

# Sydney Observer

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IN PRINT SINCE 1996

**2023 Election**

**International  
Women's Day**

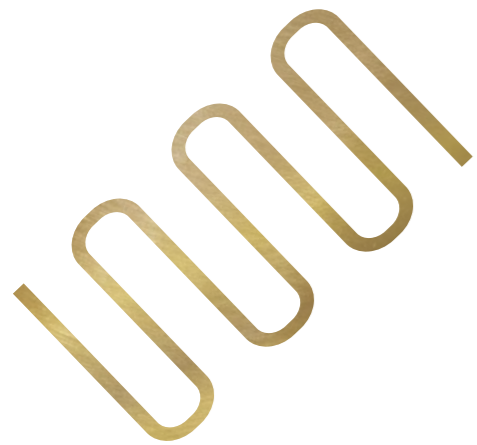
**Gaming and  
your Children**

**Are Promises  
Enforceable After  
Death?**

Singer Songwriter Extraordinaire

**DEAN LEWIS**





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### From the Editor

Hello and welcome to all! I hope everyone has kicked off their year in splendid style and is continuing this into the months ahead. We are a quarter of the way into the year, and that means you should probably stop referring to the present as the 'new year', or saying phrases like 'the year has just begun'. That's old news now. Gee time flies.

For our March issue, we've got music. *Sydney Observer* spoke with Dean Lewis for this month's profile. Dean is an Aussie singer songwriter taking the popular music world by storm with his lyrical vulnerability and catchy melodies. His sold out Australian tours are testament to his audience's desire for an honest, complex and profound sound.

We have an election special with all you need to know about parties and voting, and we celebrate women with an International Women's Day segment.

Our monthly contributors keep us up to date and knowledgeable on allergies, kindness, old trams and Gordon in pictures.

Be well and enjoy our March issue.

*Jay Houhlias*

**PUBLISHED BY:** Kamdha Pty. Ltd  
**EDITOR:** Jay Houhlias (editor@kamdha.com)  
**MEDIA RELEASES:** news@kamdha.com  
**CONTRIBUTORS:** Hollie Jones, Dr Ian Sweeney, Ku-ring-gai Historical Society, Margaret Simpson, Rejimon PUNCHAYIL, Simona Adochiei, Dr Sue Ferguson, Wal Abramowicz.  
**DESIGNER:** Frederico S. M. de Carvalho  
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#### Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
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Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turrumurra	Willoughby



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## What Aussies Look for in Long-term Relationships

New research commissioned by eharmony has provided some insight into attitudes towards marriage and long-term relationships.

More than half (55%) of men and women believe the most appropriate age for marriage is between 25 and 29 years old. Almost two-thirds (62%) of people think one to four years of dating is appropriate before a couple ties the knot. Nearly half (43%) of singles don't want to get married, while 28% are unsure. That leaves just 29% of singles keen to tie the knot.

Factors like being honest (82%), trustworthy (79%) and respectful (74%) came out on top for the most important aspects of relationships.

Psychologist from eharmony Sharon Draper states, "When you consider the 21 factors on the list, being supportive at 73%, having similar values at 65% and being willing to compromise at 63% also rated highly. It's a clear indication that people realise attributes like sexual compatibility (53%) and attractiveness (35%) might spark an initial attraction but may not guarantee rapport in a decades-long relationship."

## Climate Cycles and Our Coasts

Researchers from UNSW Sydney have analysed millions of satellite photos to observe changes in beaches across the Pacific Ocean. The findings reveal for the first time how coastlines respond to different phases of the El-Niño-Southern Oscillation (ENSO) cycle.

ENSO is a natural climate phenomenon that causes variations in sea surface temperatures over the Pacific Ocean. The warming phase, known as El Niño, and the cooling phase, known as La Niña, affect weather patterns across different coastlines depending on the cycle.

During these periods, coastal erosion can also intensify, shifting sand away from beaches and threatening beachfront homes and habitats. But scientists haven't been able to study this broadly using conventional coastal monitoring techniques, which have been limited to on-ground observations on just a few beaches.

Further information can be found at [www.nature.com/articles/s41561-022-01117-8](http://www.nature.com/articles/s41561-022-01117-8).



UNSW Water Research Laboratory



## Net Zero

Researchers from UNSW Sydney have developed a national reference guide to help Australia hit its net zero targets. The free online resource provides a pathway to achieving 'whole of life' net zero carbon for Australian buildings by 2040.

'Race to Net Zero Carbon: A Climate Emergency Guide for New and Existing Buildings in Australia' is a 40-page guide which details critical information about materials and construction practices to help architects, engineers and planners transform the building industry towards net zero carbon buildings.

The guide can be found at [www.unsw.edu.au/arts-design-architecture](http://www.unsw.edu.au/arts-design-architecture).

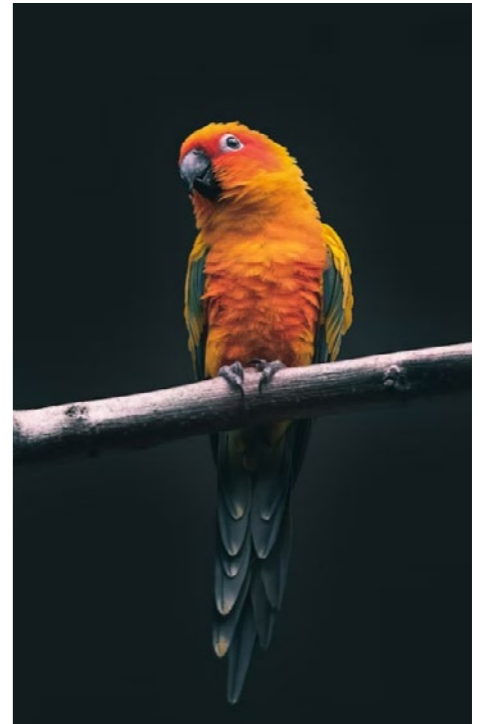


## \$8.5 million for Mental Health

NSW Mental Health Commissioner Ms Catherine Lourey has welcomed the recent announcement that the Commonwealth Government will commit \$8.5 million to support lived experience as a pillar of future service and policy development and direction.

The announcement, made by Federal Health Minister Mark Butler, committed \$7.5 million to help establish two peak national lived experience bodies, one for consumers and another for carers and families. A further \$1 million was allocated for research and stakeholder communications.

This, Ms Lourey said, was a major step forward for the mental health sector in Australia and something for which many have advocated tirelessly during the past decade. "We at the Mental Health Commission of NSW have long believed that the people with lived experience of mental health issues are those best placed to develop effective policy and future direction."



## \$40.6 Million funding for Animal Justice

The NSW Government has committed millions to an animal protection fund following years of relentless campaigning by the Animal Justice Party.

Funding will include \$26 million to uphold animal cruelty laws, which up until now have relied almost entirely on fundraising from the public. The record-breaking fund is the largest animal protection law enforcement fund of its kind in Australia.

For over four years, the Animal Justice Party has been calling on the Government for increased funding to better protect animals, with several Parliamentary inquiries calling for the Government to fully fund animal cruelty enforcement laws. Until now, animal protection laws were the only criminal laws not fully-funded by the Government to be enforced.

## Lights Out for Antibiotic-Resistant Superbugs

A new light therapy has been developed by the University of South Australia. The new therapy can eliminate antibiotic-resistant superbugs golden staph and pseudomonas aeruginosa by 500,000-fold and 100,000-fold respectively.

Golden staph and pseudomonas aeruginosa are among the most deadly superbugs in the world. Globally, about 1.27 million people die as a result of antibiotic-resistant bacteria.

Lead researcher, UniSA's Dr Muhammed Awad, explains, "Our photodynamic technology works differently, harnessing the energy of light to generate highly reactive oxygen molecules that eradicate microbial cells and kill deadly bacteria, without harming human cells."



## The Northern Sydney & Central Coast Retirement Village & Resort Expo

**Sunday 26 & Monday 27 March 2023 | 10am-3pm daily**  
**Hornsby RSL Club, 4 High St Hornsby | FREE ADMISSION**

On display will be the latest resort style developments as well as established villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof. This is a wonderful opportunity to ask questions and gather information.

[www.retirementexpo.com.au](http://www.retirementexpo.com.au)

Don't miss this life changing event!





## It Starts with Art

It is Blue Apple's belief that art is for everyone; for people of all ages, abilities, backgrounds and skill levels. Joy is often found in the experiences they have and the connections they make through shared moments – especially when creating art!

Blue Apple Art Studios is a part of Unisson Disability, an organisation supporting people with disability. Blue Apple was created to bring to life opportunities for artists from the broader community to express themselves through art and learn new creative skills. Their classes are small and individualised, so you will have the best opportunity to create something unique with their trained arts professionals.

Their collaborative space is in a tranquil bush setting. This light filled, modern art space is a place for people of all abilities, ages, and experience to use the space to explore their inner creativity. They specialise in a collection of mediums, with their art facilitators teaching a diverse range of skills including ceramics, paper making, painting, & drawing.

All their artists live with disability and have diverse creative skills. Some of



Brett Ferguson acrylic on canvas painting.

their artists are new to Blue Apple Art Studios, whilst many have been coming for years and have developed their artmaking over this time.

'It starts with Art' is Blue Apple's first solo art exhibition in 5 years, as well as the first since they relocated to their large art studio space in Terrey Hills.

The art mediums showcased range from acrylic and watercolour paintings to ceramic sculptures, paper making and print making. There is also a large ceramics installation that pays homage to Unissons upcoming 100<sup>th</sup> birthday, that will be celebrated next year.



Rebecca Dixon acrylic on canvas painting.

The Grace Cossington Smith Gallery will be showcasing the exhibition. 'It Starts with Art' will run from 6 to 29 April 2023.

To enquire about Blue Apple or to book, call 1300 266 222, visit their website at <http://unissondisability.org.au>, or email [hello@unisson.org.au](mailto:hello@unisson.org.au).

# Are Promises Enforceable After Death?

Wal Abramowicz

In a Supreme Court case decided in November 2022 of *Horn v GA&RG Horn Pty Ltd*, a son made a claim against his father's estate to enforce a promise that his father had made before he died.

The son ("Michael") was told by his father that if he farmed and improved the properties that were owned by a company controlled by the father, that the father would leave Michael the shares in that company so he would then, in fact, become the owner of the properties.

The father made various wills leaving the shares to Michael but five days before he died the father changed his will and left the shares to his wife.

