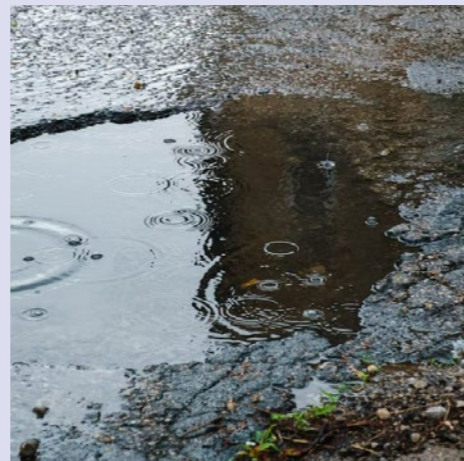
Councils around NSW are being encouraged to make an application to Transport for NSW in the Regional and Local Roads Repair Program to repair potholed roads. The NSW Government has fast-tracked the \$500 million program which will address urgent road repairs.

Member for Willoughby Tim James said, "Our local councils are eligible for this funding to help them fix local roads that have been damaged by successive severe weather events throughout 2022."

"Applications are open from 11 January 2023 and the money will start to drop into council bank accounts within weeks to ensure repairs can get underway as soon as possible."

"We've fast-tracked this cash injection and made the process simple so councils can focus on important road repairs that will keep our community connected and safe."

Potholes can be reported online at www.nswroads.work/reportdamage.



Solar and Batteries with Adam Corrigan

Are you thinking about installing solar and incorporating batteries into your home? The Hornsby Shire Council is promoting a meeting to help you learn about solar and batteries installation.

Tuesday 28 February from 7pm to 8pm the founder and director of Your Energy Friend, Adam Corrigan is going to be online to show you how to start a project and how to get the most from a decision to invest in solar.

Adam Corrigan will arm you with information to help identify your needs and seek reliable solar installers in the current market. It will be an one hour seminar with opportunities to ask questions during the presentation.

Just send and email to ssmith@hornsby.nsw.gov.au to book and receive your online invitation.

When: Tuesday 28 February, 7pm - 8pm.

Location: Online.

Cost: Free. Bookings essential to receive your online invitation.

Contact: ssmith@hornsby.nsw.gov.au.



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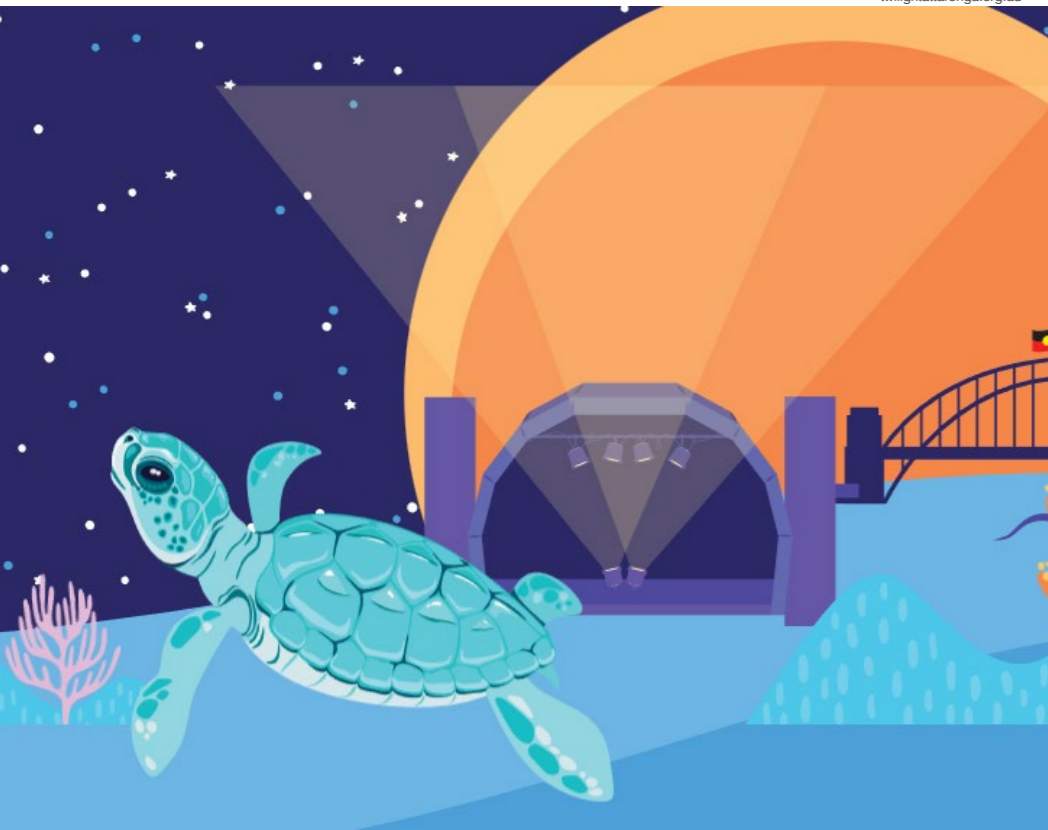
Secure your place on our waiting list



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Twilight at Taronga Returns in February

Twilight at Taronga will deliver five back-to-back weekends of live music and entertainment from some of Australia's finest!

Pack a picnic and spend an evening at Taronga Zoo Sydney with The Church, Daryl Braithwaite, Kate Miller-Heidke and many more.

This live event series, that boasts arguably the best view of Sydney Harbour, will begin with a rocking start on 10 February when The Living End take to the stage for the first show of the 14-date series.

Held in Taronga Zoo's natural amphitheatre, this year will see the likes of Bjorn Again, The Church, Daryl Braithwaite, James Morrison, Kasey Chambers & Busby Marou and more performing against the stunning backdrop of Sydney Harbour during sunset.

The little ones are looked after too, with the inclusion for the first time of morning shows for kids. These Lil' Twilight shows kick off at the parent-friendly hour of 10am and include free same-day entry to explore the zoo after the show.

Justine Clarke, the multi-platinum selling children's music artist, author,

and long-standing presenter on Play School, begins Lil' Twilight on 11 February, and is followed by the Teeny Tiny Stevies on 4 March.

For the adults, there's something for everyone including the Comedy Gala and if drag is more your thing, then celebrate Sydney WorldPride under the stars with Twilight at Taronga's inaugural Drag Gala on 2 March.

Tickets come with a bunch of optional extras. You can pre-purchase delicious gourmet picnic hampers, picnic blankets and chillazy chairs. Or make a weekend of it and add on an overnight stay after a show at Taronga Zoo's award-winning eco-retreat.

The annual Twilight at Taronga will begin on February 10 and continue until 11 March.

All tickets contribute to Taronga's work in wildlife conservation including the Litter Free Oceans Campaign to reduce single use plastics.

Twilight at Taronga, starts at Taronga Zoo Sydney on 10 February 2023.

Tickets are on sale now from www.twilightattaronga.org.au.

twilightattaronga.org.au

Ravenswood Australian Women's Art Prize

The Ravenswood Australian Women's Art Prize is an annual prize and exhibition conducted by Ravenswood School for Girls that aims to inspire, promote and connect generations of Australian women artists.

The 2023 Ravenswood Australian Women's Art Prize entries close on midday on Wednesday 15 February 2023.

All media is accepted and there is no theme. Artists are asked to enter an artwork that best reflects their art practice.

With \$47,000 in prize money available, there are three prize categories:

- Professional Artist Prize – \$35,000
- Emerging Artist Prize – \$5,000
- Indigenous Emerging Artist Prize – \$5,000

There is also a People's Choice Award of \$2,000 and a \$500 Derivan art pack.

Enter at www.ravenswoodartprize.com.au/artprize/entries.

Entry fees are as follows:

- Professional Artist Prize \$50
- Emerging Artist Prize \$30
- Indigenous Emerging Artist Prize \$30



The 2022 Emerging Artist Winner, Nazila Jahangir – *A Midsummer Night's Dream*.

ravenswoodartprize.com.au

Will Challenge by Stepson

Wal Abramowicz

In a will, you are able to specify how much and who to direct your estate to. In New South Wales, the Court can declare an "eligible person" to receive a share of an estate through a family provision order.

Recently, the NSW Supreme Court considered whether a deceased woman's stepson should receive a share of her estate. The woman's estate was valued at about \$650,000. In her will, she left one of her three biological sons in charge of her estate.

The woman did not leave anything to her stepson. In Court the stepson produced a previous will of the deceased that gave him a share of the estate. The Court considered the financial situation of the stepson. He had assets of about \$200,000 and had medical conditions including cancer, depression, and tinnitus. The biological son had assets of around \$190,000, he had four children with one suffering with ADHD and autism. The Court also considered other factors including the son and stepson's relationship to the woman and her previous wills.



The Court had to decide as a threshold issue whether the stepson was an eligible person. The stepson had to be dependent and a member of the household. The Court was satisfied the stepson was dependent and a household member from age 14 before moving out at 18 years old.

The Court then looked at factors as to whether the woman had social, domestic,

or moral obligations to the stepson. The woman included the stepson in her previous will. The woman was understanding and supportive when the stepson admitted his homosexuality. The woman had a relationship with the stepson before her marriage to his father. The stepson did not make a claim when the woman received the estate of his father even though he had an eligible claim. The Court was satisfied that these factors showed there was an obligation.

The Court then looked at whether a family provision order would assist the stepson's advancement or maintenance in life. The Judge considered his current financial situation, medical conditions, and future treatment expenses. The Court ordered \$130,000 to be paid to the stepson from the woman's estate: \$80,000 as the family provision order and \$50,000 for legal fees.

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



2023 Ku-ring-gai Awards

On 26 January, four Ku-ring-gai nominees received their awards in the Ku-ring-gai Australia Day Awards ceremony.

These awards were Citizen of the Year, Young Citizen of the Year, Environmental Citizen of the Year and the Mayor's Award for an Outstanding Contribution by a Community Group.

The Mayor's Award for an Outstanding Contribution by a Community Group was presented to the St Ives Lifestyle Disability Support Team. The team of over 40 volunteers and staff partake in gardening, cooking, crafts or going on excursions for their clients. Their aim is to ensure those with a disability and other complex conditions are not held back, can take part in regular events and activities, and pursue and achieve their goals and passions.

Ku-ring-gai's 2023 Citizen of the Year is Tony Pang. A leading member of CASS since 2012, Tony has overseen the volunteer organisation grow into a major social and welfare services provider for the community, especially those residents of East Asian background. Under his leadership CASS provides residential aged care, childcare, aged and



Citizen of the Year, Tony Pang (top), and Justin Qin, the Young Citizen of the Year.

disability services, settlement and health services, training and cultural events. Tony has also worked tirelessly on behalf of migrants through his volunteer roles with his goal to bring the community together regardless of background.

Ku-ring-gai's Environmental Citizen of the Year is Arden Licalde, a Year 5 student at Sacred Heart Pymble. Arden volunteers in the community garden near Blackbutt Creek in Gordon. She established a plant exchange stall where the local community can donate a plant or seeds to the garden or exchange them for bonsai clippings that Arden cultivates.

The Young Citizen of the Year is Justin Qin. Justin is a year 10 student at Barker College and passionate about equality, writing and debating, Justin represented Ku-ring-gai at the NSW youth parliament and during his tenure, wrote a report on alleviating and advancing workplace equality in NSW. At his school Justin advocates for initiatives to combat toxic masculinity. Justin also represented Ku-ring-gai and NSW at the National Evatt competition in 2022.

Congratulations to these very deserving winners, as well as all those who were nominated.

Freda Du Faur, an Edwardian Mountaineer

Judith Godden

Emmeline Freda (known as Freda) Du Faur (1882 - 1935) grew up on our North Shore and achieved renown as an outstanding mountaineer.

Freda's father, Eccleston Du Faur, was largely responsible for the creation in 1894 of what is now known as Ku-ring-gai Chase National Park. From 1890, the Du Fairs lived at Pibrac, a large house on Pibrac Avenue, Warrawee. The 1890s depression and her father's expenditure as a patron of exploration and the arts resulted in the family downsizing to Flowton, Bobbin Head Road, Turramurra. Flowton is now part of Lady Davidson Hospital. Both houses were designed by renowned architect Horbury Hunt and are on the NSW Heritage Inventory.

