

Sydney Observer

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IN PRINT SINCE 1996

Natalie Bassingthwaight
**“We All
Juggle”**



**MOTHER'S
DAY SPECIAL**

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From the Editor

To our loyal *Observers*, a warm welcome to our May issue.

This month we spoke to Natalie Bassingthwaite for our profile. Natalie is a thriving professional in multiple disciplines – musician, actress, and theatre performer. She believes these days, excelling in more than one thing is a sure way to success.

There is lots happening this month on our North Shore, so be sure to read our What's On and Local News sections for events you won't want to miss.

We have articles on sleep habits and tech use, defending against army worms, practical bedrooms and of course a Mother's Day Special with ideas on how to spoil the most important women in our lives.

On a sombre note, this will be my last month as editor of *Sydney Observer*. I'd like to leave everyone with a quote from the great Ernest Hemmingway – "All you have to do is write one true sentence. Write the truest sentence that you know."

And on this, it's been a pleasure writing and I hope you've all found value in the last year of monthly editions.

Jay Houhlias

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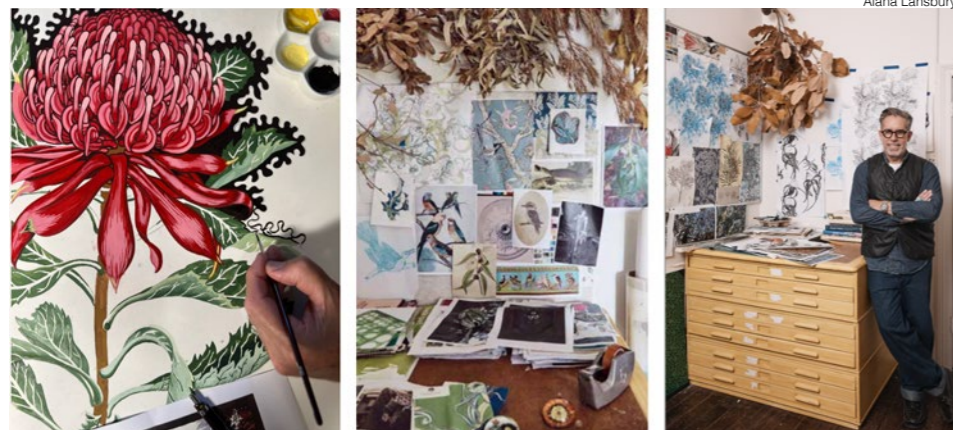
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The artist Bruce Slorach and his art at Bruce's studio.

Native Deities Exhibition

Australia's flora and fauna have long been a source of inspiration. Sydney artist Bruce Slorach presents Native Deities, a brilliant and bold love letter to our leafy city, and a homage to Australia's unique natural landscape.

Slorach has garnered acclaim for drawing attention to its beauty in new ways, captured in his unique brightly coloured contemporary textiles, created with partner Sophie Tatlow under the banner of Utopia Goods Textiles. The exhibition is the exploration of artistic process and the relationships that Slorach and Tatlow have built with international artisans and craftspeople. The unique story behind each of the major works in the show will be explored, from sketch to final process.

Native Deities opens at Woollahra Gallery at Redleaf, 548 New South Head Rd, on Wednesday May 3 until Sunday May 28, 2023. Entry is free. The gallery is open Wednesday to Friday 10am to 6pm and Saturday to Sunday 10am to 5pm.

Sleep Strategies for Autism and ADHD

Professor Nicole Rinehart from the Monash University Krongold Clinic shares sleep strategies and simple bedtime routines that can improve sleep in autistic children, reduce anxiety and enhance overall family wellbeing.

"Behavioural sleep interventions can have a significant impact on children and their families."

The strategies include bedtime fading – temporarily adjusting 'bedtime' to the time when the child usually falls asleep and bringing the time forward in 15-minute increments, graduated extinction – weaning the child off the need to have a parent in the room while they fall asleep by instead performing check-ins at regular, decreasing intervals, and bedtime pass – granting the child one 'free' pass to get out of their room each night.

"Our Sleeping Sound study showed an improvement in not only sleep problems but also the potential to reduce childhood anxiety. This is an important



finding given the enormous impact that anxiety has on a child's ability to function in everyday life."

The full study and more information can be found at <https://acamh.onlinelibrary.wiley.com/doi/full/10.1111/jcpp.13590>.

I Quit Gas

The Climate Council has partnered with founder of the 'I Quit Sugar' movement Sarah Wilson to launch a new campaign sounding the alarm about the health dangers of gas in our homes.