The father had previously told Michael that if he came onto the property and farmed the property at his own expense, that he would, in his will, leave the shares in the company to Michael when he died, giving Michael indirect access and use to

the properties. Further, if Michael came onto the properties, he could do what he wished with the properties. Also, the father approved Michael building a house on the property.

Michael's reliance on that promise was to his and his wife's detriment. The Court found that it would have been unconscionable for the father to renege on his promises and, as a result, the Court ordered that the surviving wife held the company shares (that owned the property) on trust for Michael.

In another case called *Vukic*, the plaintiff was the daughter of the deceased, her father. The deceased told the plaintiff that if she lived in the deceased's house at Lane Cove, paid the rates and maintenance, that he would leave her three-quarters of the house. In reliance on those representations, the daughter lived in the house, paid the outgoings and did not pursue the opportunity of finding a house for herself in Sydney. She also spent money and labour on improving the house. The father died leaving a will which gave the

plaintiff a one-sixth share as opposed to three-quarters' interest in the property.

The Supreme Court judge, in finding for the daughter, said:

"Equity comes to the relief of the plaintiff who has acted to his or her detriment on the basis of a fundamental assumption in the adopting of which the defendant has played such a part that it would be unfair or unjust if he or she were left free to ignore it, on the footing that it would be unconscionable for the defendant to deny the assumption".

The daughter was successful in obtaining her three-quarter share.

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Level 2, 828 Pacific Highway Gordon NSW 2072\*

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





bicyclenetwork.com.au

## Ride2School Day in Ku-ring-gai

Ku-ring-gai's primary schools are being offered free boxes of fruit in return for encouraging students to ride to school on Friday 24 March. Seems like a good deal to us!

Primary schools interested in participating must register their interest with Ku-ring-gai Council by Friday 3 March. Schools are encouraged to register their participation at [www.bicyclenetwork.com.au](http://www.bicyclenetwork.com.au).

National Ride2School Day is an annual event aimed at getting primary and high school students out of cars and using alternative ways to travel to and from school.

The fruit is being offered through the Council's Smart Schools and road safety programs. Mayor Jeff Pettett believes, "This is a way of strengthening the message to kids that healthy eating and being active go hand in hand."

More than 350,000 students across Australia are expected to join in this year's Ride2School Day.

Registrations to receive the free fruit can be made at [www.krg.nsw.gov.au/ride2school](http://www.krg.nsw.gov.au/ride2school).

## Final Connection to Sydney Metro Line

In one of the last major parts of the project, the final tracks have been laid connecting the new Sydney Metro City and Southwest line with the existing North West line at Chatswood.

15.5-kilometre twin tunnels between Chatswood and Sydenham."

Over 200 workers worked around the clock over one weekend to make the final connection.

The new City and Southwest metro line is set to revolutionise the city's public transport network.

Member for Willoughby Tim James explained the logistics of the operations. "The Northern Connection is a 200-metre section of rail corridor connecting the northern suburbs to the Southwest."

"Once open in 2024, a trip from Crows Nest to Martin Place in the heart of the CBD will take a mere 7 minutes."

"This major connection was constructed over two years with workers installing tracks and operational services in the

From 2024, passengers will be able to travel from Tallawong into the city in under 50 minutes, Castle Hill to Barangaroo in 33 minutes, and Chatswood to Martin Place in 11 minutes.

A rigorous testing and commissioning program will begin later this year. New



mp.nsw.gov.au/roads

## Urgent Repairs for Willoughby's Roads

The Willoughby electorate will receive almost \$4 million in funding for urgent repairs to roads damaged by heavy rain. Willoughby City Council will receive \$2.3 million and North Sydney Council \$1.6 million.

The funding is shared between the thirty-five state councils based on the proportion of overall roads managed within Metropolitan areas in NSW.

Member for Willoughby Tim James said, "Three years of high rainfall has caused a large amount of damage to our roads... This funding will enable Council to urgently repair our roads, delivering immediate benefits to local motorists through safer and more reliable journeys."

The community can report potholes online at <https://roads-waterways.transport.nsw.gov.au/contact-us/feedback-form.html>.



stations at Crows Nest, Victoria Cross, Barangaroo, Martin Place, Pitt Street and Waterloo, along with new underground platforms at Central Station will open next year.

## Gordon Library Up Late

Library Up Late is Gordon's gift to its library goers. The program will kick off every Thursday between now and April. It will host a series of interesting and challenging author talks.

Professor Raina MacIntyre is well known for her views on COVID and on Thursday 16 March discusses her new book *Dark Winter*, a guide to natural and manmade pandemics. She reveals what she believes is a recurrent theme of denial, silence and cover-up around unnatural epidemics and the powerful vested interests at play.

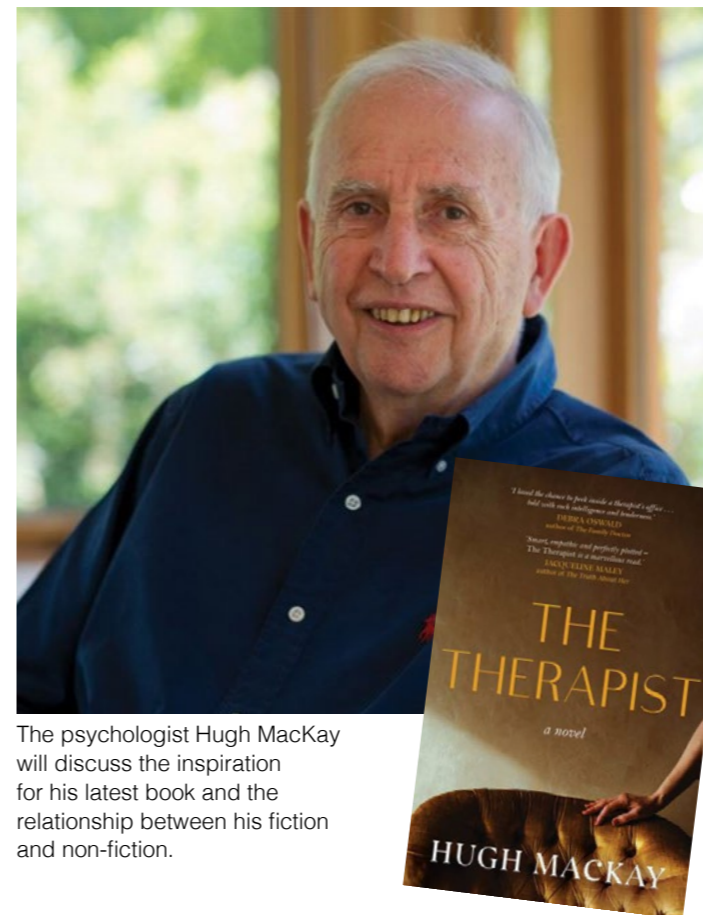
Social commentator Hugh MacKay is a psychologist and bestselling author who has written over 22 fiction and non-fiction books. He will discuss the inspiration for his latest book *The Therapist*, and the relationship between his fiction and non-fiction.

Other author talks in the Library Up Late series include a panel discussion between three of Australia's most exciting new crime writers Hayley Scrivenor, Benjamin Stephenson and Fiona Kelly McGregor, and science writer Ivy Shih on scientific communication and pushing back against misinformation.

For full details and to book your place go to [krg.nsw.gov.au/libraryuplate](http://krg.nsw.gov.au/libraryuplate).

Spaces are limited for each free author talk and bookings are essential.

Gordon Library is open until 8pm Monday to Thursday, with the talks happening between 6.30pm and 7.30pm on Thursdays.



The psychologist Hugh MacKay will discuss the inspiration for his latest book and the relationship between his fiction and non-fiction.



### Stage One Now Selling

Palm Lake Resort Pelican Waters has placed special emphasis on creating the most opulent and considered community facilities ever seen in an over-50s lifestyle community. Nestled right alongside the award-winning Greg Norman-designed Pelican Waters Golf Course on a swathe of stunning waterways behind the Sunshine Coast's finest beaches, this is your time.

### For Expressions of Interest

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[palm.lakeresort.com.au](http://palm.lakeresort.com.au)

THE BEST IN OVER-50s LIVING.  
THIS IS YOUR TIME.





# New Wisemans Ferry Boat Ramp

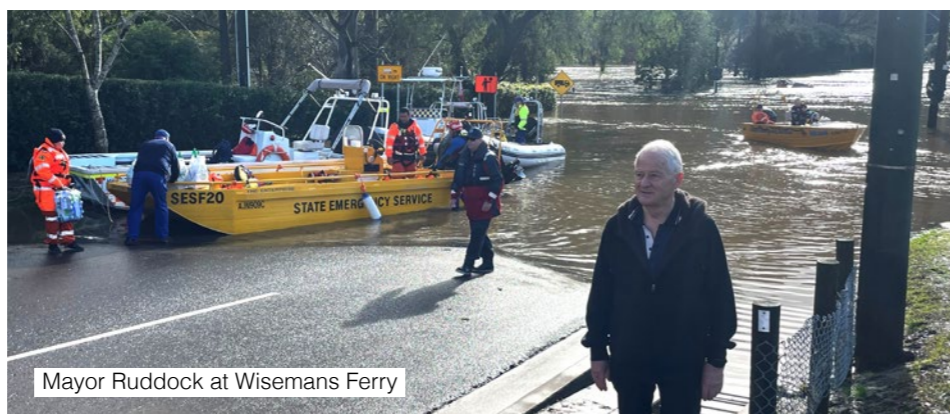
Due to the two devastating major floods events in 2022, a new three-lane boat ramp at Wisemans Ferry has been launched.

This will breathe new life into the recreational facilities of the picturesque Hawkesbury River community.

Hornsby Shire Mayor Philip Ruddock said the extreme weather events of 2022 were unprecedented. They resulted in significant damage to roads across Hornsby Shire. He is pictured at Wisemans Ferry in the aftermath of the extreme weather.

The new project-managed by Hornsby Shire Council and co-funded by The Hills Shire Council and the NSW Government, will include a new boat ramp and pontoon, a new car park with 163 bays for vehicles and boat trailers and 29 bays for single vehicles, and a new amenities block.

Philip Ruddock said, "We're very excited to launch this highly-anticipated new state of the art facility at Wisemans Ferry. We thank The Hills Shire Council and the NSW Government for their support in



Mayor Ruddock at Wisemans Ferry

this important project which will provide safe and easy access to the water and an improved experience for all. We hope that the new facilities become a symbol of hope and renewal for the people of Wisemans Ferry who have endured so much over the past few years."