It was the nearby bushland that was so influential in Freda's life. She shared her father's love of nature and honed her fitness scrambling around Ku-ring-gai Chase. She was a small woman, around 157cm, but strong and sure-footed. In 1906, when she was 24 years old, a holiday in the Southern Alps of New Zealand changed her life. She was smitten with Mt Cook/Aoraki, and she was determined to be the first woman to climb to its summit. Mt Cook is New Zealand's highest mountain and a dangerous climb to a summit covered in snow and ice.

She trained and made annual trips back to the alps until, in December 1910, she was ready. But the climb involved overnight camping and her guide was male. Edwardian conventions meant that such an arrangement was scandalous. Strangely enough to modern ideas, the problem was solved by including a male porter. Overnighting with two men was alright, while doing so with one was not!

Then there was the matter of clothes. Freda shocked contemporaries by shortening her long skirt to just below the knee, though covering her lower legs with thick knickerbockers and puttees. Her guides also had to conform to the times by climbing in collared shirts and ties!

Freda Du Faur achieved fame in December 1910 when she and her guides, Peter and Alex Graham, climbed Mt Cook in a record six hours. She was the first woman to do so. In the following summers, she tackled other difficult climbs. If you go to New Zealand's Southern Alps you will recognise some names: Mount Du Faur named in her honour and other peaks she named, notably Mt Pibrac after her family home and Mt Cadogan after her life partner Muriel Cadogan, a fitness instructor. Freda was also noted for her 'grand traverse' of Mt Cook's three peaks - today one of New Zealand's classic climbs.

Freda Du Faur and Muriel Cadogan moved to England in 1914, with Freda intending to climb in Europe and Canada. Their plans were shattered by the outbreak of World War I. All Freda could do was relive her experience of 'the sure foot, muscle and brain pitting themselves against the mightiest forces of nature' by writing about it. Her book, *The Conquest of Mount Cook and other Climbs*, was published in 1915. Freda was to never climb again. Instead, she became a talented painter of landscapes, flowers and plants.



Flowton, Bobbin Head Road, Turramurra c.1970 and Emmeline Freda Du Faur with mountaineering guides Alec Graham (left) and Peter Graham.

After the war, she and Muriel struggled to find a congenial home. Attitudes towards lesbians hardened, and their mental health deteriorated. Muriel's family insisted on taking her back to Sydney, but she died enroute, possibly as a result of the psychiatric treatment she had endured. Freda returned to Sydney but never recovered from the trauma. She found solace in bush walking on the Northern Beaches, friends and mentoring two girls. Never good at asking for help, Freda ended her life in 1935, better known in New Zealand than in her local area.

For more on Freda Du Faur, see Sally Irwin's gripping *Between Heaven and Earth: The Life of Mountaineer, Freda Du Faur* (White Crane Press, 2000).

You can find out more about past local people, events and buildings at the Ku-ring-gai Historical Society in Gordon. We are a friendly society with extensive resources you can use and hold regular meetings with informative talks. For more information, see www.khs.org.au.

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.

Casey Donovan

Big Parties and Bigger Conversations

Jay Houhlias

The world's biggest LGBTQIA+ event, Sydney WorldPride, is upon us. Broadcasting from the ABC, it is set to be an absolute blast featuring the Madi Gras fair, the Sydney WorldPride Human Rights Conference, and a slew of different concerts and celebrations. Here to take us through that blast with style, grace, humour and fearlessness, is Casey Donovan.

Huge parties and celebrations aside, Casey spoke of the importance of events like these; what they mean and how they can help people.

"With life, you have moments where you enjoy and have fun, but then you have moments where you delve into meaning and deep conversation... It's (WorldPride celebrations) a very healthy balance of knowing when to go a little bit crazy but also knowing when to take your foot off the accelerator and have those deep conversations."

Historically, the media has not had the most inclusive line. Many have felt disenfranchised by the lack of diversity and inclusivity, but Casey believes it is changing.

"I think there is still a long way to go. I do feel like we are moving toward the right direction... I think there are a lot of safer conversations being had, in terms of understanding, well, humanity... I think we are slowly getting there, which is better than going backwards!"

So, if we are 'slowly getting there', why do we need events like these? Can't we just let things take their natural course?

"One of the most important things is visibility, and visibility in all of its forms. There are some that take the political route, there are some that take the party route, and there are some that just want to get out there and be involved – whether that's part of the LGBTQIA+ community



"We can't all walk around being serious and concerned all the time. There are some times where we do need to let our hair down, and that's when those magical conversations can change lives."

or part of just being an ally... If you're not visible on any stage, you kind of just sit in the background, and the conversations are harder to have."

Casey believes that visibility, and constant visibility, will help expedite the aim of a more representative media.

She will be hosting 'Live and Proud: Sydney World Pride Opening Concert' and will be performing in the 'Blak & Deadly: The First Nations Gala Concert'. She jokes, "We can party just as hard as we can have big conversations."

Casey loves partaking in events like WorldPride. There are lots of pride events happening all around the country at different times, which Casey is a big advocate for.

"It builds a stronger community, and it builds with people coming together... it makes it feel safe. When people feel free and safe to be wholeheartedly themselves... they are visible. I have so many memorable moments from these events that I've been to."

She describes the feeling of communion. "One thing I love, is the love in the room, it's just beautiful. It's people coming together enjoying and celebrating, and I love that... Just seeing people happy with who they are."

Casey has had her own struggles with identity. Her advice;

"Tap into the superpower of you. We all have it."

And how does one do this?

"Surround yourself with good people."

We can all become good people. Whilst being a good person is hard to define and certainly not a simple endeavour, we can always do what we can for one person. In our own small ways, in every interaction, every time we meet someone, we can make an actual, tangible difference to them as individuals. Hopefully Casey's advice, 'surround oneself with good people', will eventually just become, 'surround oneself with people.'



Loreto Normanhurst's 10 HSC All-Round Achievers.

Loreto Normanhurst Celebrates HSC Results

Independent Catholic girls' school, Loreto Normanhurst, is proud to recognise the dedication and commitment of the 2022 student cohort in their most recent HSC results. With an extensive 125 years of excellence in educating girls, Loreto Normanhurst graduates are independent, articulate, compassionate women who are seekers of truth and doers of justice.

Loreto Normanhurst recognises the diverse achievements of the Class of 2022. In a cohort of 158 HSC students, over 250 early entry University offers were received prior to the HSC results release. The number of early entry offers equates to over 1.5 university offers received per student.

Loreto Normanhurst Director of Learning, Ms Kierny Bateman, spoke about the significant number of early entry offers and the importance of universities recognising skills and capabilities outside of pure academics.

"The class of 2022 had to overcome some tremendous obstacles in the lead-up to their HSC year. This included navigating two years of online learning, drawing on their well-honed skills for independent learning to ensure that they remained

engaged and motivated during multiple lockdowns. As a cohort, they were able to draw on these experiences to harness their capacity to persist and adapt, approaching the HSC with positivity and resilience. This persistence was most definitely rewarded, as showcased by the remarkable number of early entry offers to university."

"A growth in early entry pathways highlights the increase in universities applying the same lenses that future employers will apply. While the consistency of results remains important, universities are also emphasising characteristics such as leadership, critical thinking and problem solving to ensure graduates have what it takes to complete degrees and be successful in their future fields."

The academic achievements of the Loreto Normanhurst Year 12 cohort included 4 students being recognised Top Achievers in 6 courses. A further 10 students were recognised as All-Round Achievers. Loreto Normanhurst students were recognised for their exceptional results on the Distinguished Achievers List, with 235 mentions.

Loreto Normanhurst ranked 48th overall in NSW and 6th among Catholic schools,

with the academic results and the significant number of early entry offers, specifically in human-centred career pathways, a testament to the award-winning Loreto Normanhurst Student Growth Model (LNSGM).

The LNSGM emphasises student collaboration, creative and critical thinking, digital capabilities, adaptability, and independence through an array of learning experiences inside and outside the classroom. The model is integral in shaping graduates who are agile and resilient thinkers who are prepared to navigate an ever-changing global landscape.

Loreto Normanhurst Principal Ms Marina Ugonotti said, "Now more than ever, we recognise the importance of preparing students through a holistic approach to learning. Our award-winning Student Growth Model continues to support our students to achieve highly across all areas of our embedded FACE Curriculum. The FACE curriculum places equal importance on the holistic development of students across areas of Faith, Academic, Community and Extra-Curricular to empower the female leaders of tomorrow as women of strength, kindness, and action."



Loreto Normanhurst

Discover the benefits of a Loreto Normanhurst education at

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4 March



Scan Here to Register Now!



Helicopter Parents and Lawnmower Parenting

Sarah Wainwright

We frequently hear the terms 'helicopter parent' or 'lawnmower parenting'. With the advent of a new year, let's take a fresh look at these concepts and the outcomes for children when they are parented in these ways.

These parenting styles can fall under the umbrella of 'overly-involved parenting', defined by psychologist Ann Dunnebold in 2007 as, "being involved in a child's life in a way that is over-controlling, over-protecting, and over-perfecting in excess of responsible parenting."

HELICOPTER PARENTING

Helicopter parents pay extremely close attention to their kids' activities and schoolwork in an effort to protect them from pain and disappointment, but to also help them to succeed; hovering over children, being overly involved and over-protective in their kids' lives and on top of everything. They have a tendency to over-schedule their kids in an effort to give them a competitive edge in school, sport and music. They may even try to manage their child's friendships and social standing.

LAWNMOWER PARENTING

With loving intention, lawnmower parents do everything in their power to shield kids from struggles or adversity by protecting them from experiencing failure, discomfort or disappointment. Here, over-involved parents intervene on behalf of their children. They may email, call, or message teachers and school administration, making special requests, demands or excuses for their children. Children's problem-solving and decision-making skills are negatively impacted, and insecurities, self-doubt and helplessness increase when parents mow away obstacles.

It's preferable, however, to foster and facilitate a child's autonomy and independence. Thus developing:

- **Problem-solving skills** - without parental intervention at the first sign of difficulty.
- **Reduced dependence on parents** - thereby acting more independently, taking greater personal responsibility and attaining valuable life skills.
- **An ability to advocate for themselves** - asking questions, seeking clarification and speaking up when they need something.
- **Improved coping skills** - ability to handle disappointment, frustration and stress.



Allow Children and Teens to:

Handle conflict and problems themselves - being upset or disliked at times is inevitable, they are opportunities to develop and learn.

Submit substandard (home)work - experience pressure, difficulties, deadlines; taking responsibility for themselves prepares them for adult life and something harder.

Make mistakes - forget stuff, face logical consequences. This can help teach self-reliance, responsibility and accountability.

Do challenging activities - opportunities to build resilience, competence and increase confidence.

To finish what they start - fulfil obligations and commitments and keep their word.

Engage independently with other adults - teachers, leaders, referees/umpires.

As parents, we need to remain engaged, attentive and supportive, offering practical tips and suggestions. However, taking over, stepping in, and ploughing the path smooth for children lowers their confidence and self-esteem and doesn't prepare them well for the future.

When parents don't intervene, kids are going to face natural consequences when they make a mistake, and they will learn and adapt. When parents back off a bit, it gives children room to grow, learn new skills, rebound from failure, and garner confidence and self-reliance (Morin, A., 2020).



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_.



Supplying Our Schools

Officeworks and school go together like bacon and eggs. They have been helping Aussie families for years, providing school supplies and ensuring assignments are printed out on time. This past January, your money spent at Officeworks getting school ready went the extra mile.

The Officeworks 2023 Back to School Appeal is a collaboration with The Smith Family, and it has raised more than \$6.5 million over 10 years. This has enabled almost 10,000 students across Australia to be supported through the Learning for Life scholarship program for an entire year.

Former Learning for Life participant, Tristan, was involved with The Smith Family since he was 7 years old, right up until he finished his undergraduate degree.

"When I was younger, I didn't really have a concept of how The Smith Family helped my family, but as I grew up, I finally began to understand the financial pressure my family was under and what the charity did to help us."

"I knew I wanted to pursue higher education during an 'explore university camp' which I did through The Smith Family, and became the first in my family to get a degree. Without being able to access these kinds of experiences, I wouldn't be where I am today. Simple as that."