The 'I Quit Gas' campaign is calling on state and territory governments to help Australians say goodbye to toxic gas for good with interest free loans for switching to all-electric home appliances.

It comes as a new national poll of 1,126 Australians, commissioned by the Climate Council, shows 90% of Australians are well aware of the health dangers of tobacco and asbestos, yet only 32% are aware that gas in the home is a significant health hazard.

Sarah Wilson said, "The evidence is clear and mounting that gas stoves and heaters leak toxic gases including nitrogen dioxide into our homes, which has been linked to asthma in children... Unfortunately, public awareness about the ticking time bombs in our homes is unacceptably low. Just like big tobacco and big sugar have gone to great lengths to downplay the dangers of their products, the gas industry has spent millions trying to falsely market gas as 'natural', when it is in fact toxic and dangerous."

The 'I Quit Gas' campaign can be accessed at www.climatecouncil.org.au.

Giving Your Cat a Home

RSPCA NSW has provided some reasons why an at-home lifestyle is good for your cat and a step-by-step guide to transitioning your cat to this new way of living.

1. Did you know less than 1 in 10 cats who go missing in NSW are reunited with their family? Indoor cats are far less likely to go missing, plus they often have less health issues and even live longer.
2. There's no denying that a strong bond with our animals brings immeasurable joy to us proud 'pawrents'. Transitioning to an indoor lifestyle will help nurture a closer relationship with your cat.
3. Cats are naturally protective of their area. Keeping your cat indoors means less hunting of wildlife and no scuffles with other pets in the neighbourhood.

Our feline friends are creatures of habit, so changes don't always come easy to them. The guide can be found at www.rspcansw.org.au.



Lite n' Easy Wins Again

After surveying more than 1,100 Australians, Canstar Blue has awarded Australian owned Lite n' Easy as the best Healthy Meal Delivery Service in the country for the fourth year in a row. Lite n' Easy was the only brand to be given 5 stars in almost every category and continues to be the most trusted healthy meal delivery service.

Here are the overall satisfaction ratings for the healthy meal delivery services in Australia, as rated by consumers in Canstar Blue's latest review:

- Lite n' Easy – 5 Stars
- Marley Spoon – 4 Stars
- My Muscle Chef – 4 Stars
- Hello Fresh – 4 Stars
- Dinnerly – 3 Stars
- Youfoodz – 3 Stars

Tik Tok Ban

During Early April, Australia announced a ban on Chinese-owned app TikTok from its federal government's devices. Professor Monica Whitty, Head of Department of Software Systems & Cybersecurity, Faculty of Information Technology, had this to say.

"There might be security concerns regarding TikTok but these concerns will not necessarily be resolved by banning its use on government-issued devices. Those who work for government agencies who still want to use TikTok will use it on personal devices."

"Research shows that employees regularly use personal devices at work to access work networks. They do so out of convenience, but this puts organisations at risk."

"There also needs to be education and awareness around data protection and privacy while using social media platforms – explaining the genuine harm to citizens. Individuals will not change online behaviours, even when government agencies tell them, unless they understand the reasoning behind it."



Matthew Abbott - Hunting with Fire

Bringing Australian Life Into Frame

The City of Sydney is calling on photographers from across the country to give their best take on life in Australia for one of the nation's top photography competitions. They are looking for images that illustrate diversity in Australia, from a country landscape or city skyline to an inspirational portrait or a candid moment captured on camera. The City of Sydney's Australian Life photography competition will award a \$10,000 cash prize to the winner, with 28 finalists featuring in an outdoor public exhibition at Circular Quay.

Entries close at 11:59pm on Sunday 21 May 2023. For more information, including terms and conditions, visit <https://www.cityofsydney.nsw.gov.au>.