Mayor of The Hills Shire Council, Dr Peter Gangemi is also excited at the prospect of more tourism to the area.

"We are proud to have delivered this boat ramp and parking area in partnership with the NSW Government and Hornsby Shire Council."

"It will complement private ramps located upstream from the ferry cables and will relieve pressure on other ramps located downstream."

The new facilities are now ready for a wonderful year ahead. Hornsby Shire Council also secured funding from the NSW Government to construct a new playground, which is now open, as well as a walking trail and village green which will be built in 2023.

For information about the new facilities at Wisemans Ferry visit [www.hornsby.nsw.gov.au/wisemans-ferry](http://www.hornsby.nsw.gov.au/wisemans-ferry).



## New Cricket Centre in Waitara

A new \$3.5 million indoor cricket centre at Mark Taylor Oval, Waitara was opened in early February by Mark Taylor AO. The first of its kind in the region, the indoor centre will be used by men and women's cricket teams for all weather training and specialist coaching. It also supports use by all abilities, providing opportunities for people with disability to participate in sport.

The centre is the second stage of a major upgrade of the oval to improve sports and community facilities. The upgraded sporting facilities included the reconstruction of the oval playing surface and upgrades to the pavilion.

In addition, Cricket NSW and Cricket Australia contributed \$200,000 to the indoor centre and Council contributed funds towards the oval upgrade to increase its capacity for use by the wider community.

# Gordon in Pictures

Ralph Davis

Did you know that Ku-ring-gai's first picture theatres were in Gordon? In fact, there were three! Even though it was said at the time that picture shows "constitute a serious menace to the morality of the community", Gordon's first film screenings took place in 1910 on land diagonally opposite St John's Church, where Gordon Road (now Pacific Highway) met Fox Street (now St Johns Avenue). Operated by an entrepreneur showman, this open-air facility had a wooden floor with seating for about 200. Occasionally this would be insufficient, so the greengrocer in the adjoining premises would hire fruit cases to standing patrons.

In 1919, a large tin weatherboard and fibro building, pretentiously named *Empire Pictures*, was erected east of the railway line on over an acre of land in John Street (now Werona Avenue) adjacent to the northern boundary of Gordon Park. Its interior was primitive: a dirt and bitumen floor sloped down to the front where a small orchestra was separated from the audience by picket-like fencing. The seats were no more than benches.

The theatre ran until 1923 when it was demolished by Gordon Theatres Limited and a new building erected on the same site. Known as the Gordon Theatre, it was hailed as "the most up-to-date theatre in the Northern Suburbs, with row after row of soft padded seats concentrically arranged to give the gallery an amphitheatre effect"; a welcome improvement on those provided in the old Empire whose seats were so rugged they were acquired by Council during the demolition and placed in parks and reserves. The Hon. TR Bavin MLA led the proceedings on opening night, 24 April 1924, exhorting the proprietors "to keep the Gordon picture screen clean and helpful [and] not to forget home life."

Advertisements for Gordon Theatre promoted its program of screenings on Saturdays, Mondays and Wednesdays, with matinees on Saturdays and holidays. There was a first-class orchestra, and live entertainment was also featured.

Unfortunately, the theatre was not a commercial success and in December 1928 was sold for £4,400. The new owner, Percival Garling, together with a colleague from the Lane Cove Theatre, took Gordon into the talkie era by equipping its Simplex projectors with RCA Photophone sound heads and acquiring a Christie organ.

The local press enthused that "the natural reproduction of music and of the human voice by the RCA Photophone has led patrons to declare that the installation in this theatre is superior to many leading city theatres."

The theatre presented many well-known films, musical programs and guest organ recitals, until the Depression began to take hold. In 1935, it became the fourth theatre operated under the umbrella of the Kings name and a 10-year lease entered between Garling and management entity Norline Theatres Pty Limited. Some art deco style remodelling was done to the interior and cosmetic alterations to the exterior, "bringing an atmosphere of intimacy and congenial comfort" to suburban audiences. A term of the lease required a weekly performance on the organ of at least 25 minutes. Saturday evening at Gordon Kings was a significant local event.

In 1948 Garling sold the theatre outright to Norline Theatres for £12,000 and significant upgrades were made, including the projectors, lighting and gas heating. The theatre attracted good attendances through the late 1940s and early 1950s, the nearest competition being at Hornsby.



Kings Theatre c1962.



Empire Pictures.

Despite good takings, little had been spent on the theatre's upkeep for two decades, and in 1955, Ku-ring-gai Council served a notice under the Public Health Act, citing that the theatre was damp and in a state of disrepair. Remedial work was ordered, and amid mounting costs the theatre was sold in 1956 to Milverton Pacey for £15,000.

His most significant changes were the installation of motorised curtains and CinemaScope, for which a new screen was installed, covering the one-time orchestra pit and the now-silent Christie organ.

Inevitably, as the first wave of invading TV receivers shut down suburban cinemas all over Sydney, the profit proved insufficient to justify the continued use of the site for a theatre. The end came quickly and the final screening was on Saturday 12 October 1963.

The building was soon demolished and a block of units replaced the last of the entertainment halls which had occupied the site from the early days of the picture show men.

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Information sourced from an article by John Lanser featured in *Ku-ring-gai Historical Society's journal The Historian*, Vol 36.1, 2007.

The *Ku-ring-gai Historical Society's* activities can be found on its website, [www.khs.org.au](http://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.



## Try Turramurra Festival

Late summer happenings in Turramurra with a day of fun, food and drinks, stalls, workshops and lots of music.

Bring your picnic rug and relax with friends and family. Walk the Turramurra art trail from Pacific Highway down to the station down to Cameron Park.

**Saturday 18 March 12pm - 6pm**  
**Cameron Park Turramurra**  
5 Eastern Rd, Turramurra

Full details at [krg.nsw.gov.au/tryturramurra](http://krg.nsw.gov.au/tryturramurra)





# 2023 State Election

A state election must be held in New South Wales on the fourth Saturday in March every four years. This year, it will fall on 25 March.

During a state election, voters must elect representatives to all 93 seats in the Legislative Assembly (a 'general' election) and half the 42 seats in the Legislative Council (a 'periodic' election). State elections are conducted by the NSW Electoral Commissioner.

Here is all you need to know for this year's state election (all information is sourced from NSW Electoral Commission).

## ISSUING THE WRITS

An election officially begins with the issue of the writs. The Governor of New South Wales issues writs directing the NSW Electoral Commissioner to conduct an election. The writs contain the following information; the date of the writ, the contents of the writ, the nomination day, the election day, and the return day.

The Electoral Commissioner must give public notice of the information contained in the writs.

## WRITS FOR THE LEGISLATIVE ASSEMBLY

In the Legislative Assembly, one member represents a single electoral district for a term of four years. A writ directing the election of that member is issued for each electoral district in New South Wales. There are currently 93 electoral districts in the State.

Writs for a general election of members of the Legislative Assembly must be issued within four days from the publication of the proclamation dissolving the Legislative Assembly in the Government Gazette, or the date of the expiration of the Legislative Assembly (ie on the completion of a four-year term).

## WRITS FOR THE LEGISLATIVE COUNCIL

Members of the Legislative Council represent the state as a whole, so a single writ is issued for a Legislative Council election. The writ for a periodic Legislative Council election cannot be issued until after the issue of the writs for the Legislative Assembly. Both elections must be on the same day.

## VOTING SYSTEMS

Voters elect members of the Legislative Assembly for four-year terms using an optional preferential voting system. You must write the number '1' in the square next to the candidate of your choice. You can show more choices if you want, starting with the number '2'.

Members of the Legislative Council are elected for eight-year terms using a proportional representation voting system. This system allocates seats in proportion to the votes cast once a certain quota has been reached.

You can read more about how to complete your ballot papers during a State election.

## Current Candidates for Our North Shore

- |                         |                              |
|-------------------------|------------------------------|
| <b>NORTH SHORE</b>      | • Van Huynh (IND)            |
| • Felicity Wilson (LIB) | <b>HORNSBY</b>               |
| • Godfrey Santer (LAB)  | • Matt Kean (LIB)            |
| • Helen Conway (IND)    | • Benjamin Caswell (IND)     |
| <b>DAVIDSON</b>         | <b>LANE COVE</b>             |
| • Janine Kitson (IND)   | • Anthony John Roberts (LIB) |
| • Matt Cross (LIB)      | • Penelope Pedersen (LAB)    |
| • Karyn Edelstein (LAB) | <b>WAHROONGA</b>             |
| <b>WILLOUGHBY</b>       | • Alister Henskens (LIB)     |
| • Tim James (LIB)       | • Tim Dashwood (GRN)         |
| • Sarah Griffin (LAB)   |                              |
| • Andrew Assaee (IND)   |                              |
| • Larissa Penn (IND)    |                              |

## RETURN OF THE WRITS

The NSW Electoral Commissioner must return the writs to the Governor within 60 days of their date of issue, unless the Governor directs a later date. This is done by publishing a notice in the Government Gazette.

The NSW Electoral Commissioner is required to certify the name of the elected candidate for each Legislative Assembly district, and the names of the elected candidates for the Legislative Council, on the writs before returning them.

The return of the writs marks the official end of the election.

## BY-ELECTIONS

A by-election is an election in a single electoral district and can take place outside the normal four-year cycle.

By-elections are held when a vacancy arises in the Legislative Assembly, for

example when a member resigns or dies in office. They are conducted in the same way as a general election, although the Speaker of the Legislative Assembly will issue writs to the NSW Electoral Commissioner rather than the Governor of New South Wales.

## HOW TO CAST YOUR VOTE

At state elections, voters can elect members of the Legislative Assembly (the lower house of the NSW Parliament) and the Legislative Council (the upper house of the NSW Parliament).

When you vote in person at a voting centre at a state election, you will be given two ballot papers: a large one for the Legislative Council and a small one for the Legislative Assembly. At a state by-election, you will only be given one small ballot paper for the Legislative Assembly.

A Youtube video explaining how to fill out your ballot papers in the 2023 NSW State election is found here <https://youtu.be/6UZbcMGjA6Y>.

## LEGISLATIVE ASSEMBLY BALLOT PAPERS

The NSW Legislative Assembly has 93 members. Each member represents one electoral district for a four-year term. Elections are held every four years using an optional preferential voting system. Each electoral district has a unique ballot paper, and you may only vote for the candidates running in your electoral district.