Officeworks Managing Director, Sarah Hunter, stated how proud she was of the 10 year partnership.

"We know the rising cost of living is adding to the financial strain for many families and The Smith Family play such an important role in supporting students on their education journey. The Back to School Appeal is a key part of our commitment to support 30,000 students by 2025 in our People and Planet Positive strategy."

The results for this year's appeal will be released shortly.

To find out more visit, www.officeworks.com.au/campaigns/donate.



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Getting Undistracted

Jay Houhlias

With another school year looming and the subsequent groans of school children chorusing around our North Shore (hopefully not, but probably), it seems the perfect time for a 'kids these days' lecture from someone who is far too young himself to be using such a phrase.

If we are talking about distractions, there is one culprit which dwarfs all others – those pesky phones.

There is a widely held belief that by minimising screen time, you simultaneously increase productive time as you trade the hours you would have spent mindlessly scrolling on your phone for the hours where you need to get stuff done.

It seems simple and logical, almost a mathematical truism: "If I check my phone screen time and it tells me that I spend 4 hours a day on Instagram, 2 hours a day on Facebook and 1 hour a day on YouTube, by giving these apps up, that means I gain an extra 7 hours a day."

It does make perfect sense. However, anyone that has limited their screen time in any capacity knows that this is not at all true.

Firstly, screen time is not always stagnant screen time. What does this mean? Well, a lot of the time people spend on their phones is not necessarily them lying on a bed or sitting on a couch. Many hours spent on phones are whilst the person is doing something else; commuting, phone calls, walking, playing background videos/music, and just general compulsive checking throughout the day that adds up. This means that without our phones in those situations, we probably wouldn't be doing anything different anyway.

This is the trap that many of us get caught up in. We take the attitude: "I might as well jump on my phone because nothing else is really happening. If I don't, I'll just be bored and have nothing to do."

Some of us might even believe that we are being productive if we use our phones in this way. This can certainly be true; there are people I know who have basically taken an entire university course by listening to podcasts on the train. But this is generally not the case. Most of the time, we are just keeping ourselves distracted.

You might think that being distracted is preferable to being bored or having nothing to do, but it isn't. This is beautifully encapsulated in the great

author Neil Gaiman's writing philosophy. He says that when he needs to write something, he sits down at his desk, and he gives himself permission not to write. However, if he chooses not to write, he is not allowed to do anything else.

Neil Gaiman gives himself permission to be "bored" or to have "nothing to do". Then, what usually happens is, after sitting for some time doing absolutely nothing, eventually he begins writing because there is nothing better to do.

The point is to get undistracted. When you're distracted, time goes quicker, and hence, you might miss out on things or be too "busy" to focus when something important comes up.

So how does this apply to your studies and your coming school year?

If you want better academic results this year, that's great. If you're going to limit your screen time to help this, that's also great. But focus on becoming undistracted rather than this hyper distracted brand of productivity which seems to be gripping many of us who are trying to work smarter. If you allow yourself the time to sit with yourself, you'll know what needs your attention, and you will get done what needs to get done.

After all, what else is there to do?

Winners of the 32nd Annual FLICKERFEST

After a highly successful 10 day festival at Bondi, the 32nd annual FLICKERFEST International and Australian awards were announced at Bondi Pavilion, Bondi Beach. Attended by celebrated guests from the Australian film industry, filmmakers and jury, the Closing Night ceremony honoured the esteemed entrants in this year's competition and FLICKERFEST's Academy® Qualifying Awards.

FLICKERFEST's Festival Director Bronwyn Kidd said "We are thrilled that the 32nd Flickerfest 2023 has been such a success, with many filmmakers present to introduce their films, passionate crowds and great enthusiasm expressed for the programmes screened. It's been great to see short films so warmly embraced by audiences across our ten-day event. I would like to congratulate all of the films selected for Flickerfest in competition this year, our jury for their dedication and all of tonight's award winners."



FLICKERFEST winners list

Flickerfest Award for Best International Short Film (Academy® Qualifying)

'Born to Cry' (France)
Writer/Director: Léo Grandperret | Producer: Eloi Nourry

Yoram Gross Award for Best International Animated Short Film (Academy® Qualifying)

'Pina' (Belgium/ France)
Director: Jérémy Depuydt, Gieseppe Accardo | Producer: Lucas Tothe, Maxime Feyers, François-Xavier Willems

EU In Australia Award for Best EU Short Film

'Sami's Fugue' (France)
Writer/Director: Vincent Tricon | Producer: Said Hamich, Sophie Penson

Special Jury Prize

'48 Hours' (Iran)
Writer/Director/Producer: Azadeh Moussavi

Azure Productions Award for Best Rainbow Short

'Starf#ckers' (USA)
Writer/Director: Antonio Marziale | Producer: Eli Raskin

EU In Australia Award for Best EU Rainbow Short Film

'Warsha' (France/ Lebanon)
Writer/Director: Dania Bdeir | Producer: Coralie Dias

Special Mention: for Rainbow Short

'Heartbeat' (Switzerland)
Writer/Director/Producer: Michèle Fury

Flickerfest Award for Best Documentary Short Film (Academy® Qualifying)

'Long Line of Ladies' (USA)
Directors: Rayka Zehtabchi, Shaandiin Tome |

Producers: Sam A. Davis, Dana Kurth, Garret K Schiff, Pimm Tripp-Allen, Rayka Zehtabchi

Special Mention: for Documentary Short

'Away' (Hungary/ Portugal/ Belgium)
Writer/Director/Producer: Ruslan Fedotow

Panasonic LUMIX Award for Best Australian Short Film (Academy® Qualifying)

'Katele (Mudskipper)'
Writer: Walter Waia | Writer/Director: John Harvey | Producer: Gillian Moody

Spectrum Films Award for Best Direction in an Australian Short Film

Director: Vee Shi for 'Jia'

Yoram Gross Award for Best Australian Animated Short Film

'Teacups'
Writer/Director: Alec Green, Finbar Watson | Producer: Alec Green, Finbar Watson, Alan Holly

AFTRS Award for Best Screenplay in an Australian Short Film

'Sushi Noh'
Writer/ Director/ Producer: Jayden Rathsam Hua | Producer: Philippa Silva

Rebel8 Award for Outstanding Emerging Female Director In honour of Samantha Rebillet

Director: Alies Sluiter for 'MYTH'

John Barry Award for Best Cinematography in an Australian Short Film

Cinematographer: Victor Ng for 'BLVCK GOLD'

Avid Award for Best Editing in an Australian Short Film

Editor: James A. Thomas for 'Lucky Peach'

Avid Award for Best Original Music in an Australian Short Film

Composer: James Mountain for 'Mud Crab'

Special Mentions: for Australian Short Film

'boy/beast'
Writer/ Director: Andrew Shaw | Producer: Anna Davis
'Bangay Lore'
Writer: Jahvis Loveday | Director/Producer: Jahvis Loveday, Kiahma O'Donocan

SAE Creative Media Institute FlickerUp Award for Best Youth Short Film

'The Trials and Tribulations Of Being Jordan'
Director/ Writer / Producer: Will Calleja

Special Mention for SAE Creative Media Institute FlickerUp Award for Best Youth Short Film

'Xenos'
Director/ Writer / Producer: Koko Crozier & Lily Lunder

Yoram Gross FlickerUp Award for Best Youth Animated Film

'Garden Thief'
Director Year 7 Doveton High

Avid FlickerUp Award for Best Editing in A Youth Short Film

'Thief Vs Thief'
Director/ Writer / Producer: Elodie Kliendienst

PS Organic FlickerUp Jury Award for Youth Short Film

'Medusa'
Director: Karina Cheung



Welcome to Seniors Week, Ku-ring-gai

This February, we are celebrating everything seniors. To celebrate Seniors Week, Ku-ring-gai Council is organising a month of activities for older residents, many of them free.

The Everything for Seniors Day will showcase activities and services for older people in Ku-ring-gai at Turramurra Uniting Church Hall on Wednesday 8 February from 10am to 2pm. Nearly 40 community organisations, clubs and groups will be there to offer information, advice and 'come-and-try' activities such as yoga and dancing.

There will be info stalls where you can chat to home support staff and professionals about other health-related services, as well as talks online and in person on healthy ageing and help at home in Cantonese, English and Mandarin. Technology classes showing seniors how to shop safely online will be held in Mandarin, Korean, Cantonese and English and you can also learn about grandparents becoming carers, presented in English and translated into Mandarin.

Other highlights include free lunches and morning teas, guided walks at the Wildflower Garden in St Ives, a workshop on creating herb gardens and free fitness classes.

Mayor Jeff Pettett expressed his excitement for the festival. "The past two years have been isolating for our seniors, so we're hoping the 2023 Festival will bring people together to try different things, have fun and make new friends."

"We are hugely grateful to all the community organisations which have contributed. Thanks to them, there is literally something for everyone."

All the activities on offer can be found at www.krg.nsw.gov.au/seniorsfestival or call 9424 0000 to be mailed a free festival booklet.

Happy February to all our seniors!



Aged care that's personal

Everyone has something that brings them joy, for Ann it is cooking. With Anglicare residential aged care, Ann can indulge her passion because person-centred care is what we're all about.

Talk to us about caring for the one you love.

anglicare.org.au/AgedCareGordon or call 1300 111 278





Something for the Adventurous

Join the travel experts from APT and Travelmarvel at the Seniors Expo to learn about the travel options and offers for your next journey. With award-winning fleet and a wide range of exclusive touring experiences, from 4WD Journeys to Small Ship Expeditions, they pride themselves on delivering only the best of what the world has to offer. Drawing on APT's 95-year history, their expert Tour and Cruise Directors unlock each destination and provide guests with a world of discovery.

Travel to the Kimberley and see the highlights of Australia. Cruise Europe's wonderful waterways aboard their award-winning river ships. Discover the majestic Canadian Rockies and Alaska's Inside Passage. Explore Asia, from cruising along the Mekong River in Vietnam to travelling via rail throughout Japan or South Korea. Encounter the historical treasures of the Middle East and explore the natural wonders of Antarctica and South America.

Find out more at www.aptouring.com.au.

Premier's Gala Concerts

Come and see these star-studded concerts as a thanks to seniors for contributing to NSW. The free Premier's Gala Concerts will showcase some of Australia's greatest entertainers. Audiences will enjoy performances from Rodger Corser, Kate Ceberano, Ross Wilson, Harrison Craig and Prinnie Stevens.

The NSW Department of Communities and Justice presents the Premier's Gala Concerts to thank NSW seniors for their valued and ongoing contributions to their families and communities. You can get tickets online at Ticketek. Phone Bookings on 02 9215 7500 (Monday to Friday, 9am - 3pm). To watch the live stream, register via www.events.humanitix.com/2023-premier-s-gala-concerts-live-stream.

Once you have registered, a link to watch the live stream will be sent directly to your inbox on the morning of the concerts ready for you to access at 2:45pm on Thursday 2 February.

The concerts will be on Thursday 2 and Friday 3 February, 2023. There will be two concerts each day, one at 11am and the other at 2:45pm.



Help at Home & Accessing Aged Care Services

Join the webinar to learn about My Aged Care, the services and support available for older people, the assessment process and the latest aged care reforms. The presenter is from Carers NSW. You can tune in online via Zoom or in Council Chambers to view the webinar. Bookings are open through Trybooking.

When: Thursday 16 February 2023, 1:30pm – 2:30pm.

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

Cost: Free.

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



Tech Savvy Seniors

Tech Savvy Seniors offers structured support for people just getting started with the internet. In 2023 you'll be taught to shop for bargains online while helping you stay aware of cyber-crime. Delivered in partnership with State Library of NSW, this Tech Savvy series is focusing on ways we can safely enjoy the world wide web.

Join the free Tech Savvy Seniors workshops at Gordon Library, and develop skills and confidence using computers and the internet. Tech Savvy introductory workshops are hands-on sessions, no digital experience required.

Introduction to Cyber Safety

When: Wednesday 1 March 2023, 2pm to 4:15pm.