\$180M Investment for Lane Cove

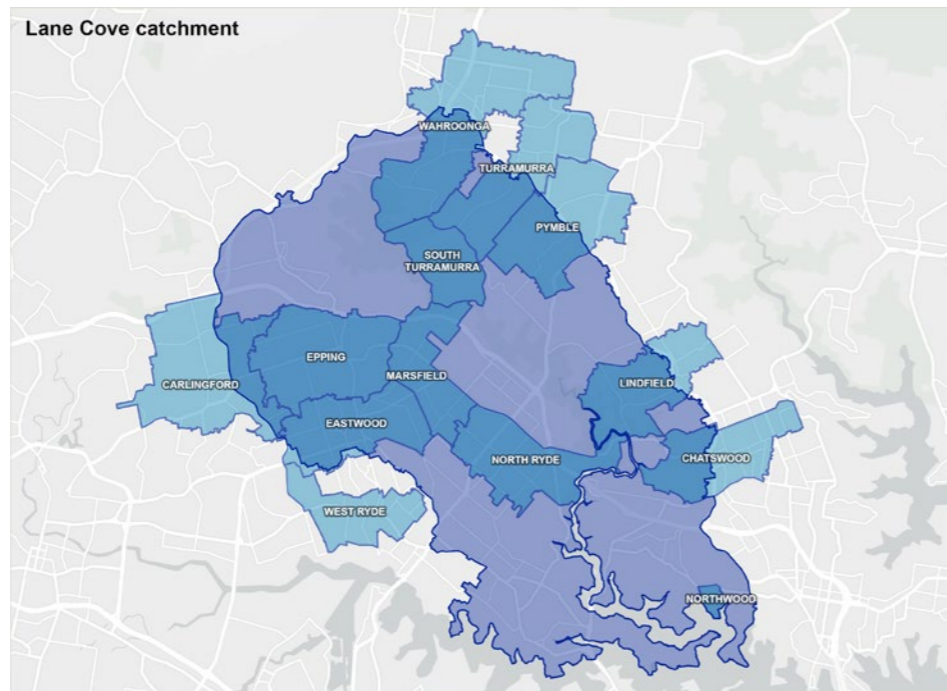
Sydney Water put controls in place to stop stormwater entering wastewater assets, including maintenance holes, Emergency Relief Structures and cross-connections at 42 sites in late 2022.

Sydney Water is continuing to inspect over seven kilometres of wastewater pipes and 769 maintenance holes to identify and complete further repairs. The Five priority catchments are Prospect Creek, Upper Parramatta, Mid Parramatta, Mosman Peninsula and Lower Middle Harbour and Lane Cove.

The Lane Cove Catchment will soon see an improvement in the performance of its wastewater system as Sydney Water delivers the third and final stage of the Wastewater Fix program. The program, designed to find the best ways to reduce the amount of stormwater entering our wastewater system, is a vital \$180M investment over four years.

Sydney Water Lead Planner for Integrated Planning North, Milroy Jayaveerasingam, emphasised the importance of this upgrade. "When it rains, stormwater can get into our wastewater pipes, and the system can overload. This can cause wastewater to overflow onto private properties."

Work involves smoke testing and visual



checks to further assess where stormwater is entering wastewater pipes.

"Smoke testing is currently underway in the Lane Cove priority catchment... Small amounts of environmentally safe smoke is pumped into the private wastewater system from an inspection opening or maintenance hole. It will show if the pipe has an issue if the smoke escapes and

becomes visible above the ground."

"Our technicians are smoke testing over 8,500 properties in the Lane Cove priority catchment. Over the coming months, you may see our crews working tirelessly in your street to deliver this final stage."

Final inspections are expected to be complete by mid-2023.

Hawkesbury Nepean River System

A \$432,000 grant from the NSW Government has allowed a multi-council project to prepare a Coastal Management Program ensuring sustainable and strategic long-term management of the Hawkesbury Nepean River System.



grants program, the funding will allow the project to now move to Stages 3 and 4.

Stage 3 includes engaging with the community and stakeholders and identifying short and long term management options to manage key threats facing the estuary now and in the future. In Stage 4, the councils will prepare, exhibit and finalise the HNRCMP before submitting it to the NSW Government for certification and adoption.

Hornsby Shire Mayor Philip Ruddock spoke of the importance of the program to Hornsby

Shire and the other communities along this unique and beautiful waterway.

"Hornsby Shire Council is proud to be leading the charge in this important program. The Hawkesbury Nepean River Coastal Management Plan will ensure the coordinated management and sustainable development of the Hawkesbury-Nepean River system, including Broken Bay, Brisbane Water and Pittwater estuaries, for the benefit of nature, the economy and the community."

"A true collaboration, the program is a wonderful example of the great work that can be done when councils and state government work together. We thank the NSW Government for its support and look forward to progressing Stages 3 and 4."

For more information visit www.hawkesburynepeancmp.org.

Ryde Gets a New Swim School

AustGrade Swim Schools will be raising the bar this month with the launch of an iconic, brand-new children's swim school. As they continue to expand across Sydney and beyond, they're committed on educating children in the most important life skill, in a fun and safe environment.



An indoor purpose-built swimming school has arrived at Top Ryde City Shopping Centre. After much anticipation and months of construction the second of two swim schools in Sydney is complete for AustGrade in Top Ryde. The school will fill over 500 square meters of space, custom built in B2 level car park as a fascinating engineering accomplishment for the team. The school will provide a one for one experience with its high-end finish and sleek design, allowing parents to comfortably observe their kids swimming lessons from a safe distance around the pools.