Before the election, the election manager for each district conducts a draw to determine the order in which candidates are listed on the ballot paper. Candidates names are pulled out of a ballot box at random; the ballot paper is printed with the name of every candidate in your district and their political party affiliation or the word "Independent" in the order in which they were drawn.

To vote, you must put a number 1 in the square next to the candidate you want to elect. If you want, you can show more choices by putting a number 2 next to your second choice, then a number 3 next to your third choice and so on. It is up to you how many choices you show after your first preference.

## LEGISLATIVE COUNCIL BALLOT PAPERS

The NSW Legislative Council has 42 members. Each member represents the whole state in Parliament for an eight-year term. Elections are held every four years using a proportional representation voting system; voters elect half the Legislative

Council at one election, and the other half at the next.

The names of the candidates are shown on the ballot paper. If they are endorsed by a registered political party, the name of that party is also shown. If they are not endorsed by a registered political party or members of a group, they can choose to have 'Independent' printed next to their name in certain circumstances.

A 'candidate group' refers to at least two candidates who are listed collectively on a ballot paper as a group. This includes registered political parties and groups of candidates who have formed to run collectively. Groups may have a voting square above the line, allowing voters to vote for the entire group above the line.

## GROUPS

The Legislative Council ballot paper has a thick line running across it, with group voting squares above the line and columns of candidate voting squares below it. The squares above the line allow voters to vote for all candidates listed in that group. The squares below the line list the candidates for each

group individually in columns and also ungrouped candidates.

Before the election, the NSW Electoral Commissioner conducts a draw to determine the order in which groups and ungrouped candidates are listed on the ballot paper. Groups and the ungrouped candidates are pulled out of the draw at random; they appear on the ballot paper in the order they are drawn.

Below the line, the group candidates are listed in columns directly beneath their group voting square above the line. The group can choose the order they list their candidates below the line.

## UNGROUPED CANDIDATES

Candidates not included in a group are shown in a column or columns on the right-hand side of the ballot paper, and these are referred to as 'ungrouped' candidates.

## VOTING ABOVE OR BELOW THE LINE

When completing your ballot paper, you must choose between voting 'above the line' or 'below the line'.

For above the line you must put a number 1 in one of the group voting squares above

the thick horizontal line on the ballot paper. By doing this you are voting for that whole group of candidates in the order they are listed below that square, starting from the top. This is all you need to do.

You can show more choices if you want, starting with the number 2 above the line. If you vote above the line, do not put numbers in any squares below the line.

You can vote below the line if you want to vote for candidates within a group in the order of your choice, you want to vote for candidates from different groups in the order of your choice, you want to vote for ungrouped candidates in the order of your choice, or you want to vote for a mixture of grouped and ungrouped candidates.

You must put a number 1 next to your first-choice candidate. Then you must put number 2, then number 3 and continue until number 15. You must choose at least 15 candidates below the line for your vote to be counted, but you can show more choices by putting more numbers if you wish, starting with the number 16.

If you vote below the line, do not put numbers in any squares above the line.

Know the Registered Parties		
Registered party name	Registered abbreviation	Registered officer (RO) / deputy registered officer(s) (DRO) / party secretary (PS)
Animal Justice Party	AJP	Teresa Romanovsky (RO) / Catherine Blasonato (DRO) / Teresa Romanovsky (PS)
Australian Labor Party (NSW Branch)	Labor	Bob Nanva (RO) / George Simon (DRO) / Bob Nanva (PS)
Informed Medical Options Party (IMOP)		Michael O'Neill (RO) / Rebecca McCredie (DRO) / Michael O'Neill (PS)
Legalise Cannabis NSW Party	Legalise Cannabis Party	Craig Ellis (RO) / Tim Claydon (DRO) / Gail Leslie Hester (PS)
Liberal Democratic Party	Liberal Democrats	David Ean Leyonhjelm (RO) / Anthony Laurence Rebase (DRO)
Elouise Ivy Cocker (PS)		Liberal Democratic Party (PDF 3.8MB)
National Party of Australia - NSW	The Nationals	Joseph James Lundy (RO) / Kathleen Margaret Chalmers (DRO)
Pauline Hanson's One Nation	One Nation	Pauline Hanson (RO) / Damian Huxham (DRO) / Gaye Cameron (PS)
Public Education Party		Shayne Higson (RO) / Sandra Steep (DRO) / Glen Stelzer (PS)
Shooters, Fishers and Farmers Party (NSW) Incorporated	Shooters, Fishers and Farmers	Grant Layland (RO) / Timothy Basily (DRO) / Michael Patrick Cleary (PS)
Socialist Alliance		Kathryn Fairfax (RO) /
Peter Boyle (DRO)		Socialist Alliance (PDF 3.3MB)
Sustainable Australia Party – Stop Overdevelopment / Corruption	Sustainable Australia Party	William Bourke (RO) /
Deborah Smythe (DRO)		Sustainable Australia (NSW) (PDF 5.8MB)
The Greens NSW	The Greens	Seamus Myles Lee (RO) / Christopher Henry Maltby (DRO) / Debbie Lorraine Gibson (PS)
The Liberal		
Party of Australia, New South Wales Division	Liberal	Christopher Stone (RO) /
Peter Wheatley (DRO)		The Liberal Party of Australia, New South Wales Division (PDF 2.4MB)
Elizabeth Farrelly Independents	EFI	Michael Thomas Mobbs (RO) / Piers Grove (DRO) / Scott Singh (PS)
The Small		
Business Party	SBP	Constentine Vithoulkas (RO) /
Teresa Koltun (DRO) / Constentine Vithoulkas (PS)		The Small Business Party - Registered Party Info (PDF 0.3MB)



# Dean Lewis

## Music the Australian Way

Jay Houhlias

*"How could I give you all of me when I'm only half a man?"*

*"So how do I say goodbye, to someone who's been with me for my whole d\*mn life? You gave me my name and the colour of your eyes, I see your face when I look at mine."*

These lyrics are something you might hear in a Yeats sonnet, or an Edgar Allan Poe poem. They are not the kind of lyrics you'd think you'd hear in modern pop music. However, Aussie singer songwriter Dean Lewis has been able to effortlessly combine deep and profound lyrics like these with popular music to build himself a thriving career as an artist.

Sean Loane

Dean is following the tradition of classic Australian artists, truly embracing his background. "Well, I use the word 'mate' in a song... that's as Australian as you can get. I remember getting pushback from people telling me that I needed to record an alternate line where I needed to change that lyric. I ended up trying it, but I went back. The word mate just had to stay in there because it works."

"The fear was that it wasn't international enough, but in the end, I followed my instinct and left it in there. So I guess that's very Australian!"

It's rare that we hear Australianisms in music. Many of our Australian greats like Paul Kelly, Slim Dusty and Midnight Oil all have their distinctive Australian twang. However, this appears to be lacking in the modern popular music scene.

Dean has found tremendous success with songs *Waves* and *Be Alright* both going platinum. We asked if there is a difference in feeling of going platinum as opposed to writing a song that you personally really like and are proud of?

"Going platinum is really amazing, it shows that people have heard the song a lot. My situation, the songs that have streamed the most have been the ones that I (personally) love the most – they're



Photos: Sean Loane

"It really does depend on the song, but definitely these days, from this point on, I'm going to lean on piano more. It's more emotional. But certain songs have different vibes... I think the piano is just something that suits my voice more and I just want to stick to it, really experiment with it."

*Sydney Observer* asked Dean what life is really like on the road and touring.

"There is barely any time on the road just with travel and stuff... there isn't much time to write. I'll open my voice memos and capture ideas... But in the back of my head, I'm thinking about the next album as well, but not actually writing... If I have a day off, which is rare, I'll go to a café with my notebook and just write all the things I want to do."

real and genuine. Weirdly, they have been tied together."

Different instruments obviously have different sounds. But this can also lend itself to different emotions and ways of going about song writing.

"I play piano and guitar. I write a lot of my songs on acoustic guitar, sometimes on piano. I just realised that songs connect so much deeper if I play them on piano. I've really tried to make a lot more upbeat songs with acoustic guitar, and I still am doing that, but I've found it's much more emotional (piano), even though I have only done a few songs like that."

"The shows in Australia have been absolutely insane, they've just been incredible... The tour I've been playing now has been just as crazy as the tours in Europe, which has been really surprising to me. I couldn't remember the shows being this good 3 years ago in Australia, and they have been this time."

Speaking of touring, Dean is currently commencing *The Future Is Bright* Tour. He is playing in Sydney on 10 March and Melbourne on 11 March, and both shows are sold out. It seems there is a real audience for real music. We wish Dean all the best and are proud to have him represent Australia on the global music stage.



*"The more real and vulnerable you are, and honest, those songs seem to connect with people better... and they tend to do better as well."*





Loreto Normanhurst Social Justice Leaders and Head of Justice, Jacinta Wells (L-R Mia Hallinan, Charlotte Hudson, Jacinta Wells, Avery Benbow.)

# Gaming and your Children

**A**round 17 million Aussies are playing some form of video games, and this has only increased in the wake of the pandemic.

New Australian based research is making light of the detrimental effects of excessive video gaming.

Figures from the Digital Australia survey by the Interactive Games & Entertainment Association and Bond University suggest that roughly 65% of children and adults in Australia are gamers. 5.5 million households own two or more devices dedicated to video games.

Whilst occasional gaming might be ok, it seems that playing video games excessively could have detrimental effects on your overall health.

CasinoGuardian's report found that gaming addicts tend to stay indoors for prolonged periods, neglect physical activity, and eat unhealthy foods high in saturated fats, salt, and sugar. They also found that over time, the gaming addict's unhealthy lifestyle may lead to weight gain, vitamin deficiencies, vision problems, and chronic back and neck pain.



Whilst gaming disorders only occur in 3% of the gamer populations (according to a 2021 systematic review and meta-analysis), it may cause changes to physical appearance like premature aging, pale and dehydrated skin, unched back, red eyes with dark circles under them, hair loss, varicose veins, and swollen feet.

It seems that the problem is not necessarily the actual gaming, but what you neglect when you spend so much time doing it.