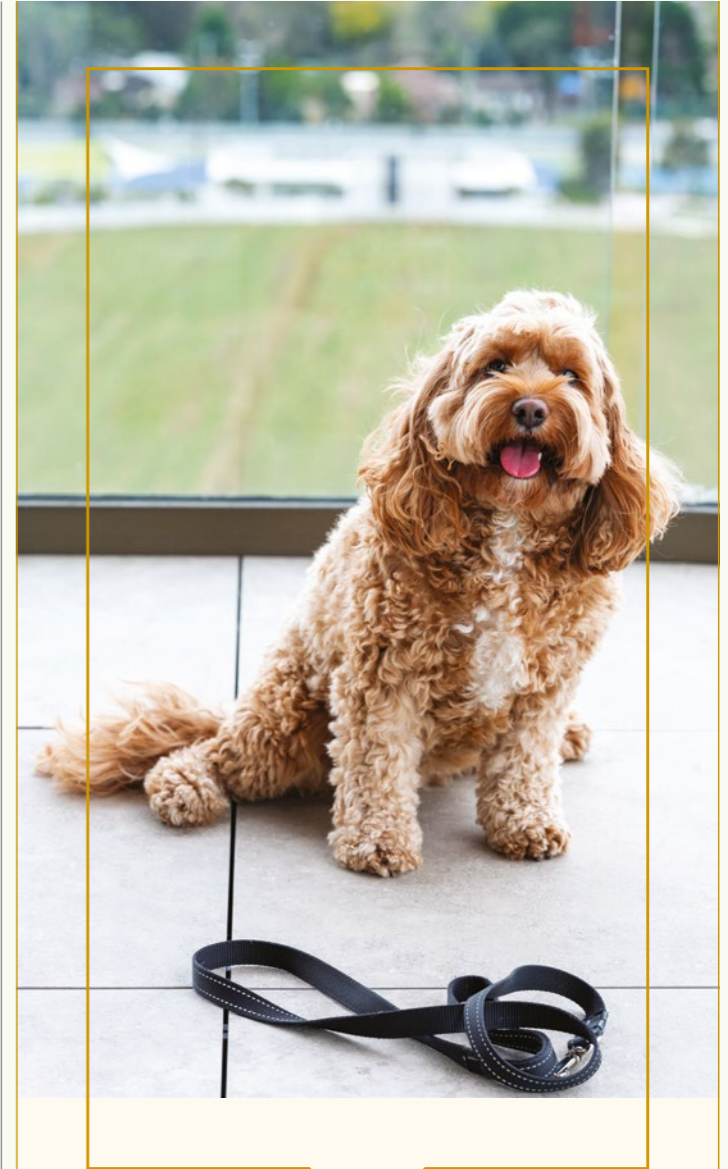
Introduction to Online Shopping

When: Wednesday 8 March, 2pm to 4:15pm.

All workshops will be at Gordon Library, 799 Pacific Hwy, Gordon, 2072.

Cost: Free.

Contact: Ku-ring-gai Library 02 9424 0120, libraryevents@krg.nsw.gov.au.



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What's On for Seniors!

Healthy Ageing Webinar by Prof Susan Kurrle

Professor Susan Kurrle, eminent geriatrician will be coming to us live to discuss how to age successfully and what options are available when you can no longer stay at home.

You can view this in-person at the Council chambers, where refreshments will be provided. You can also join from the comfort of home by logging on to Zoom. A Zoom link will be sent to participants on 13 February.

When: Tuesday 14 February, 12:30pm – 2pm.

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

Cost: Free.

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



Smooth Sailing and Ageing

A study led by Monash University has found that preventing weight gain from midlife onwards could significantly reduce the cost burden of total knee replacements.

Preventing weight gain could reduce knee replacements in Australian adults by almost 30 per cent, saving the health system a whopping \$373 million per year.

The project used data from 24,368 participants. Researchers identified six distinct trajectories of body mass index from early adulthood (age 18-21 years) to late midlife (about 62 years). The key findings were as follows:

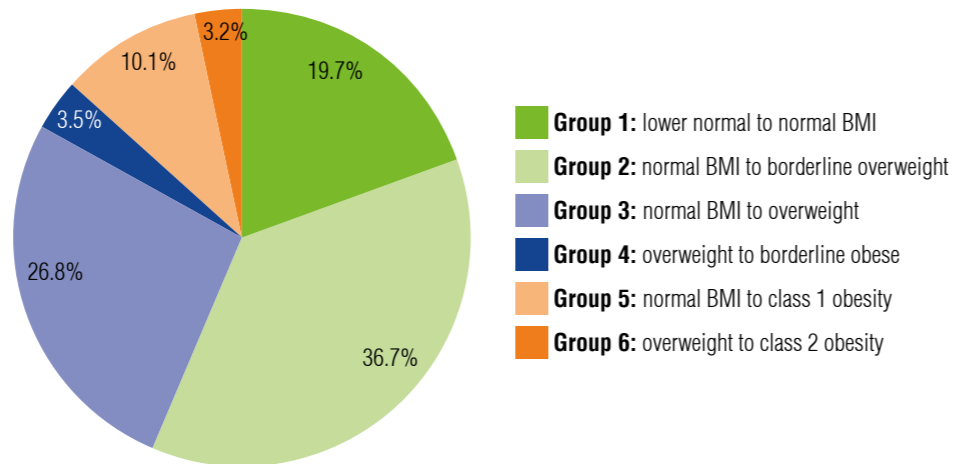
Over 12 years, 1,328 (5.4%) of subjects had a total knee replacement. The risk of needing a total knee replacement increased in all groups where someone progressed into a higher weight group. And 28.4% of knee replacements could be prevented if people moved to one group lower, with an average 8-12kg weight loss from early adulthood to late midlife.

Senior author and Monash University Professor Flavia Cicuttini, said the findings stressed the 'importance of prevention in improving health and reducing health costs,' and 'while weight loss was recommended for people with osteoarthritis who were overweight or obese, this was often too little too late.'

"Preventing weight gain is feasible and effective in improving osteoarthritis health outcomes. Focusing on prevention, with small average long-term changes in energy balance, can make a big difference. Reducing your caloric intake just slightly each day builds up to avoiding 8-12 kg of weight gain over a couple of decades, saving money and avoiding surgery. This also has cardiac health benefits."



Body Mass Index from Early Adulthood (age 18-21 years) to Late Midlife (about 62 years)



"For example, eating the average equivalent of two fewer pieces of chocolate per week, or adding 10 minutes of exercise, can prevent the

insidious half to 0.5-1 kg weight gain we see per person per year in Australia. This can result in tangible health gains, improving lives and saving money."

COTA Introduce Aged Care Star Rating

The Council on the Ageing (COTA) Australia, the peak body for older Australians, says the introduction of the aged care star rating system will help drive improvements in the care provided across the nation. COTA Australia CEO Patricia Sparrow said, "The tool will make it easier for older Australians or their families to find a residential care facility that meets their

needs, and for those who have concerns about their current provider to start a productive conversation, talk about improvements and potentially make decisions about moving if issues are not resolved."

Star ratings provide nationally consistent and easy to understand information about the residential experience, compliance,

staffing and quality measures. The system will hold providers to account and give older Australians confidence so they can highlight areas for improvement.

"While no simplified star rating system can ever be perfect, the online tool is a great resource to get an objective assessment and clear, consistent information," Ms Sparrow said.

Tackling Ageism

Dr Sue Ferguson

As Andy Rooney said, "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone". This is due to ageism.

Even my friends in their 50s have started to experience ageism. Sometimes it's pressure to retire, or not being considered for jobs or promotions, or being ignored by shop assistants. As you get even older, ageism can also involve being patronised or having help given to you that you don't need or want. Sometimes this is based on discomfort or fear of ageing, other times it's a more damaging type of stereotype in which older adults are seen as incompetent, worthless, and a drain on society.

A review of research found detrimental impacts of ageism on job opportunities, physical health, mental health (particularly depression), and denial of access to treatments. Ageism even contributes to a shorter lifespan. Negative views of ageing by older persons themselves predicted worse memory performance too. Encouragingly, research also showed

that when older people resisted negative age stereotypes, they were less likely to experience poor mental health.

A great Australian resource is www.EveryAgeCounts.org.au, particularly their, "Practical Tips to End Ageism".

Somehow ageism is treated as more acceptable than sexism or racism. Let's change this. Let's improve the lives of all of us as we grow older.

To combat ageism

- Remind yourself (and others) of the positive aspects of ageing (more free time, higher wellbeing, greater life experience, higher rates of volunteering and caregiving).
- Know your rights (see the Seniors Rights Service, or OPAN).
- Speak out when you see ageism or experience ageism yourself.
- Try to mix with people of all different age groups, treat them as equals and respect both their needs and their capabilities.



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

Everything for Seniors
Wednesday 8 February, 10am to 2pm

Everything for Seniors Day

Wednesday 8 February, 10am to 2pm

Turrumurra Seniors Centre 1 Gilroy Road Turrumurra

- Discover fun activities that will improve your wellbeing
- Get information about community organisations such as Probus clubs, U3A and the Cavalcade of History & Fashion
- Pick up advice on hearing loss management, protecting your home against bushfire, mastering technology and dancing for health
- See what's on offer at libraries and the Ku-ring-gai Wildflower Garden at St Ives
- Find services to help you to remain in your home for longer
- Talk to people from Carers Gateway, the Dementia Advisory service and the Seniors Rights Service

Full details at krg.nsw.gov.au/seniorsfestival or call 9424 0000.



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Accessories for a Mobility Scooter

Rejimon Punchayil

A mobility scooter enhances the independence of its user. It opens up possibilities for someone with limited or restricted mobility.



We have previously spoken about how to select the most appropriate mobility equipment, how to use a mobility scooter for the safety of the user and the community, and other related topics. Today, let us review the most common accessories for a mobility scooter.

A scooter flag is a must for every scooter as it improves the visibility of mobility equipment when they are out in a public or private space. Using a flag ensures that the mobility scooter is safe, not just for its user, but also for the general public.

You can fix a bag or basket either on the front or on the rear of the scooter. The size and type will largely depend on the size of the scooter and the user's requirement. A canopy can be used to shield the user from the sun and the light showers. It is another must have accessory for a scooter.

In most of the standard non-portable scooters, a side view mirror is a regular feature. Other commonly used accessories include a walking stick holder, walker carrier, crutch holder, bottle and phone holder, trailer, oxygen tank holder, golf bag carrier and even a wheely bin carrier. A pet carrier is another innovative solution that fulfils the individuals need of a mobility scooter user.

Visit www.comfortdiscovered.com for more information or a test drive.

When did Our First Motel Open?

Margaret Simpson

Road trips became popular in the 1950s, especially at holiday times along the main highways between Sydney and Melbourne and Sydney and Brisbane. Motels in country towns were gradually built along the way to break the long journeys. To the holiday maker, who had formerly stayed in old guest houses or hotels, motels were the height of modernity and luxury. Rather than having to wander down the hall to the shared bathroom and toilet, you had the luxury of having your own. Meals formerly taken in shared dining rooms could be enjoyed in your room.

There has been some debate about where and when the first purpose-built motel opened. An early contender was in George Street, Bathurst, where *Cosy Cabins Pty Ltd* opened a motel there on 15 February 1954, claimed to have been the first 'American luxury motel' in Australia. It accommodated 27 people in single and double rooms while a manageress' flat was incorporated in the complex. Rooms were 'luxuriously' furnished with their own wireless telephone to the office, bathroom, gas fire and lavish fittings. However, the floor coverings were only lino and the gas fire operated with a coin-in-the-slot gas metre. Guests needed a ready supply of shillings and sixpences to get through the chilly Bathurst evenings.

Rooms were painted in typical 50s style, pastel shades of mushroom, rose, blue and green. An 'American' breakfast of



Jackson's newly-opened Central Motel in Port Macquarie, photographed in 1958.

Corn Flakes, fruit, milk, toast and marmalade, was served on a tray. Tariffs, including breakfast, cost a £1 (\$40 in 2023) a night. In 1954, Bathurst's local paper, the *National Advocate*, described the American Motel as being one of the principal attractions in the city! Another motel opened at Mermaid Beach (Queensland) in December 1954 and Dubbo in March 1955.

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Margaret Simpson personal collection

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Flooring It

Jay Houhlias

A great old adage goes something like - you can have everything in the world, but if you don't have a good table, you'll find yourself flat on the floor.