The venue is set to welcome and teach over 1000 students per month with the ability to run up to 8 classes simultaneously.

Offering a range of exciting features, the school is set to operate year-round, open 7 days a week across school holidays and

independent to school terms. The two pools are consistently heated at 32 degrees Celsius, all year round, ensuring the ability for children to swim regardless of season. The pools are kept safe and clean via the chlorine system, which is an Australian Standard, as well as the UV system to minimise the use of chlorine and further disinfect the pools. The system is fully automated to ensure the chlorine levels are stable and within NSW Health Regulation.

AustGrade provides change rooms, showers and bathrooms for boys and girls as well as an accessible unisex shower and bathroom. A cafe is conveniently situated within the school to provide comfortability for parents or for a treat of course! The convenient location of the venue provides access to parents to do their shopping while their child is in the safe care of our instructors.

The programs are split into two categories, Under & Over 3 years of age. For children under the ages of 3, the parent accompanies the child in the water for their lessons, this allows children to feel safe and familiar in a pool surrounding. For ages 3 and above, children learn skill development and stroke development further along the levels. Classes are available from as young as 2 months old and up to 14 years of age.

"We are tremendously excited to bring our second venue to Sydney" says Andrew Kastoun, General Manager of AustGrade Swim Schools. "The journey for us began at our swim school in Mascot, this showed us our guests' appetite and the importance for Australian children to learn how to swim. At Top Ryde City we aim to deliver more of this education for children in a fun and safe environment. Our state-of-the-art facility and warm and professional coaches are sure to encourage those on the fence to join now and take the dive!"

For further information, please visit the website at www.austgrade.com.au.

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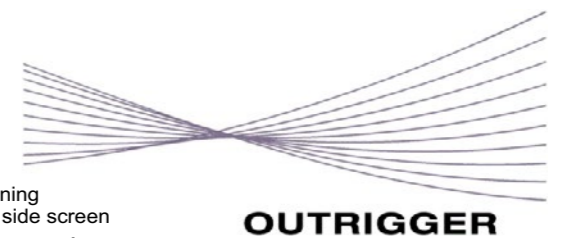


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Hornsby Shire Council's Infrastructure Improvements

During mid-April, Hornsby Shire Council detailed plans to spend \$80 million next financial year on capital projects as part of its draft 2023-2026 Delivery Program, including the Operational Plan 2023/24 (DPOP), plus the budget for the year ahead.



Key initiatives for 2023/24

- **\$10.96 million** on local road improvements
- **\$500,000** on footpath improvements
- **\$474,000** on traffic facilities
- **\$1.4 million** on drainage improvements
- **\$12.4 million** on upgrades to parks and sporting facilities
- **\$2.1 million** on upgrades to bushland and waterways
- **\$34.8 million** on undertaking designs and commencing improvements at Hornsby Park
- **\$1.8 million** on progressing Westleigh Park
- **\$3.8 million** on Asquith to Mount Colah Public Domain improvements
- Completion and adoption of the Hornsby Town Centre Masterplan.

The DPOP sets out the roadmap for how Council will deliver on goals identified by residents in its 10-year Community Strategic Plan Your Vision I Your Future 2032. Following the challenges of recent years, Council's key priorities are to remain financially strong and to build a resilient Shire, well prepared for a growing population.

"As we prepare for the Hornsby Shire of the future, it is essential that our infrastructure is of a standard that our growing community deserves. I'm therefore proud that we will spend just over \$80 million on capital projects, largely funded by external grants and development contributions."

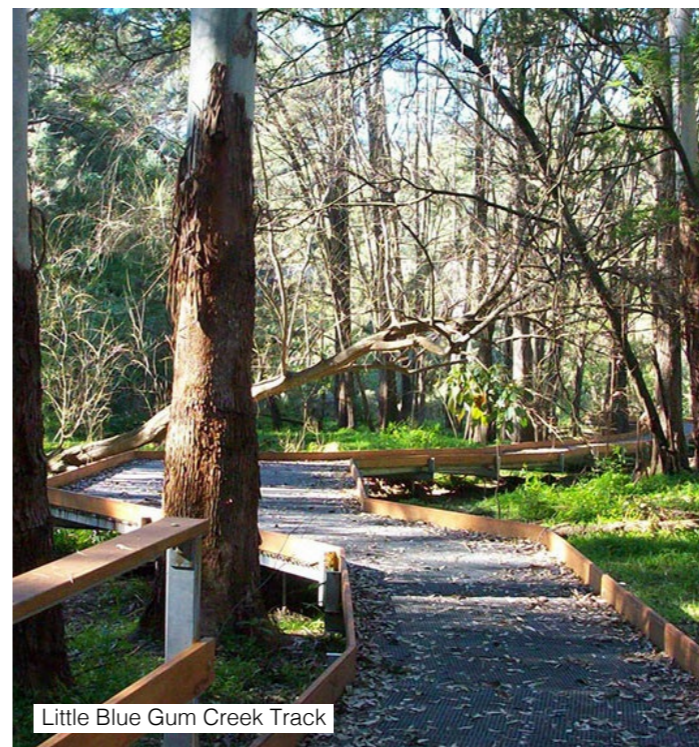
"This expenditure will increase liveability and build resilience by creating a safe and