The full report can be found at <https://www.casinoguardian.co.uk/articles/how-video-game-addiction-affects-the-human-body/>

# Local Students Unleashing Opportunities for Social Justice

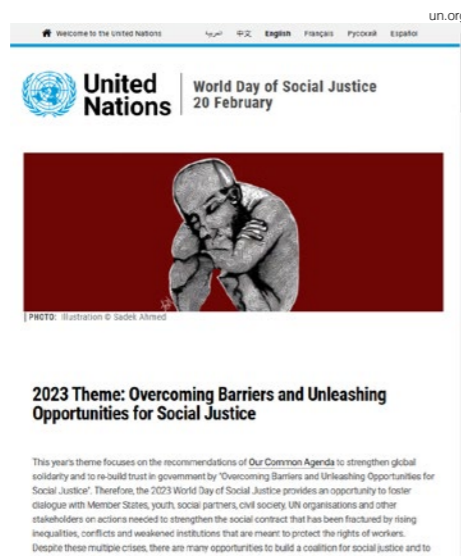
Students from local independent Catholic school, Loreto Normanhurst, have shared an insight into the importance of the UN World Day of Social Justice which fell on 20 February this year.

The UN World Day of Social Justice not only signifies an important occasion globally but also in the Loreto Normanhurst school calendar, with students to embrace this year's theme focusing on overcoming barriers and unleashing new opportunities for social justice.

A dedicated group of students are proudly encouraging their peers to take an active role in social justice activities at Loreto Normanhurst.

Social Justice Captain, Mia Hallinan emphasised the importance of taking up arms for social justice issues.

"It is critical for young people to be involved in social justice projects, no matter how small, as it demonstrates that



finding solutions would not seem like such a difficult task for all."

To mark the occasion of the World Day of Social Justice, students from Loreto Normanhurst's Justice, Peace, and Integrity of Creation Committee (JPIC) will lead students across the school as they explore the importance of justice both within the local community and at a global level.

Students will collaborate to create a visual display of what justice means on a personal level. After recording their ideas on blank jigsaw puzzle pieces, these pieces will be joined together with some sections missing to represent the continuous nature of justice, and how justice remains an ongoing commitment for all.

It is fitting that 2023 at Loreto Normanhurst is the Year of Justice. Guided by the knowledge, individuals are more equipped to find solutions and advance true equality when they are aware of the different injustices that exist in the world.

ignorance will not help solve anything and that individuals, particularly young people, hold immense power to instigate change."

"If every person across the world could develop the mindset that acting upon social justice issues is not optional, but essential, significant action would take place and

# Youth Hubs Reopen on Weekdays

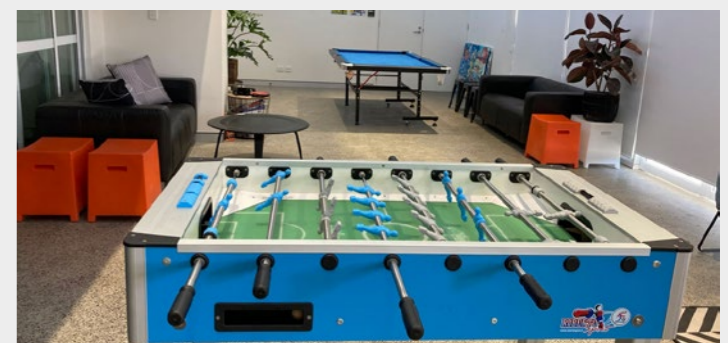
St Ives and Gordon youth hubs are open on weekdays during school terms. The St Ives youth hub is located next to the St Ives skate park opposite the St Ives Shopping Centre. The hub was upgraded last year with new floors, furniture and equipment.

The St Ives youth hub is open Tuesdays, Wednesdays and Thursdays between 3pm and 6pm and on Fridays between 3pm and 8pm. The Gordon youth hub is located within Gordon library at 799 Pacific Highway. It is open between 3pm and 6pm on Tuesdays and Thursdays.

Both hubs provide free recreational activities and other support for young people aged 12 to 18 years. Young students can drop in after school or TAFE to play pool, table tennis, football and board games. They also have access to Netflix, video games and other pop-up activities such as art workshops and music events. The hubs are staffed by professional youth workers.

Mayor Jeff Pettett said the St Ives youth hub would be partnering with Ku-ring-gai Youth Development Service (KYDS) to offer young people greater access to free counselling. "This will be a free and confidential service to our young residents who may be experiencing problems at school or home and feel they need extra support."

Follow both youth hubs on Instagram at [@krgyouth](#) and on Facebook at Ku-ring-gai Youth Services.





# Emotional Instability Post Lockdowns

**C**amp Australia is Australia's largest provider of outside school hours care. Their mission is to guide children's growth through their services.

New research reveals Australian children's emotional wellbeing, screen time and lack of socialisation continue to be the highest concern for parents and school leaders in the aftermath of lockdowns and as COVID-19 retreats into the background.

In 2020, CA launched their Impact Survey which annually tracks the impact of the COVID-19 pandemic on the mental and physical wellbeing of primary school-aged children across Australia.

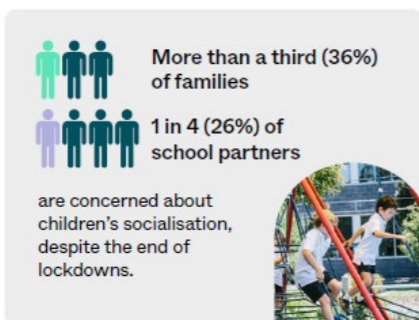
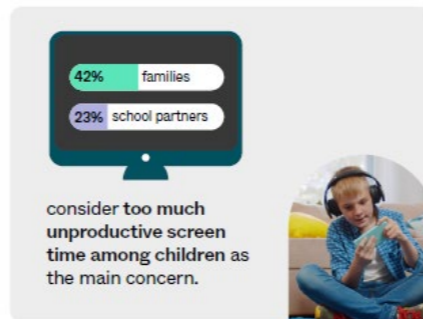
Their latest survey conducted in December 2022, involving 5,166 families and 130 school leaders, reveals almost one quarter (24%) of parents reported their child's emotional patterns worsened in 2022, with children more easily overwhelmed and more sensitive, despite the end of lockdowns. This was supported by 62% of school leaders.

Around 42% of parents reported too much unproductive screen time as one of their main concerns for children, with one third of parents reporting unproductive screen time has worsened over the past twelve months.

Dr Justin Coulson, parenting author and expert, said the research highlights the importance of supporting children's resilience.

"Despite the survey being conducted in December, well after the end of lockdowns in Australia, the results suggest there may be lingering negative effects of the pandemic on children... Most of these concerns relate to children in Foundation/Prep and Grades One and Two, so we're seeing these issues impact very young children."

"When children have too much unproductive screen time or avoid making new friends, they can be at increased risk of mental ill-health including experiencing social difficulties, poor academic results and even developing physical health concerns."



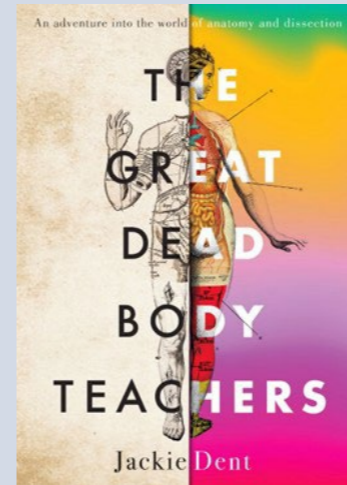
"While we can't entirely avoid the use of screens in our work and study lives, we need to be aware children are growing up with new ways of working where technology is universal... This is all the more reason to develop a healthy relationship with technology and socialising offline as early as possible to counteract these impacts and become more resilient in the long term."

But there has been attempts to remedy this. The new Online Safety Bill and the Government's initiative via the eSafety Commissioner is set to launch its eSafety Early Years program and eSafe kids program for children and parents.

More information about the program can be found at [www.esafety.gov.au/educators/early-years-program](http://www.esafety.gov.au/educators/early-years-program).

# New Books to Look Out For

**O**ver the next few months, Ultimo Press is thrilled to be publishing a wide range of books. If you're looking for some new reading material, here are some books to consider.



## The Great Dead Body Teachers

8 March 2023

Part adventure, part detective story, *The Great Dead Body Teachers* is a page-turning dive into anatomy, a science that helped form the foundation of modern medicine



## Dark Mode

1 March 2023

Prepare to be paranoid. Inspired by true crimes, such as the *Black Dahlia* murder, *Dark Mode* reimagines them for the modern age, weaving the insidious nature of living in an online world into the crimes to create a creeping, suffocating sense of terror for readers.



## The Half Brother

5 April 2023

The one-liner...

Examining the nature vs nurture debate and family bonds, Christine Keighery has created a compelling tale of family loyalties and sibling rivalry in a stunning example of domestic noir.



## Between You & Me

5 April 2023

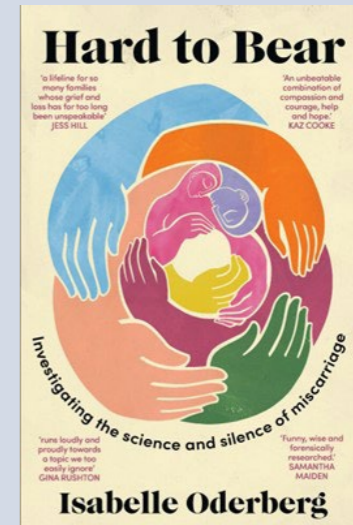
A riveting portrayal of female friendship, *Between You & Me* explores the intensity and emotional complexity of such friendships, capturing how the people we love most can also be the ones we hate.



## On The Ravine

8 March 2023

Combining the depth of his experience as a physician with the brilliance of his literary talent, Vincent Lam creates a world electric in its precision, radiant in its detail. *On the Ravine* is a gripping novel of profound emotional force.



## Hard to Bear

5 April 2023

Combining her unique personal perspectives with a ground-breaking journalistic investigation into miscarriage care, reproductive health and the inequalities in healthcare, Isabelle Oderberg charts a course to improve the system and change the lives of anyone directly, or indirectly, touched by early pregnancy loss.



# Behaviours and Psychological Symptoms of Dementia

The latest update to the Australian Institute of Health and Welfare's (AIHW) compendium report, Dementia in Australia, shows that dementia was responsible for almost 230,000 years of healthy life lost among people aged 65 and over in 2022. This is a 61% increase since 2011.

Dementia has overtaken coronary heart disease as the leading cause of disease burden among Australians aged 65 and over. In 2022, 401,300 Australians were estimated to be living with dementia. This number is expected to more than double to 849,300 in 2058.