Now, normally being flat on the floor implies something negative; either being down and out, struggling, or just plain beaten. However, people have been using floors for living and leisure ever since there were floors, which is always.

Many traditional Indian, Chinese, Japanese and Korean cultures still practice 'floor culture'. Most notably, mealtimes appear to be aided by this. By sitting on the floor, not only are you positioning yourself in a more natural, healthy way, but you could also be helping your digestion.

When sitting, you are forced to contract your core muscles, and thus, this can help your stomach muscles do what they need to metabolise food.

Today, we take a look at the extension of 'floor culture' in the form of chabudai tables and how they can be used in your home.

Chabudai tables are distinct in their short-legged style. They are used in traditional Japanese homes, although, they are slowly becoming popular in Western homes as well.

Fun Fact

The phrase 'chabudai gaeshi' is Japanese, and it means to upend a table in frustration. Note - If you are going to chabudai gaeshi, make sure there is only a game of Monopoly that you're losing on it, and not hot tea and coffee.

Decoration

You can pair your short-legged table with traditional Chinese/Japanese décor.



Zabuton

The chabudai tables' benefits appear to be in their minimalist approach to dining and living. Often, families with chabudai tables will use no chairs at all, or if they want some support while using the table, they will use cushions. These cushions would be either zabuton or tatami cushions.



Chabudai Tables

The original chabudai tables averaged around 20 centimetres in height and were usually made from a solid wood.



Gardening Gift Ideas

The garden is a wonderful place for children to explore. These Peter Rabbit gardening items can help encourage your children to get out and about amongst nature.



GLOVES

These green-fingered mini gardeners are a gardening staple. They are both stylish and ultra-protective, perfect for small hands (up to the age of 10).

GARDENING APRON

The full-length apron will protect clothes and thighs. The pockets have room for gardening equipment like twine and marker labels. The apron has adjustable straps and has been waxed to prevent staining and to protect it from the elements. It can also be used in the kitchen.

GLOVES, APRON AND KNEELER GIFT SET

The first gift set includes the gloves, apron and a beautifully illustrated well-padded kneeler to protect the knees. Crafted in a sturdy denim type cotton that has been waxed to protect it from stains and the elements, it also has a carrying handle.

TOOL BAG GIFT SET

This luxury Beatrix Pottery Peter Rabbit children's gardening tool gift set features a cotton tool bag with Beatrix Potter Peter Rabbit illustrations. Made from heavyweight sustainably sourced cotton in a soft blue and cream colourway, the tool bag has five exterior pockets. It includes a hand fork and trowel, a hand rake and a transplanter, all crafted in top quality stainless steel and printed with Peter Rabbit characters. All the packaging is made from recycled materials.



SEED TINS

The seed tins are illustrated with well-loved characters from the Tales of Peter Rabbit. These easy to sow seeds will encourage children to garden and enable wonderful wildflowers to flourish in your garden. With an instruction booklet in each tin explaining how to get the best results from the seed balls and what to expect during the germination process, children will learn about nature and gardening whilst having fun in the fresh air.



Water can flush away nutrients and open the doors for harmful diseases

How Heavy Rain Affects Your Plants

Late 2022 saw some heavy rainfall for Australia; for Queensland, New South Wales, Tasmania, and Victoria in particular.

Everyone understands that plants need water. However, how much is too much, and what effect does over watering have on plants?

Rainforest plants in particular, due to their environment, have various adaptations to help cope with excessive rain. These can be things like thicker leaves and slow absorbing surfaces. But what about your plants?

Not only are your plants impacted for the duration of excessive rain, but also long after the rain stops. Constant rain and flooding inhibits the growth and flourishing of plants in three main ways.

DEPLETING SOIL OF NUTRIENTS
Soil that is over saturated with water can be

flushed of its nutrients. Water, particularly heavy rain or floodwater can run off the soil and down drains or other parts of the ground where plants are not growing.

LACK OF OXYGEN

Plants require oxygen to survive. The leaves and the roots of the plant take in this oxygen. Soil pores that are filled with water do not have room for oxygen. This prevents respiration (where energy is released from sugars) in the roots leading to the build-up of carbon dioxide, methane and nitrogen. Plants that are exposed to too much water will suffocate.

SUSCEPTIBILITY TO DISEASE

Lots of the harmful diseases to plants are more active in wet and humid conditions. They can fester and enter your plants through dead branches. To ensure diseases are not spread so rapidly or easy, keep your plants clean by removing dead plant matter.

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Minimalist Interiors

Is less more, or is less just less? When one thinks of minimalist interiors, they might think spacious, simple, and straight clean designs. These things might appear to be easy to achieve, however, there is definitely a deliberateness to achieving a minimalist design.

The wrong choice of furniture with the wrong colours can run the risk of your space feeling empty, unwelcoming and unhomey.

Interior designers generally agree that minimalism is not just about using less, rather, it is about highlighting the architectural structure of your room, giving it space to breathe and be expressed.

Hence, the first consideration when designing your minimalist interior should be – what are the structural features of the room I want to highlight?

Use your walls and floors to your advantage. Allow them to be their own piece.

Along with structure comes functionality. The main reason people want minimalist designs is because they are focused on what they can do in the room and what they use it for.

A room that is functional, is by definition, minimalist too. Consider walkways, activities, colours and lighting. For example, a nice well lit



room during the day may not need elaborate lighting (perhaps just a lamp), or it may not need warm colours as the sun will provide its glow.

Another thing to consider with functionality is not to have competition between furniture. Generally, single pieces of everything is the way to go – one couch, one chair, one desk, one plant. This gives each piece time to shine.

Lastly, linings are important with minimalism. Because furniture and decorations are sparse, it is crucial they are placed and aligned correctly. To many conflicting angles will result in a chaotic and messy look. Use the angles of the room and line your furniture up against each other so they are working in lovely harmony, as opposed to competing with each other.

Making a Good Outdoor Fire Pit

You may be thinking, 'it's the middle of summer, who wants a fire pit?'

However, summertime can be the best time for a backyard fire. A nice dry, slightly cooler evening is the perfect backdrop for a backyard fire. These kinds of evenings are more common in summer than winter, where rain and cold winds are more common.

Inspired by some local Aussie dads, here are some tips on creating the best fire pits.

First, you will need an even, level surface to put your fire pit on. Many of the fire pits will come with a metal base. This area needs to be clear and spacious so you give the fire room to breathe, as well as room for you and your family to sit around it.



Perhaps the most important tip is to use sand at the bottom of the pit. Sand will help protect the bottom of the pit and contain the

fire. Whilst rusting on your pit is inevitable, it can be reduced drastically by keeping it dry.

Next consideration is flame height. To ensure that your flame height stays at a safe level, the general rule is to make sure the flames are contained within the pit and are no higher than its borders. This way, gusts of wind and sudden drafts have less of an effect.

Another thing to keep in mind is cleaning. The more you clean your fire pit, the less gunk builds up, and the longer your fire pit will last. Cleaning your fire pit also includes covering it when not in use to ensure it is protected from the elements.

Wait for a cool, dry evening to have your fire. Get some family and friends around and enjoy!



Perfect Lighting Pairings

How should I orchestrate my home lighting scheme? Which lights pair well together? How do you combine chandeliers? How do you combine floor lights, pendants, and table lights?

CTO Lighting is here to inspire you with their collection featuring natural finishes and luxury materials. Combined with the ambient light effect, this can deliver a well-balanced scheme that lights a room with functionality and beauty.

MARRYING MATERIALS

A central pendant or chandelier is often the anchor to any interior space. These



light fixtures pull the scheme together and set the mood for the furniture and wall treatment.

OPPOSITES ATTRACT

The forms of the Nimbus Round Chandelier and the linear Artés Wall sconces are in total contrast yet are united by their materials. These natural materials of fritted glass, alabaster stone, brass, and bronze are combined with a muted palette, creating the perfect equilibrium.

FEELING RETRO

The matt opal shades and metal framework of Trevi are reminiscent of 1930s art deco glamour. These streamline pendants take centre stage above any dining table, kitchen island or bar. The elegant, linear wall lights are the perfect partner to Trevi and can be used to great effect in the same lighting scheme.

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Wishing You Well

Kietah Martens-Shaw

The Good Index is Australia's leading retreat guide. The company's purpose is to streamline the retreat search process - one platform with hundreds of all-inclusive healthy holidays to discover.

I was inspired to start The Good Index after recovering from severe health issues in 2017 after acknowledging I needed help getting my health back in order. My transformation after attending my first retreat was indescribable, and I wondered why more people didn't attend retreats...

After reflecting on the near impossible and time-consuming retreat search process, I identified a need to streamline this process, increase awareness of retreat options and help educate people on the benefits of retreats. Thus, The Good Index was born.

Fast forward to now, the platform lists hundreds of retreats Australia-wide and not too far off the introduction of international retreats. Consumers can now jump onto one platform and connect with a retreat by filling in an enquiry form on the retreat profile of choice. This is made easy with an extensive system that helps you search by location, price or categories such as yoga, surf, couples and more.

It includes a 'Verified Retreats' category which means you can view photos, videos, and read about the retreat experience first-hand before booking a retreat. Retreats that have been visited and verified by The Good Index team members help consumers make a more informed decision on which retreat is right for them.

The Good Index defines a retreat as an all-inclusive healthy holiday that ensures you do not have to think about anything other than yourself and your health while attending. Retreats differ from your usual holiday in that they have a focus on a certain area of self-improvement, skill development, activities, workshops and more.

To find out more, read our latest blog on 'Why a retreat is different from other holidays'.

Visit The Good Index for your next health holiday – www.thegoodindex.com.



Rethinking in the New Year

Liz Kraefft

Another year, another opportunity to set goals; or perhaps not? At the end of each calendar year and the beginning of the next, it is quite common to reset your goals and pledge a New Year's resolution. Out with the old and in with the new!

This is important to many people, and I respectfully acknowledge everyone's decision to do so. I personally choose not to pledge any rigid resolutions or create a list of goals to strive towards.

I personally choose to step back from creating stress in my life by not getting involved in the commercialisation of New Year's resolutions. I choose to avoid over committing and therefore a mindset of 'non striving'. Controversial? Not in the yoga domain.

The practice and disciplines of yoga are not based on the creation of goals and achievements. Yoga is not achievement oriented. To be clear, there is nothing at all wrong with goal setting. It is often essential to set tasks and goals to aim for to stay on track and prevent us from straying off our chosen path.

It is very likely however, that we over commit, and the goal is out of our reach. Essentially, we set ourselves up to fail. This is not good!

What then? This can leave us feeling guilty, anxious and unhappy because we raised the bar so high that achieving that goal was always going to be too big of a challenge.

It is not always useful to feel the pressure of setting goals and then feeling guilty if you

7 tips to stay on your chosen path for 2023

1. Create an intention/affirmation of something you would like to bring more of into your life, something that might bring you joy.
2. Try something that is a feeling or an emotion not a thing or an item. For example, "I am bringing more happiness into my life", "I live my life free of anxiety and stress", "I am becoming healthier each day".
3. Ensure it is not an over commitment and that you are more than likely able to bring this into your life with ease.
4. Remember do not "do guilt". It is not going to help you to feel emotionally empowered. If you change your mind, great, start again.
5. Motivation is essential to keep us on track. Ask yourself how the chosen affirmation makes you feel when you repeat it to yourself.
6. Choose carefully, is this really what you want or need in your life?
7. Be prepared to create many small intentions and affirmations during the year rather than one enormous intention (goal) to strive for. Take small steps to create your life filled with all the things you choose.

do not meet the goals you have set. Yoga does not 'do guilt'. In yoga, we might like to set intentions and affirmations as an alternative to setting a rigid goal. Why not try something different this year?

Happy New Year.
Be well, be Safe, be happy!
www.kuringgaiyoga.com.au.



Exposing Body Positivity

By now, everyone seems to be aware that the constant barrage of unrealistic and negative body perceptions in the media has detrimental effects on one's own body image and self-esteem. However, have we considered the converse? Can exposure to positive body perceptions enhance one's body image and self-esteem?

A new study from UNSW Sydney finds that content celebrating diverse body types on social media can improve body satisfaction in young women.

Researchers from the School of Psychology tested whether viewing just a few body positive social media posts a day could positively impact body satisfaction and appreciation.