These are all harrowing statistics and are no doubt worrying for our older Australians. This latest report contains information on the behaviours and psychological symptoms of dementia (BPSD). BPSD refers to a range of non-cognitive symptoms that are common among people living with dementia, including agitation, aggression, insomnia and anxiety.

AIHW spokesperson Melanie Dunford explains. "Dementia is an umbrella term for a group of conditions that gradually impair brain function that may impact memory, speech, cognition (thought), personality, behaviour. It is an increasing cause of disease burden in Australia, largely due to our ageing population but also from declines in burden from other leading causes, such as coronary heart disease."

"While the deterioration of memory, language and cognition are hallmarks of dementia, the majority of people with dementia will also experience at least one type of BPSD as their dementia progresses."



"BPSD can have a significant impact on people with dementia, carers and family, and has been associated with early admission to residential care, increased hospitalisation, distress for carers and reduced functional ability for the person with dementia."

Among those referred to BPSD support services delivered by Dementia Support

Australia between July 2021 and June 2022, agitation was the most recorded primary behaviour, accounting for almost 35% of referrals. This was followed by physical aggression (25%), verbal aggression (11%) and anxiety (6.4%).

Further work is required to understand the full impact and cause(s) of BPSD.

**ART NORTH**  
4 March to 1 April 2023

Exhibition of HSC 2022 Visual Arts from schools in Hornsby and Ku-ring-gai

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gcsgallery@abbotsleigh.nsw.edu.au | www.gcsgallery.com.au | An Anglican Pre K-12 Day and Boarding School for Girls

*It Starts With Art*  
6 to 29 April 2023

Celebratory exhibition of works by artists who attend Unisson Disability Blue Apple Art Studios

Image credit: Brett Ferguson  
<https://unissondisability.org.au/blue-apple-art-studios>

BLUE APPLE UNISSON Disability Art Studios

ABBOTTSLEIGH

# The Warm Glow of Kindness

Dr Sue Ferguson

We all appreciate people who are friendly, generous, and considerate to others, without expecting anything in return. Most of us hope to be similarly altruistic and kind. This (prosocial) behaviour has benefits for both the recipient and the giver.

Research shows that behaving kindly can boost our wellbeing which in turn makes us more likely to be kind again. Kindness has also been shown to help us feel that our life has meaning, and to be good for both the mind and the body. Not surprisingly, kindness also improves relationships.

Make sure that what you might see as a kind act, is actually what the recipient needs or wants, and that you are not doing it for selfish reasons (such as to look good). For example, helping with a task an older person is capable of doing for themselves may make them feel inadequate or resentful. However, try not to worry too much that your potential kind act would be misinterpreted. Instead, keep in mind that recipients of kindness (in a large UK study) described their reactions as happy, grateful, loved, relieved and pleased. Yes, volunteering can be time consuming, but plenty of the other kind acts don't take time such as saying something kind to someone or giving to a charity.

I love the Facebook group called The Kindness Pandemic. It's uplifting and gives lots of inspiring ideas for kind acts any of us could do. For some other great ideas, see this website [www.randomactsofkindness.org/kindness-ideas](http://www.randomactsofkindness.org/kindness-ideas).

Dr Meena Andiappan suggests, try to do something kind that's not your usual routine, vary the kind acts you do, and remember to show appreciation when someone does something kind for you.



*"The surest way to be happy is to seek happiness for others."*

Martin Luther King Jr.

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



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# Heart Valve Disease

**H**ear valve disease is a chronic condition that affects more than half a million Australians. The Mayo Clinic defines heart valve disease as where "One or more of the valves in your heart doesn't work properly. Your heart has four valves that keep blood flowing in the correct direction. In some cases, one or more of the valves don't open or close properly. This can cause the blood flow through your heart to your body to be disrupted."

Prevalence of this disease has increased significantly since 1990. Australia's ageing population and under diagnosis are key drivers of this increase. It is estimated that more than a quarter of a million Australians are unaware they are living with heart valve disease.

Leading charity hearts4heart and cardiologists across Australia are urging reform to Medicare Benefits Schedule (MBS) items for heart checks. They believe that the current settings risk overlooking less well-known heart conditions.

Interim heart health check items were introduced to the Medicare Benefits Schedule on 1 April 2019, allowing patients to receive a cardiovascular disease assessment from a medical practitioner. However, these items are due to expire in June this year. There were 130,853 Medicare items processed for these items from January to November 2022, but many GPs are not providing the MBS Heart Health Check because auscultation (a stethoscope check) isn't included.

To learn more about heart valve disease, visit <https://hearts4heart.org.au/event/this-heart-valve-disease-awareness-week>.

# Walker: Three or Four Wheels?



Rejimon Punchayil

**A** seat walker, also known as a rollator, is a type of assistive device that combines the features of a walker and a chair. It typically consists of a frame with four wheels, a handlebar and a seat. The user can walk with the device for support, and when they need to rest, they can sit down on the built-in seat.

Seat walkers are commonly used by individuals with mobility impairments or balance issues who need additional support while walking. They can provide a sense of stability and security while walking. The seat can be particularly helpful for individuals who tire easily or need to take breaks during activities such as shopping or gardening.

There are three-wheeled walkers, typically two wheels at the back and one wheel at the front, although these do not have a seat. They are lighter and more manoeuvrable than traditional walkers. They take up less space and are easier to store. However, it's important to note that three-wheeled walkers may not be as stable as four-wheeled walkers, especially on uneven surfaces. It's important to consult with a healthcare professional or an assistive technology specialist before using a three-wheeled walker to ensure that it is the best option for your needs.

Rollators and three-wheeled walkers come in various sizes, styles, colours and with accessories such as baskets, cane holders and trays. They can be an effective solution for individuals who need help with mobility. Explore the huge range of walkers at [www.comfortdiscovered.com](http://www.comfortdiscovered.com) or their spacious showroom in Hornsby before you get one.

# When did Sydney's Old Trams Finish?

Margaret Simpson

**T**his R1 class tram, No. 1995, was the very last to operate on Sydney's famous tram network which closed in 1961. Experimental electric trams had begun in Sydney in 1890, but before then there had been horse trams, steam trams and cable trams.

Compared to steam trams, electric trams were fast, quiet, clean, and enormously popular. The government pushed tramlines out into the suburbs all over Sydney and the system grew to be one of the world's largest.

By the early 1930s, the NSW Government decided Sydney's public transport future lay with buses, not trams. However, WWII intervened, postponing tramline closures.

After the War, cars were on the rise. Police, motoring organisations and newspapers

turned against trams. Three spectacular tram accidents near Taronga Zoo, each resulting in a harbour dunking, was grist for the removal of trams. They were regarded as old-fashioned relics of the 19th century, not wanted in a modern city, but the public still loved them. Closure of lines was staged. When it happened, track was tarred over and overhead wires removed the same night the trams finished to ensure there was no going back.

To totally destroy the network, rolling stock was then systematically burnt.

Tram No. 1995 was only 10 years old when it made its last journey from La Perouse to the Randwick Workshops on 25 February 1961. Well-wishers wrote chalked messages of goodbye on its sides and crowds lined the workshop gates to say farewell.



Sydney's last tram on display at the 'Tramsheds' and the 1958 Sydney Harbour tram accident.



This historic tram was eventually stored in the old Rozelle tram depot and ultimately suffered from shocking vandalism. After conservation in 2015, it now has pride of place in the same refurbished depot which re-opened in 2016 as the 'Tramsheds', an industrial-style food precinct. Fittingly, No. 1995 rests only a short walk from its successor, the light rail's Jubilee Park station.

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# 2023 Landscape Design Trends

**M**editerranean influences, bold leaf foliage, soft curves, timber and stone materials and colour palettes of earthy naturals, greens, blues and fresh white.

Matt Leacy, creative director and founder of the award winning Landart, shares some of the key outdoor trends for 2023.

“One design influence that’s here to stay is Mediterranean – I would say it is the new Hamptons. While a Mediterranean influence is not new as such it does continue to grow in popularity globally – and it’s very well suited to the Australian climate and way of life. The soft coastal aesthetic of the Mediterranean style works on a lot of the properties we design and produce, and the materials weather beautifully in Sydney or Byron Bay climates where most of our clients are based.” What does the Mediterranean influence look like in 2023?

Leacy says to think natural materials like timber and stone, offset by soft white renders, and large sweeping curves around pools and garden beds – with a more bespoke, custom build approach to a space, complemented with hardwood furniture and linen fabrics. It also incorporates over-sized planters, warm mood lighting, multipurpose seating, edible gardens, recycled materials, art pieces/sculptures and cabanas.

“Natural materials like recycled timber, tea tree sticks, overhead shade structures, floorboards and natural stone all layered with a bit of interest and



texture like crazy paving, cobbles and random shape walling that is beautifully offset by soft white renders are what we will see more of this year.”

Leacy and the Landart team lean towards natural, earthy colours, fresh white palettes and the use of green including strong colours such as emerald green and blues.

“A white based palette will be a popular choice. It works well as a base to layer natural products such as stone and timber and bring in either bright splashes of colour with the green and blues, or accentuate with more natural earthy colours.”

Leacy does caution that homeowners can be influenced but should not be entirely led by fashion.

“No design style or colour choice should be adopted just because it’s on-trend. It’s important to consider how the look of the moment works within a space, and not just blindly follow trends. Trends inevitably date.”

In terms of maximising space, and ensuring critical Council regulations are met, expert support can also ensure green roof spaces, water storage and the latest technology in watering systems are all constructed within relevant codes and to ensure they work at maximum efficiency.

“Rooftop gardens remain very popular in outdoor spaces. For obvious reasons, any rooftop construction should be approached with caution and expert advice. Things can go horribly wrong if they’re not designed or built well and in accordance with best building practice. Done right they’re a beautiful design feature in a garden, and such a smart use of space...”

Leacy also added, “Pools and outdoor kitchens are quintessentially Australian and two key elements of outdoor spaces that are not so much trend driven, but are a pre-requisite for most of our design briefs. The popularity of the plunge pool will be one of the biggest trends in pools in 2023. Along with curves, we’ll still seeing more traditional rectangular shapes, and they will always have a place in our landscapes as the shape of the pool is driven by the look and feel that suits the property and the client.”

# Bird Baths

**C**orten steel with its natural, warm tones has become a garden staple. Corten steel, also known as weathering steel, is a group of steel alloys which reduce the need for painting. They form a rusty appearance after several years of exposure to the elements.