They found that 'women aged 18–25 who viewed body positive posts daily over a 14-day period reported a decrease in body dissatisfaction and less tendency to compare their appearance with others.'

In addition, these improvements were maintained four weeks after viewing the content. This is particularly important for young women. Lead author of the study Dr Jasmine Fardouly believes body dissatisfaction is especially prevalent among young women and can seriously affect mental health.

"Being unhappy with your body is a risk factor for many mental health disorders. It's an important predictor of eating disorders and depression and is also linked to some anxiety disorders."

"Body image is a huge issue globally. So, we need to try and improve people's body image, especially through social media, where a lot of people spend their time and from a young age are flooded with societal beauty ideals."

"It places a lot of pressure on young girls to look a certain way, at a time where the importance of peer acceptance and of being attractive to prospective romantic partners is salient," Dr Fardouly says.

The 159 participants in the study reported spending an average of two hours on Facebook per day. Viewing curated and edited images of young women who match narrow societal beauty ideals on social media can increase body dissatisfaction among young women. Users compare their appearance to the women in those images and judge themselves as less attractive.

"There's a lot more opportunity to compare to others and internalise narrow societal appearance ideals... But when we're comparing via social media. We're not seeing the complete representation of someone; we only see their most ideal side."

Instead of celebrating clear skin, shiny hair and tiny waists, the body positive movement Dr Fardouly is espousing aims to challenge unattainable beauty standards. The content 'promotes acceptance of all bodies and encourages a focus on function and health rather than physical appearance.'

"We need to see bodies of different types, shapes, sizes and colours to be able to challenge society's beauty ideals... As the study shows, seeing this content is a way to make social media a less harmful environment for body image."

There are certainly other remedies for body image dissatisfaction. For more serious cases as well as those wanting a boost in self-esteem, interventions like digital detoxing can be used. However, whilst seemingly very effective, these are unlikely to be followed through with long term.

It appears the remedy, much like Dr Fardouly suggests, is to engage responsibly with more realistic content that accurately depicts reality.

"We need to be critical of the content presented under the guise of body positivity. The quality does vary considerably, and we don't yet know enough about the specific composition of the content that is needed to have positive effects – it's something future research should continue to explore," Dr Fardouly says.

Lifeline is Here for You

Despite what you may think, the holiday period can be a challenging time. Your health and wellness should always take priority, especially during challenging times. Whilst for many of us the holiday period is over, the effects of it can still linger.

It is Lifeline Australia's busiest time of year. Aussies are being encouraged to plan for how they will cope with challenges and consider whether they or someone they know might need additional support.

To ensure Lifeline has enough counsellors available, they must consider call number patterns as well as average call lengths and recently observed trends. Contact volumes traditionally peak at approximately 5-6% above average in the days between Christmas and New Year's Eve and on the day immediately after the New Year's Day Public Holiday.

Lifeline CEO Colin Seery says that "The holidays are a significant time of the year for people who need our help. This period can be an emotional and psychological minefield for those of us who have experienced loss, grief, struggle, isolation and pain."

"The idea of togetherness traditionally associated with holidays can also exacerbate the intense loneliness many people feel... Even those of us who are in a position to gather with friends or family find that it can bring its own set of challenges – family turmoil, the weight of expectations, old wounds and disappointment."

"So, whether it's 3am on Christmas Day, or 11pm on New Year's Eve, please know that Lifeline will be ready to listen and support you," urges Mr Seery.

To help people prepare for the challenging weeks ahead, Lifeline is also sharing two free Wellness Guides which outline a series of simple and useful tips to help relieve the stress, disappointment and loneliness that the holiday season can bring.

Download these guides at www.fundraise.lifeline.org.au/shine-a-light/?utm_campaign=22hc-webd.

If you, or someone you know are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

Lifeline's 12 Days of Wellness guidelines from crisis supporters.

1. Acknowledge and accept your feelings.
2. Make space for grief and loss.
3. Focus on giving.
4. Recognise your signs of stress and anxiety.
5. Set (and maintain) positive boundaries.
6. Make a holiday budget that works for you.
7. Take time out for you.
8. Get back to body basics.
9. Practice gratitude.
10. Connect to combat loneliness.
11. Have realistic relationship expectations.
12. Remember you're not alone.

You can phone Lifeline to speak to a crisis supporter on 13 11 14 (24 hours/7 days), text 0477 131 114 (24 hours a day, 7 days a week) or chat to Lifeline online at www.lifeline.org.au (24/7).



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Gentle Alternatives to Traditional Sunscreens

Amy Sandig

Bid adieu to milky white skin from chalky sunscreens and welcome the new generation of all natural sunscreen alternatives designed to use seed oils and natural sources of SPF to keep your skin radiant and protected all year long.

Stay sun kissed and radiant while still retaining your skin's natural moisture with the new generation of seed oil sunscreen. As the new kid on the block, it promises to use targeted oils and antioxidants to increase solar protection while lessening inflammation and smoothing out blemishes on your skin, giving you a more even complexion and gentler way to tan.

The top ingredients found natural sunscreens are carrot seed oil, wheat germ oil and red raspberry seed oil. Despite the fact you can easily buy these raw ingredients in the supermarket, once distilled, and applied topically, they let your skin reap the benefits of a consistent form of moisture and barrier against the dehydrating effects of a day spent out in the sun.

RED RASPBERRY SEED OIL

With an average SPF 20, red raspberry seed oil is a popular ingredient added to

many natural sunscreens. Popular for its lightweight consistency and delicate fragrance, this oil is rich in Vitamin A and E, helping your skin retain a dewy look. Hypoallergenic, this form of oil is easily absorbed into the skin. For best results, apply a thin layer of red raspberry seed oil to your skin twenty minutes before applying a traditional sunscreen.

WHEAT GERM OIL

Seeking a way to balance out your desire for a tan with the devastating effects of skin peeling and redness from too much sun? Wheat germ oil might be just what you need. This ingredient can be added as an oil to traditional or natural sunscreens alike. It offers mild solar protection with an SPF of 20.

CARROT SEED OIL

Carrot seed oil is an essential oil that offers the solar protection equivalent of SPF sunscreen 40. It is rich source of anti-ageing ingredients like beta-carotene, which is converted into vitamin A. This combination of nutrients is well absorbed by the skin and offers anti-ageing benefits including stimulating cellular turn over and supporting collagen production. You can apply it as a stand-alone product or opt for a blended sunscreen with carrot seed included.



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

Colour and Fun to Stick with Good Habits

Stickers; are they just for children? The Postix Sticker Club begs to differ. Stickers are making a strong comeback. The local North Sydney business was founded in 2019, and it offers newbies and enthusiasts alike a monthly sticker subscription.

However, the hobby goes beyond just colourful and quirky designs. Stephanie Moring started Postix to bring joy to people's lives and enhance their mental wellbeing. She believes using stickers as a creative outlet, alongside things like journalling and scrapbooking, can provide mental health benefits like managing stress, self-reflection and problem solving.

"I loved collecting stickers growing up and realised as an adult that there was nowhere to buy high quality, premium stickers," Steph said.



Her stickers have been designed for organising, decorating and brightening people's days. Some of them however, serve

as a reminder for people to take care of their mental health.

Stephanie's Mental Health Matters sticker sheet which features stickers relating to healthy habits like 'be creative', 'go outdoors', 'look after your body', 'talk to someone' and 'rest' have been immensely popular.

Postix's sticker sales have increased by nearly 20 per cent in the past year in Australia and a whopping 149 per cent in the United States.

"I started out thinking I'd be mostly selling stickers to parents and kids but it was the adult audience that really took off."

Sydney Observer wishes Stephanie the best of luck in her future business endeavours.

Find out more at www.postix.club.

New Year New You with Balance Aesthetics MediSpa

Simona Adochiei

The concept for our clinic started with the idea that we need to have a place where our valued clients would come to reinvent themselves and get an overview on how they can improve their health in general, well-being, their skin and body. Our aim is to bring awareness among everyone interested in looking after their skin and body health. It is essential to take advice from a medical practitioner who collaborates with the dermal skin therapists when it comes to health and skincare treatments and non-invasive body contouring treatments. Our approach is to provide treatments that supply outstanding results.

As the famous Ms Coco Chanel once said, "Nature gives you the face you have at twenty; it is up to you to merit the face you have at fifty". We will extend her statement by saying that nature gives you the face, body and energy levels you have at twenty; it is up to you to merit the face, body and energy levels you have at fifty.

Our dedicated doctors and our experienced dermal therapists can help you feel best in your own natural, glowing-looking skin, with advice on the procedures we are offering. At our clinic you can choose from a broad range of facials (Decleor, Darphin, iS Clinical, Biopelle), HydraFacials (Signature, De Luxe Restorative, De Luxe Age-Refinement, De Luxe Clarifying, Male Signature), medical grade peels (Tebitech Enerpeel, Dermaceutic Laboratories), LED Light Therapy, Platelets-Rich Plasma (PRP) anti-wrinkle injections and Platelets-Rich Plasma (PRP) injections for hair loss, anti-wrinkle Botox injections, Skin Pen, body treatments with Lymphatic Drainage Therapy and ONDA cool waves non-invasive body contouring (ONDA double-chin submental, ONDA upper/lower stomach, love handles, inner/outer thighs, back of arms, buttocks), Normatec Compression Therapy (arms, legs, hips).

Here is a short description of some of the treatments to expect when you come and visit us.

HydraFacial: A noninvasive procedure, HydraFacial works to deep-clean, exfoliate, and hydrate your skin. This professional procedure may help treat a



variety of skin conditions, including acne, dryness, and wrinkles.

SkinPen Micro-Needling: A procedure by Crown Aesthetics is the first FDA-cleared micro-needling device on the market and is clinically proven to improve the appearance of acne scars, pigmentations, and surgical/post-traumatic scars. SkinPen can reset your skin giving an obvious glow and minimising the wrinkles.

Botox anti-wrinkles injections: A safe and effective way to dramatically smooth and soften existing forehead lines, smile lines, crow's feet, and other creases – and to prevent future wrinkles from forming.

Botox for migraines: Botox is injected into 7 specific muscle areas around your head and neck to help prevent migraine headaches. Areas include the forehead, bridge of the nose, the temples, the neck, the back of the head, and just above the shoulder blades in your upper back.

PRP (Platelet-rich plasma): Platelet-rich therapy is a form of regenerative medicine that can amplify the natural growth factors our body uses to heal tissue. Used for reduction of wrinkles, pigmentation and hair loss. PRP is a much safer alternative to dermal fillers. It is the best auto-filler without the risk of an allergic reaction or sensitivity. The rejuvenation is the result of PRP's regenerative effects.

Professional-grade LED Light Therapy: It offers total skin rejuvenation, reduces acne breakouts, redness, inflammation, fine lines and wrinkles, post-inflammatory scarring, and rosacea.

ONDA: The ONDA is the world's first and only device to use the revolutionary new technology Coolwaves™ by DEKA. It is a non-surgical body contouring device that dramatically reduces cellulite and in addition it will do skin tightening and reduce localised deposits of fat.

Normatec compression therapy: Normatec's compression therapy increases circulation and helps you maintain your full range of motion, leaving you fresh and limber. Normatec is like the best massage of your life. It's proven to help with lymphatic drainage and decrease pain and soreness.

IV Infusion therapy: For hydration, vitamins, minerals, and amino acids for full body rejuvenation. This strengthens the body's immune system and as well as various other health benefits.

So why should you choose our clinic Balance Aesthetics MediSpa where a medical doctor is your injector? The answer is that Royal Australasian College-certified medical doctors remain the safest and smartest choice for facial injections. The education, training, and experience that they receive make them uniquely qualified to inject Botox and to perform PRP procedures.

We all know that to be able to look good, we have to feel good, be healthy, energetic and with a strong immune system. At our clinic you can come and have several treatments simultaneously, for example, you could have a HydraFacial while being administered an IV Therapy infusion and get your legs massaged with Normatec Compression Therapy. Or you could have a combo of Lymphatic Drainage Therapy that helps remove toxic build up to reveal healthy looking skin and an IV Therapy to boost your immune system.

There are plenty of options to choose from. Refer a friend and you both receive a gift voucher for the next treatments.

Simona Adochiei is the Medical Practice Manager of Balance Aesthetics MediSpa. reception@balancemedispa.com.au.