This gives them that perfect, natural aesthetic for the garden. Objects made of this material fit perfectly into a natural ambience.

OPOSSUM design provides some ideas for amazing looking bird baths.

Not only plant pots, decorative objects or raised

beds - bird baths and feeding places should also match this atmosphere.

The colour variety of the patina, from orange to rusty red to black nuances, adorns every flower bed, contrasting in winter with the white of snowy landscapes. With their reduced design the feeding places by OPOSSUM design also harmonize wonderfully with houses in modern, straight architecture.

Indestructible and durable, these bird baths and bird feeders are ideal for year-round use, helping birds with food and refreshment. The need for nutrients is particularly high during the rearing phase of the offspring, especially in times with fewer insects and hotter summers.



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# International Women's Day 2023

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #EmbraceEquity.

Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity. IWD belongs to everyone, everywhere. Inclusion means all IWD action is valid.

International Women's Day 2023 campaign theme is Embracing Equity.

The theme aims to get the world talking about why "equal opportunities are no longer enough."

Equity isn't just a nice-to-have, it's a must-have. And it's critical to understand the difference between equity and equality.

The words equity and equality are often used interchangeably. Etymologically, the root word they share is aequus, meaning "even" or "fair" or "equal" - which led to equity being from the Latin aequitas, and equality from aequalitas.



Yet, despite these similarities, equity and equality are inherently different concepts, and the IWD 2023 #EmbraceEquity campaign theme seeks to help forge worldwide conversation about this important issue and its impact.

Equality means each individual or group of people is given the same resources or opportunities.

Equity recognises that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome.

Equity can be defined as giving everyone what they need to be successful. In other words, it's not giving everyone the exact same thing. If we give everyone the exact same thing, expecting that will make people equal, it assumes that everyone started out in the same place - and this can be vastly inaccurate because everyone isn't the same.

The concept of 'fairness' can get tricky as it's often assumed that 'being fair' means that everybody gets the same thing. Often, this has been taught when we were growing up, but 'fairness' really only works when we're all the same to start out with.

The IWD 2023 #EmbraceEquity campaign theme seeks to get the world talking about why "equal opportunities are no longer enough" - and can in fact be exclusionary, rather than inclusive.

To find out more visit [www.internationalwomensday.com](http://www.internationalwomensday.com).

# Body Sculpture and Contouring

Simona Adochiei

At Balance Aesthetics MediSpa we offer a range of treatments with the use of ONDA Coolwaves where the dermal therapist can remodel the body and achieve a reduction in size of specific areas (submental area - double-chin area, waist, thighs, buttocks, love handles, arms, abdomen), increase tone in flabby skin and improve or eliminate the appearance of cellulite.

Our clinic is one of few places in the Sydney area that offers the Onda Coolwaves® body modelling and contouring treatments, a latest generation microwave-based system for body shaping, treats localised fat, skin laxity and cellulite: reshaping the silhouette.

We invested in the ONDA Coolwaves technology because it is the latest in body contouring services, offering simultaneous fat reduction, cellulite improvements and skin tightening with minimal monthly sessions. The ONDA is the world's first and only device to use the revolutionary new technology for non-surgical body contouring and fat reduction: Coolwaves™ by DEKA. It can dramatically reduce the appearance of cellulite and in addition, it will do skin tightening, help to remove fat and remove localised deposits of fat.

To avoid the undesirable side-effects of surgical lifting and filler injections, DEKA developed a wide range of systems for skin tightening, exploiting different techniques and sources. The body treatment is effective on the body, whilst eliminating adipose cells; it also stimulates cellular metabolic processes and collagen production, reshaping the silhouette. It penetrates deep to dissolve localised fat

deposits and it stimulates the connective tissue surrounding the adipose lobules of the cellulite, diminishing the "orange peel" look. It causes the collagen fibres to contract in the dermis, stimulating production of new collagen, thereby tightening and toning the tissue.

ONDA produces a regenerating and toning but non-invasive action, effective and consistent over time. With the new Coolwaves®, DEKA patented microwaves technology, the last generation system in dermatology and medical aesthetics reduces localised adiposities all over the body, it dissolves fat, tightens and contours the skin, firming up tissues.


It is used in place of radiofrequency for tightening and skin toning, as an alternative or in combination with traditional techniques such as cryolipolysis or liposuction. Onda Coolwaves® action is deep and targeted, without damaging nearby skin, whilst with radiofrequency the energy is dispersed much more superficially (derma and epidermis).

## Treatments offered by Balance Medispa

- ONDA - double chin submental
- ONDA - two love handles
- ONDA - upper OR lower stomach
- ONDA - back of arms
- ONDA - inner/outer thighs
- ONDA - inner/outer thighs
- ONDA - two buttock

Packages to save on multiple sessions are also available. [www.balancemedispa.com.au/body-treatments](http://www.balancemedispa.com.au/body-treatments)





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- ✓ Aromatherapy body massage / body wrap and exfoliation


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Our aim is to bring awareness among everyone interested in looking after their skin health that it is essential to take advice from a medical practitioner when it comes to health and skincare treatments and non-invasive body contouring treatments.

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# Allergies, Hay fever and Your Mouth

Ian Sweeney

In Australia, a large proportion of the population suffer from seasonal allergies and hay fever.

There are some obvious ways this impacts a persons' health such as a runny nose, streaming eyes, build-up of mucous and possibly sinus pain.

However, what about the impact on the mouth and oral state? The fact that allergies have such an impact around the mouth and nose is a sign that oral health may be adversely affected. Knowing that allergies interact with your oral health will help to counter some of the problems they can create.

Allergies and hay fever cause a build-up of mucous in the hollow spaces in our nasal sinuses. As pressure increases in the sinuses, this pressure may be felt as tooth ache as the pressure is translated to the roots of the teeth.

Allergies often lead to the nose becoming too blocked for easy breathing, increasing the prevalence of mouth breathing.

Mouth breathing is common in people suffering from allergies. Mouth breathing, especially overnight, leads to a dry mouth (xerostomia) and this may lead to a whole range of related problems.

Saliva is essential to fight bacteria and help prevent tooth decay. As soon as there is a lack of saliva, conditions in the mouth change and are more favourable for the reproduction of bad bacteria. A lack of saliva makes cavities and decay more likely and will increase the risk of gum disease.

Bad breath is also common in people with dry mouth due to a lack of saliva.

Common treatments for allergies include antihistamines. Although these

medications work well to lessen the symptoms of hay fever, they also tend to reduce saliva, exaggerating the dry mouth feeling. Frequent sips of water throughout the day will help to counter the dry feeling. In severe cases, the use of artificial saliva tablets or spray may be helpful.

Hay fever and seasonal allergies should not cause major damage to your oral health long term, but it is worth knowing what impact they may have and how best to counteract any symptoms.

Should you routinely suffer from allergies, it is worth mentioning it to your dentist at your next check up so they can actively look for any detrimental signs or damage.



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

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# COOKING WITH SUSEGAD

## The Goan Art of Contentment

Hollie Jones

For lovers of good food and good times, we delve this month into the prismatic blend of Portuguese and Indian influences in Goa. Known for its rich architecture, sun drenched beaches and tropical spice plantations; relaxed and vivacious, Goa is India's pocket sized paradise.

If you go beyond the sand and the sea, you will find Goan life is known for the concept of Susegad – a state of contentment, peace and unhurriedness. The essence of being laid back, peaceful, satisfied, content with life, and seeing the bright side of circumstances. Sounds like the perfect recipe for a dinner party if you ask me!

Today I am creating my delicious Goan inspired Fish Masala and pairing it with the exquisite Jim Barry 2022 WATERVALE RIESLING.

A favourite of mine, it boasts aromas of lemon, grapefruit juice, brown lime and white flowers combining with a lick of mineral. The palate is refreshing, with flavours of grapefruit and citrus rind with a white floral lift.

Our curry is rich, creamy, hearty and bursting with flavour. You can adjust the spice blend to create whatever you like, be it a butter chicken or a vindaloo. Don't worry too much about a small dice, we're going to blend everything anyway.

This recipe works really well in a pressure cooker to shorten the cook time, but can also be done on the stove if you're leaning into a Susegad Saturday.

So pour yourself a glass, cook with me and lean in to Sukoon, sabr and shukr (patience, contentment, gratitude).

Spoken in Konkani, the official language of Goa I leave you with this delightful proverb 'Aiz maka, faela tuka,' - 'today for me, tomorrow for you'.

Happy Cooking!



*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*



### Ingredients and How To

Marinate your fish for 30 minutes:

- 500g white firm fleshed fish
- 1 tsp ginger paste
- 1 tsp garlic paste
- ½ tsp chilli powder
- ½ tsp salt

Fry fish for 2-3 minutes on each side before removing from heat and putting to the side to add later.

For the curry base, sauté the following until fragrant:

- 1.5 tbs ghee or EVOO
- ½ tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp paprika powder
- 1 tsp garam masala
- 1 tbs vegeta
- ½ tsp cumin seeds
- 2 tbs garlic paste
- 2 tbs ginger paste
- 1 sprig curry leaves
- ½ tbs nutmeg

Then add:

- 11 onions
- 2 carrots
- 2 red capsicums
- 1 1/2 cups water
- 1/2 cup coconut cream

Simmer the above for 1.5 hours or until all the vegetables are very soft, then add 2 cans diced tomatoes and simmer for 15 mins. Blend and adjust seasoning as desired, adding a little more here or there to your taste.

Add fish back to the curry and cook for approx. 8 minutes or until the flesh of the fish puffs up a little.

Serve with rice, garnish with fresh coriander.

# The Best Pancake Topping

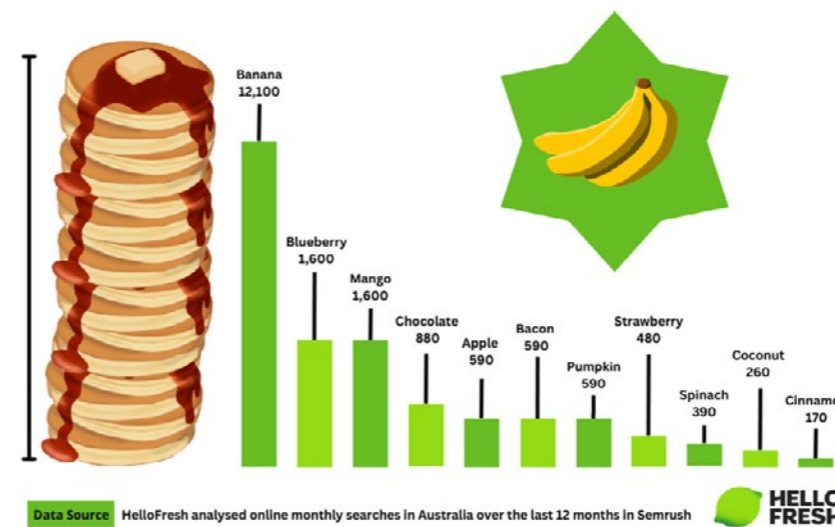


Four, eggs and milk is all you need to make a great pancake, right? Anyone that's tried to make pancakes understands this is far from the truth. It's hard to believe that something this good can be so easy to make!