Start the Year with Good Dental Care

Ian Sweeney

As another school year approaches, it is not only important to organise the school books and uniforms, it is just as important to start the year off with good dental health.

Routine helps to manage the start of the year and like everything else, establishing good dental habits now will help to set you up for a lifetime of good oral health.

It has long been recommended that twice daily brushing and flossing is the gold standard to maintain oral health. The earlier this becomes a habit for children, the more likely they are to maintain it. Even when you are 'running late' in the morning, it is imperative that children see you take the time to brush and floss. Setting a good dental example for your children is no different from anything else a parent teaches their children.

Try to make oral health fun. Brushing is more fun than ever these days, with

motorised toothbrushes, character toothbrushes and sparkling toothpaste. The more fun and enjoyment there is in a task, the more children are likely to want to do it.

A healthy lunchbox makes a world of difference. Many sugary, sticky and chewy foods will not only get caught in teeth but will also increase the risk of dental decay. Healthy snacks like small vegetables, fruits, nuts, cheese and yoghurt are not only good for your child, they also help to differentiate between everyday foods and 'sometimes' or 'party' foods. Once again, the younger a child learns to make good food choices, the healthier they will be in the long run.



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

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

Return regular dental care is a recommended health process. Try to avoid waiting for the last minute to book an examination with your dentist. Plan ahead and pick a time that will work for you and your child's activities. Dentistry today is focused on prevention and identifying small problems before they become a major problem.

Family friendly practices strive to give everyone a positive experience. In the past, poor experiences have produced generations of phobic dentists. Hopefully with today's gentle approach, the days of patients who are afraid are well and truly gone.

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

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What's in Water?

A contentious debate has been taking place over the past few years. This debate is centred around a key question: "Is tap water healthy?"

Many people are opting for bottled spring or mineral water or are using a water filter to purify their water. But is it worth it? Are there any risks to drinking our tap water?

In NSW, it is undoubtedly true that our tap water is of very high quality. NSW Health says "Most people in NSW receive good quality drinking water that is safe to drink. Although some variation in the quality of drinking water will occur because of the different sources of water used and different forms of treatment, drinking water that meets the Australian Drinking Water Guidelines is considered safe to drink."

The Public Health Act 2010 requires all drinking water suppliers to have a quality assurance program that complies with regulations, provide a copy of the quality assurance program to the local Public Health Unit, and keep records relating to managing the safety of its drinking water supply.

Supposedly then, the question becomes "What's the difference between tap water and bottled water?"

Well, according to most of the research, there is little to no difference between tap water and bottled spring water. However, there does appear to be a difference between these two and bottled mineral water.

If you have ever bought a bottle of *evian* water or a bottle of *San Pellegrino* water, you'll notice it says on the label, 'natural mineral water', or in the case of *San Pellegrino*, 'sparkling mineral water'.

The key difference between mineral water and spring water is that spring water contains the natural components from where it has been sourced, while mineral water contains dissolved minerals. Because of this, mineral water may contain traces of zinc, magnesium, calcium and other important minerals. This makes

The key difference between mineral water and spring water is that spring water contains the natural components from where it has been sourced, while mineral water contains dissolved minerals.



mineral water a fantastic option if you are looking to replenish those minerals.

The quality of spring water on the other hand, because it is natural and a reflection of where it has been sourced, is largely dependent on the location of its sourcing. If possible, opt for high quality spring water in glass bottles. Brands like *Mountain Valley Spring Water* and *Fiji* are quite consistently named among the best quality spring waters.

Above all, more important than bickering over which water to drink, is to just drink your water.

Magic of the *Sous Vide*

The *sous vide* (pronounced sue - veed) is a French word meaning 'under vacuum'.

Nowadays, the *sous vide* is a popular cooking method which revolves around low temperature, long time cooking. Like the slow cooker, it has the advantage of being able to cook things for up to 72 hours. This means you can put dinner in the *sous vide* in the morning and have it ready for you to eat when you get home at night.

The *sous vide* differs from a slow cooker in its use of a body of stable temperature water.

Food cooked in a *sous vide* is put in either plastic wrapping/pouch or a glass container and cooked in a warm bath of water.

Using a plastic bag retains the flavour that would usually be lost in the process of cooking something for shorter periods of time and under higher heat. The *sous vide* makes overcooking near impossible as the food cannot get hotter than the water it is in.

The temperature is usually around 55 °C to 60 °C for meat. Vegetables and plant matter are generally cooked at slightly higher temperatures.

The advantage of a *sous vide* is in its even cook ability. Because food is being cooked at such a slow rate, the outside and inside of the food are cooked at the same rate and the moisture of the food is retained. For this reason, people use a *sous vide* most commonly for larger

hunks of tougher or more 'gamey' meat. The end result is a juicy, succulent and soft meal.

However, despite the efficacy of the *sous vide*, it does lack a very important cooking feature - crust. Crusting or searing provides extra flavour to not just meat, but vegetables like corn and broccoli, and can only be done properly at high temperatures. It is for this reason that people will combine a *sous vide* cook with a quick sear on the grill to get the best of both worlds.



Meal Prep for Success

Hollie Jones

A warm and sunny welcome to the new year! I hope everyone is feeling the positivity a fresh start can bring and if you need a little inspiration, I'm here to help.

Beginning the year right can look different to all of us and making small positive changes can have a brilliant effect on how you feel each day.

There are five small ways you can effect change in your life to promote a strong body, clear mind and happy soul.

1. Good quality filtered and mineralised water. Multiply your body weight in kilos by 0.033 and you'll have the approximate amount of water you should aim to drink each day. Not only will this boost your mood, give you more energy and mental focus, banish constipation and help prevent headaches - if you're prone to kidney stones, drinking a good amount of water each day will help keep the stones away.

2. Whole foods is a no brainer. You are what you eat, right? If you've been following along, you'll remember my article on The Colourful Art of Nutrition and how eating all colours of the rainbow can be so beneficial. Eating a diet rich in grass fed proteins and organic or spray free fruit and veg will give you the energy you need for:

Frittata Muffins (6 serves)

N.B - perfect for any leftovers you need to use!

Ingredients

- 6 eggs
- 1 cup self raising flour (can be gluten free self raising)
- 1/4 cup oil
- 1 cup cheese
- 2 tbs vegeta
- 1 tbs paprika (optional)
- 1 tbs mixed herbs (optional)
- Any ingredients you like - the aim here is to have a big ingredient packed breakfast

Method

- Combine eggs, herbs and oil, then add flour and cheese and fold in till just combined.
- Scoop into greased or lined muffin trays then start generously pushing in your extras!
- Bake at 180 approx 40 mins or until skewer comes out clean and tops are golden.

3. Strength training! Daunting words? As little as 5 minutes a day will benefit you if you're consistent with it. Grab that can of beans and lift it above your head while watching tv in the evening. Can't do a push up? Stand against the wall and do vertical push ups. Or do a really simple exercise before bed - affectionately named the 'dead bug'. Lie flat on your back with your arms and legs in the air and your knees bent. Press the small of your back into the floor or bed and just hold there until you need to rest. Now, this may go against what others say, but I've found that for me to keep up consistent exercise, I can't dislike doing it. Push yourself sometimes, not always. Listen to your body.

4. Quality sleep - we've all heard the adage "an hour before midnight is worth two after". Aim to be in bed and asleep by 10pm.

5. Pleasure - this is a wide umbrella term and very unique to everyone reading this article, however it sings to the joyful you, the passionate you. Find things that bring you pleasure and do something each day, just for you. Can't think of anything just yet? Sit in the late afternoon sunshine.

Read on to find my favourite sweet and savoury breakfast recipes that you can prepare days ahead, leaving you energised and (meal) prepped for success!



Flavour combinations to try

- Bacon, feta, chilli, baby spinach.
- Pumpkin, basil + goats cheese.
- Zucchini, mint + 3 cheese (any cheeses you like).



Chia Pots (3 serves)

Ingredients

- 1 cup your favourite yoghurt
- 1/2 cup your choice of milk
- 3 tbs honey or maple syrup
- 1/2 cup chia seeds
- 2 cups coconut milk
- Your favourite muesli/nuts
- Your choice of fruits
- Toasted coconut
- 1 tbs vanilla bean paste
- 1/2 tsp allspice (optional)
- 1/4 tsp rosewater (optional)

Method

- In a bowl, combine coconut milk, your choice of milk, chia seeds, honey or maple and vanilla. Stir and let sit for 2 minutes, then stir again and pop in the fridge overnight.
- Stew apples and rhubarb in water, honey, allspice till thick and jammy. Stew raspberries in water, honey and rosewater till jammy. Stew blueberries in water, lemon juice and honey till jammy.
- In the morning, layer your chia pudding, yoghurt, homemade jam, fruits, muesli and nuts into individual pots or small tupperware.

Flavour combinations to try

- Apple, Rhubarb + Fig.
- Raspberry, coconut + dragon fruit.
- Blueberry, lemon + coconut.



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

Hostess with the Mostess

Hosting anything is hard work, stress and pressure. But if hosting is done right, it's a whole lot of satisfaction. Whether you're catching up with friends to soak up the sun or whether you're spending time with family sharing funny stories, French Rosé brand *Maison Mirabeau* has you covered.

With botanicals inspired by those found in the surrounding French Riviera, *Mirabeau's Dry Rosé Gin* redefines the normally sugary pink gin category with a dry, highly aromatic, style. The dryness of the gin matches the summery flavours of Australia.

Here are some ideal dish and cocktail pairings ideal for summer.



Entrée - Tomato and Burrata Salad with Lavender Dressing

Ingredients (serves 2)

- 2 balls of burrata.
- 450g mixed heritage tomatoes.
- 100g raspberries.
- Salt.
- Pepper.

For the lavender dressing

- 1 heaped tbsp honey.
- 3 tbsp olive oil.
- 1 plump garlic clove, peeled and finely chopped.
- 1/4 tsp dried lavender.
- 2 tsp red wine vinegar.

Method

1. Heat the olive oil, garlic, lavender, and honey in a small pan. Heat for 1 minute, then add the red wine vinegar. Set aside to cool down.
2. Slice or chop the tomatoes into bite-sized chunks. Arrange on a plate with the burrata alongside. Drizzle with the dressing and tear the raspberries over the top.

Serve this entrée dish with a Gin Elderflower and Rosemary Fizz cocktail.

Cocktail Ingredients (makes 2)

- 2 shots of *Mirabeau Dry Rosé Gin*.
- 1-2 shots of elderflower cordial.
- Topped up with *Mirabeau La Folie Sparkling Rosé*.
- 2 x sprigs of rosemary to serve.

Cocktail Method

Ensure that all the ingredients are as chilled as possible. Add elderflower cordial, followed by *Mirabeau Dry Gin*, topped up with *Mirabeau La Folie* and a sprig of rosemary.



Main – Crab and Tarragon Tagliatelle

Ingredients (serves 2)

- 200g tagliatelle.
- 3 tbsp olive oil, plus extra to drizzle.
- 2 shallots, finely chopped.
- 1 garlic clove, minced.
- Splash of rosé.
- 200g white crab meat.
- Large handful of tarragon, chopped with a few leaves reserved for garnishing.
- 1 tsp chilli flakes.
- Zest and juice of 1/2 lemon.

Method

1. Cook the tagliatelle according to the packet's instructions and drain, reserving a cup of the cooking water.
2. Heat the olive oil in a frying

pan and add the shallots, cooking gently for about 3 minutes until translucent, but not browned.

3. Add the chopped garlic and cook for a further 30 seconds before adding a splash of rosé. Let the alcohol sizzle away and then add the drained tagliatelle, along with a little of the pasta cooking water.
4. Remove from the heat and stir through the crab, chopped tarragon, chilli flakes, lemon zest and juice. Toss everything together, garnishing with a few extra tarragon leaves and a drizzle of olive oil.

A great cocktail to pair with this pasta dish is a Sun Cocktail.



Mimosa Syrup Ingredients (Serves 2)

- 4 cups mimosa blossom.
- 500ml water.
- Juice of a lemon.
- 500g sugar.
- For the cocktail
- 60ml *Mirabeau Dry Rosé Gin*.
- 60ml mimosa syrup.
- 20ml lemon juice
- Sparkling water.



Dessert – Pink Lady Apple and Salted Caramel Tiramisu in a Jar

Ingredients (4-6 servings)

For the salted caramel sauce

- 50g sugar.
- 3 tbsp water.
- 50g salted butter.
- 200g double cream.

For the tiramisu

- 50g sugar + 30g.
- 30g butter.
- 3 eggs (yolks and whites separated).
- 300g mascarpone.
- 3 Pink Lady apples.
- 12 to 15 shortbreads.

Method

1. Prepare the salted caramel sauce: heat sugar and water in a saucepan over medium heat (no stirring needed). When the mixture takes a nice amber colour, remove the saucepan from the heat. Add the salted butter in small pieces until melted, then the cream. Place back on the heat and bring to a boil for about 5 minutes, until homogeneous. Transfer into a bowl and keep aside to cool. It will thicken while cooling.
2. Peel and core the apples then dice them. Place in a pan with the butter and cook until golden. Add 30g sugar and cook until the apples are soft and caramelised



(about 15 minutes), stirring occasionally. You might need to add a couple of tbsp of water if the apple and caramel stick to the pan too much. Once cooked, leave to cool.

3. In a bowl, whisk together the egg yolks with the remaining sugar until the mixture whitens. Add the mascarpone and whisk until homogeneous. Beat the egg whites with a pinch of salt until stiff and incorporate them gently into the egg mixture.
4. Take 4 large clean jars (or 6 smaller ones) and place some crumbled shortbread at the bottom. Add 1 tbsp of salted caramel sauce, a layer of caramelised apples, and a layer of the mascarpone mixture, and repeat. Finish with some salted caramel

sauce on the top. Close the jars and leave them to rest in the fridge for at least two hours before serving.

Pair this dessert with a 'Three Botanicals' Gin Cocktail.

Cocktail Ingredients

- 50ml – *Mirabeau Rosé Gin*.
- 20ml – fresh lemon juice.
- 10ml – rose syrup.
- A hint of grenadine.
- 100ml – soda water.

A sprig of rosemary (gently bruised to release the aromas) mixed with a twist of lemon to oil the glass.

Cocktail Method

1. Take a long glass and moisten the rim with the fragrant rosemary and twist of lemon.

2. Shake the *Mirabeau Rosé Gin*, fresh lemon juice, rose syrup and grenadine together in an ice-filled shaker.
3. Strain into the ice-filled glass and top with soda water.
4. Garnish with the rosemary, lemon twist, and some sprigs of thyme.

Mirabeau Dry Rosé Gin is gluten-free, 100% naturally flavoured with no residual sugar, and made in France with carefully selected botanicals. It is available in Dan Murphy's and BWS Australia-wide.





Sydney Modern Project of AGNSW

Explore the spectacular new Sydney Modern Project of the Art Gallery of NSW, and enjoy their fascinating collections of works such as Dreamhome, Making Worlds and Outlaw. You could even venture into the Tank to see Adrián Villar Rojas' The End of Imagination.

There is a choice of new cafes with great views over Woolloomoo Bay, or you could revisit the cafe in the old building for morning tea or lunch. Meet at Marian Street Theatre car park, 2 Marian Street, Killara. Free parking all day. Please arrive 10 minutes before departure time.

When: Tuesday 21 February, 9:30am – 2:30pm.
Location: Marian Street Theatre car park, 2 Marian Street, Killara, 2071.
Cost: \$25.
Contact: Ku-ring-gai Council 9424 0000.



Heal Country Mural

'Heal Country' is a celebration and recognition of the oldest, most intricate, sophisticated, and connected society in the world. It is an acknowledgment to country, on which we meet, live, work, and play. The artwork is inspired by layers of local landscapes, foods, bush medicine and healing plants.

When: Every day, until Sunday 30 April.
Location: 107 Railway Parade, Erskineville NSW 2043, PACT Centre for Emerging Artists.
Cost: Free.
Contact: Charlotte Mackie Pawson, www.pact.net.au/our-mural.



Shankari Chandran - What it Means to be Australian

Shankari Chandran's twin careers, as a lawyer and an author, have given her a great deal of insight into what it means to belong in Australia. The divide between our ideals and the challenges that many people face is something that she has witnessed in her work and brought to life in her fiction.

One of Shankari Chandran's latest books is *Chai Time at Cinnamon Gardens*, a novel set in a Sydney nursing home. Exploring themes of family and memory, community and race, it is ultimately a love letter to storytelling and how our stories shape who we are.

When: Thursday 16 February, 6:30pm – 7:30pm.
Location: Gordon Library, 799 Pacific Hwy, Gordon, 2072.
Cost: Free.
Contact: Ku-ring-gai Library 02 9424 0120, libraryevents@krg.nsw.gov.au.

Sunset Sessions Pop-Up Bar

Join on The Coal Loader Platform, Sydney's largest public rooftop garden, on the second Sunday of each month, at the stunning waterside pop-up bar.

There will be locally brewed beer, organic wines, delicious food from the food truck, plus live acoustic music... and of course, the whole event series is sustainable! All abilities, kid and dog friendly. As this is a licensed bar, there is no BYO permitted under the NSW licensing laws.

For a picnic, there is also the picturesque grassy areas of the lower lawn, sandstone terrace and sections of The Platform (outside of the licensed area) are available as usual for BYO, low-waste picnics on these days. Please note that drinks purchased within the bar area (clearly defined and signed on the day) cannot by law be taken outside of that area.

When: Second Sunday of each month, 2pm – 8pm.
Location: Coal Loader Platform, 2 Balls Head Drive, Waverton, New South Wales 2060.
Cost: Free.
Contact: www.facebook.com/CoalLoader.

High Tea at Shangri-La Hotel

Join for high tea on Level 36 of the Shangri-La Hotel in the Rocks, with dazzling views of Sydney Harbour, the Opera House and the Harbour Bridge. Meet at Marian Street Theatre car park, 2 Marian Street, Killara. Free parking all day. Please arrive 10 minutes before departure time.

When: Thursday 23 February 2023, 11am – 3pm.
Location: Marian Street Theatre car park, 2 Marian Street, Killara, 2071.
Cost: \$90.
Contact: Ku-ring-gai Council 9424 0000.



Men's moveMENT

Do you want support to be active and healthy? Hear from other men who have made physical activity part of their lives. Find out about local groups which support men to be healthy and connected. All those aged 60 years plus and wanting support to be active and healthy are welcome. 'Men' will be their focus, so come along guys. Ladies, bring your husbands, brothers and mates along!

When: Monday 13 February, 9am - 10am.
Location: Turrumurra Uniting Church, 10 Turrumurra Avenue, Turrumurra, 2074.
Cost: Free.
Contact: Michele Wythes 02 8797 7315, Michele.Wythes@health.nsw.gov.au.



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The Only Cold One You Need

Jay Houhlias

The great Wim Hof, The Iceman, came to me in a dream and said, "Hey man, have you been getting into the cold?" I replied, "No Wim, no I have not." Wim shook his head, "Well not to worry, have you heard that *Slow House* in Bondi offers a Fire & Ice treatment including a 45-minute infrared sauna and ice bath, as well as an Omnilux red light therapy session at the Remedi Room?" I shook my head, "I didn't know that Wim." "Hey man," he said, "you have got to check it out, so many health benefits. Good for your skin, very anti-inflammatory, good for muscle recovery, good for sleep and mood..."

Then Wim Hof, still listing all the benefits, slowly faded out as my eyes opened and I awoke. I knew exactly what I had to do.

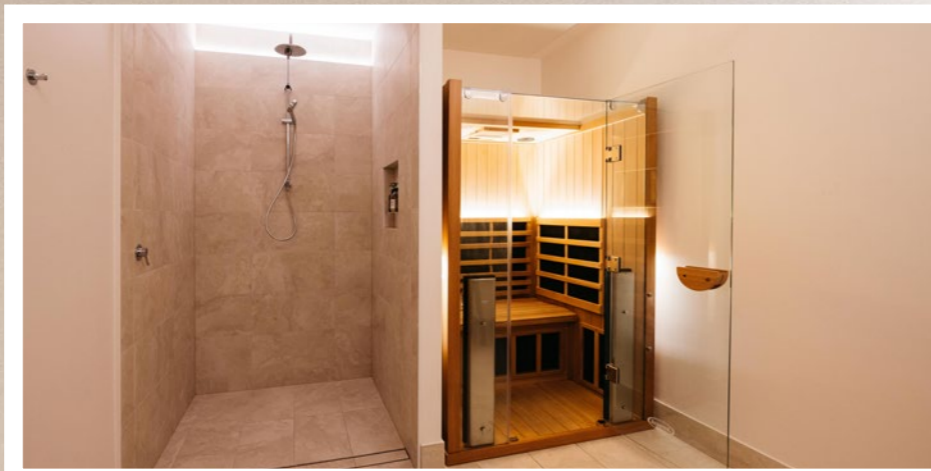
This month, Jay's Adventures sees yours truly take on polar opposite extremities; infrared heat and ice cold water (although I must admit, sitting in my very comfortable large sauna and sleek modern ice bath didn't feel like much of an extremity).

Slow House in Bondi is reminiscent of an ancient Roman bath house with minimalist interior, white walls, and clean marble all the way through. I arrived eager and excited. All the staff were beautiful, exuberant, healthy souls, and this is no doubt testament to the efficacy of *Slow House's* methods.

I began with my ice bath. The staff encouraged me to take it slow and be gentle on myself. I had no such desires because I am, I like to tell myself, an absolute machine when it comes to these things.

I submerged and tried to focus on breathing through my nose. The cold water is an odd feeling. It is as though you think you can't bear it anymore, and you'll just quit and jump out. But then when you don't quit, you realise that you're still sitting there, bearing it anyway. The uncomfortableness from the cold is ok because you're already present and experiencing it. Anxieties about quitting are only you fearing for future moments of uncomfortableness and not necessarily the uncomfortableness you're feeling right then and there.

Moving on from profound and philosophical tangents, the infrared sauna was calling my name. My skin from the ice bath was red and alive, and I couldn't help but feel giddy. The sauna was relaxing yet still forced me to pay attention, as though my body was flourishing and adapting to the constant changes in stimulus. I listened to some music and just like that, the session was done.



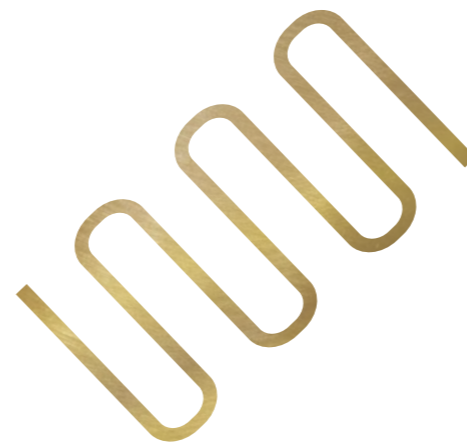
I then hopped back into the ice bath for round two (I'm a machine, I know). I lasted about seven minutes, and when I got out, I had that same feeling of aliveness. This feeling carried over for the rest of the day.

I then sat down for my Omnilux red light therapy session which is in the Remedi Room (in the same venue as *Slow House* but requires a separate booking - www.remediroom.com/pages/contact). The Omnilux has a 'rejuvenating and anti-inflammatory effect on the skin, increasing cellular energy which in turn "kick starts" cellular renewal.' It is shown to increase collagen and stimulate blood circulation to eliminate toxins, accelerate healing, and calm the skin. I very seldom pamper myself like this, so it was a real treat. I lay face up with goggles on as the light shone down on me. It felt like falling asleep at the beach. One of the staff members, Isabella,

knew that customers tend to get cold after a sauna. She lay a blanket over me while the procedure took place. It was a lovely gesture. I can't recall the last time I was tucked in.

Slow House is all about slowing down, becoming present and being mindful. I was certainly in touch with those things during my session, however, I found *Slow House* had the complete opposite effect when I left. I was euphoric, bouncing around and ready to take on the world. If this sounds like something you want to feel, prioritise your health and book yourself in.

I for one, will be in there every chance I get. Because as revelatory as it was, I do not want to risk having another intervention style dream with Wim Hof telling me to get my health in check. For more information and to book, visit www.slowhouse.com.au.



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