Not only that, but the recipe lends itself to so much creativity that no two pancakes have to be the same.

A recent study from HelloFresh has revealed Australia's favourite things to top the fluffy delights with.

## Australia's Top 10 Pancake Toppings



Banana pancakes are the most popular, according to the data analysis of average monthly searches for each topping, moving them into first place with over 12,000 searches. Blueberry and mango are in a tie for second place with a total of 1,600 searches each.

Other popular contenders included in the list included chocolate, strawberries, coconut and cinnamon.

Interestingly, the data highlighted Australia's growing interest in savoury pancakes as toppings bacon, pumpkin and spinach are among the top 10.

Whether you favour sweet or savoury, if you're looking for inspiration, this list will give you ideas for the best treats to whip up this Pancake Day.

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## Northside Produce Market

Welcome to the best fresh produce and delicious food served by the grower and maker. Expect to meet the person who picked the apple, smoked the trout, melted the caramel, rolled the pasta, plucked the chicken, pulled the potato or milked the goat.

The farmers and producers bring to you... Seasonal fruit and vegetables (the best potatoes!), herbs and flowers, fresh country milk and butter, sourdough, spelt and gluten-free breads, honey, condiments, olive oil, fresh pasta, free range, pastured-fed eggs and meats, fresh and smoked seafood, cereals and nuts, hand crafted smallgoods, fine pastries, sweets and chocolates, wines, gluten-free products, delicious breakfast, brunch and lunch, Sydney's best coffee, plus Vicki - Sydney's best knife sharpener!

In its relaxed park setting, this is one of Sydney's favourite markets operating since 1999 in the Ted Mack Civic Park.

**When:** Saturday 18, 8am – 12pm.

**Location:** Ted Mack Civic Park, 200 Miller Street North Sydney. New South Wales 2060.

**Cost:** Free.

**Contact:** North Sydney Community Centre, 9922 229, [www.northsydneycentre.com.au/markets/northside-produce-market](http://www.northsydneycentre.com.au/markets/northside-produce-market).



## Service NSW Business Concierge

Ku-ring-gai Council is hosting a Service NSW Business Concierge at Council Chambers on one day per month.

The Business Concierge will be available to meet local business people to assist them with a range of business related activities. The Business Concierge service provides one-on-one support for business owners and can assist with a range of matters including start; run, grow or adapt a business; apply for grants and licences; work with councils; understand regulations; connect to services and advice; and support for your business with Business Connect.

The business concierge is a drop in service. Come to Council's Customer Service desk (at 818 Pacific Highway Gordon) to be directed to the business concierge.

**When:** Tuesday 14, 10am – 2pm.

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

**Cost:** Free.

**Contact:** Ku-ring-gai Council 9424 0000.



## Create a Herb Pot

Enjoy getting your hands dirty and take home a small potted herb plant. Learn tips for getting the best from your garden from the Easy Care Gardening volunteers. Easy Care Gardening is a local organisation that helps look after gardens in the area for those who can't due to age or health reasons. Recommended for adults and children over ten. Each session runs for an hour and a half. Spaces are limited and bookings are essential.

**When:** Saturday 18, 12pm -1:30pm or 2:30pm – 4pm.

**Location:** Cameron Park, Cameron Park, Turramurra, 2074.

**Cost:** Free.

**Contact:** Try Turramurra Festival [www.krg.nsw.gov.au/Things-to-do/Events-and-festivals/Turramurra-try-taste-trail/Try-Turramurra-Festival](http://www.krg.nsw.gov.au/Things-to-do/Events-and-festivals/Turramurra-try-taste-trail/Try-Turramurra-Festival).



## Child Car Seat Safety Check Day

Make sure your precious cargo is transported safely! Council holds two free child car seat safety check days throughout the year for Ku-ring-gai residents where child car seats are checked for correct fit by a Roads and Maritime Services authorised fitter. This service is available to Ku-ring-gai residents only and excludes family day carers. Bookings are essential. Telephone bookings are now open.

**When:** Wednesday 29, 9am – 2:30pm.

**Location:** Wade Lane Council Car Park, Wade Lane, Gordon, 2072.

**Cost:** Free.

**Contact:** Council Officer 9424 0898, [krg@krg.nsw.gov.au](mailto:krg@krg.nsw.gov.au).

## The Life of Cora Gooseberry

The Rocks Discovery Museum's latest exhibition takes a look at Cora Gooseberry's life, celebrating her triumph in the face of adversity. Queen Cora Gooseberry, was a significant Sydney identity during the 1830s and 1840s, with her trade mark government issued blanket, headscarf and clay pipe. From spear throwing demonstrations in Barrack Square to cultural art and fishing tours to the police commissioner, Cora actively practiced Indigenous modes of oral history and cultural sharing in a changing colonial landscape.

**When:** All day every day, 10am - 5pm.

**Location:** The Rocks Discovery Museum, Kendall Lane, The Rocks NSW 2000.

**Cost:** Free.

**Contact:** The Rocks Discovery Museum on 9240 8680, or [www.therocks.com/whats-on/events/the-life-of-cora-gooseberry](http://www.therocks.com/whats-on/events/the-life-of-cora-gooseberry).



## DJ Sue Dance Party

Get your boogie on! Come along for an afternoon of fun when St Ives Community Centre becomes the local dance hall.

DJ Sue will get you into the dancing mood, playing all your favourite requests. Sue is an internationally renowned senior DJ who is sure to liven up your day.

Refreshments will be provided.

**When:** Tuesday 28, 4pm – 6:30pm.

**Location:** St Ives Community Centre, Memorial Avenue, St Ives, 2075.

**Cost:** \$20.

**Contact:** Ku-ring-gai Seniors events 02 9424 0836, [rhall@krg.nsw.gov.au](mailto:rhall@krg.nsw.gov.au).

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# Once a Jolly Jay Camped by a Billabong

Jay Houhlias

When one thinks of Sydney, they think Harbour Bridge, Opera House, Bondi Beach, and of course a stubborn insistence of better coffee than Melbourne. However, as I came to learn over my stay at Billabong Retreat, there is a whole other side to our great city.

It's a side of tranquil lakes, open fields, long roads, and trees which block out the busy sounds we have become so accustomed to hearing. Don't judge a place by its landmarks – I am going to claim this quote for my own.

This month, your editor March-ed daintily footed through his adventure with elegance, grace, calm and complete relaxation. My stay at Billabong Retreat, situated in locale of Maraylya (45-minute drive from Sydney City), included a 2 night stay with all meals included.

Billabong Retreat is an award-winning, eco certified, all-inclusive wellness retreat. I participated in the Energise Your Life retreat which was centred around yoga and relaxing ways to revitalise your daily routines. Just to confirm, I was not experiencing mid-life crises symptoms – thank you for your concern though. The idea with things

like these doesn't have to be about fixing yourself, but to use these things as a treat to yourself; to maintain yourself.

My room was a beautiful deluxe cabin which featured a balcony overlooking the billabong. It was a lovely warm timber make up, and I thought that it could also make for a great ski cabin.

It was raining lightly on the first day, and heavier rain was forecast for the next few days.

'Shame about the weather,' one of the staff had said. But I didn't mind at all. In fact, I thought that the rain made the retreat all the better. When the rain eventually did come down hard, I sat on my balcony listening to it, knowing that I wasn't going anywhere and I didn't need to go anywhere.

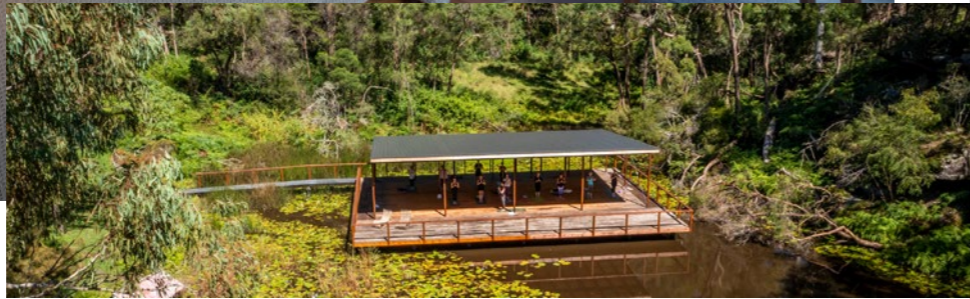
There were two morning yoga sessions and two evening yoga sessions, and you could participate in as many or as few as you liked. I did all four because I wanted maximum Zen. The two evening yoga sessions were Yin yoga sessions. Yin yoga only has a handful of positions, and rather than a focus on movement, it's more about relaxing into positions and calming your body and mind. Throughout the entire retreat, my body glowed with warmth.

I also did evening meditations which were a perfect way to wind down before bed. Our guide Christina hosted an Energise Your Life workshop too. Although she gave us great advice, I think what I enjoyed most was just listening to her calming voice and having time to think. Her words often gave rise to ideas and thoughts, and these led me to places in my mind which I wouldn't have gone otherwise.

The food was meticulously prepared plant-based wholefoods which burst with flavours. There was always water, tea, coffee and fruit for you whenever you wanted it. There was the main hub which had couches and a fireplace. When in the hub, using devices is discouraged. This created a lovely atmosphere. It was incredibly nice to find yourself amongst a group of people who weren't on devices, and instead just read books, drew and chattered away quietly.

I must say, my favourite thing about the entire retreat was always being able to wear my tiny, loose fitting footy shorts. I didn't take them off for the whole retreat, and while some may think this unclean, I think it's a perfect example of superior comfort.

If you want this kind of relaxation and comfort, contact Billabong Retreat at [www.billabongretreat.com.au](http://www.billabongretreat.com.au).



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