efficient transport network, upgrading our open spaces and natural surrounds, building thriving village centres and progressing our major projects at Hornsby and Westleigh Parks," said Hornsby Shire Mayor, Philip Ruddock.

The DPOP also details where additional funds levied through the current application to the Independent Pricing and Regulatory Tribunal for a Special Rate Variation (SRV) would be spent should the application be successful.

"Hornsby Shire Council has a track record for prudent financial management, and it is our strong intention that this continues, regardless of the outcome of the SRV application. We have therefore presented our 'business as usual' initiatives and budget as well as a separate SRV scenario, outlining clearly where the community's money will be spent if this is granted," Mayor Ruddock added.

The DPOP will be on public exhibition for community feedback until 15 May at www.yoursay.hornsby.nsw.gov.au.



Ku-ring-gai's 2023-2024 OP

Ku-ring-gai Council plans to spend \$54 million on capital works and services in the 2023-2024 financial year. The Council's spending plan is outlined in the revised 2022-2026 Delivery Program and draft 2023-2024 Operational Plan, which is on public exhibition for comment until Monday 22 May.

If adopted by the Council, Ku-ring-gai residents will benefit from \$54 million worth of capital works on roads, footpaths, sports fields and other essential services next financial year.

Key highlights include:

- \$14.3 million for the upgrade and renewal of roads.
- \$5.3 million for local centre improvements.
- \$3.9 million for drainage and stormwater upgrades.
- \$3.4 million for sports fields and playgrounds.
- \$2.8 million for community partnerships to improve the natural environment.
- \$2 million for new and upgraded footpaths.
- \$1 million for traffic improvements.
- \$700,000 for new library resources.
- \$500,000 for refurbishment of public toilets.
- \$200,000 for tree planting in public spaces.

Other plans on exhibition for public comment include the 10-year Long Term Financial Plan, 10-year Asset Management Strategy and the Council's Workforce Management Strategy for 2023-2027.

The Council's financial plan was independently reviewed in February 2023. Options arising from the review included a potential rate increase in 2025-2026 if supported by the community and the Council and approved by IPART.

The Council will make a final decision in June on budget allocations for the new financial year. To view the plans and make a comment visit www.krg.nsw.gov.au/yoursay.



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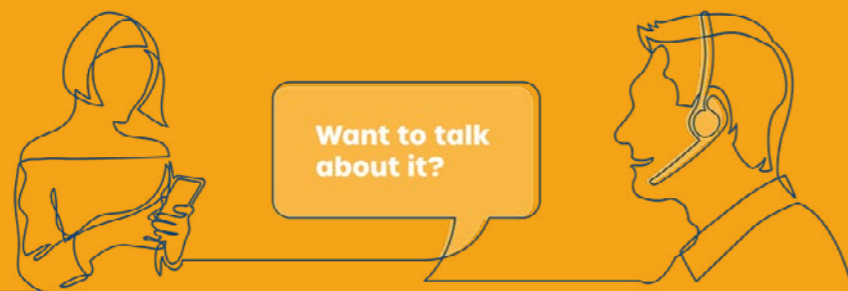
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New Toolkit from Lifeline

Lifeline has launched a new service designed to reach help seekers who aren't ready to talk to someone else about their situation, or simply prefer to manage things themselves first.

The new Support Toolkit is full of practical information in plain language, as well as the best curated tools, apps, techniques and services to help individuals take the next step in their wellbeing journey.

The Support Toolkit is also designed to help those supporting someone else in need. It provides tools and resources to help people understand and cater to the needs of someone in distress, while making sure they administer effective self-care at the same time.

Lifeline Australia CEO, Colin Seery, said the Support Toolkit will enable the organisation to support people who wouldn't otherwise engage with mental health and crisis support.

"Our new Support Toolkit means help seekers at all stages of their journey can

The Support Toolkit is also designed to help those supporting someone else in need. It provides tools and resources to help people understand and cater to the needs of someone in distress.

come to Lifeline to access help on their own terms. It helps people to make sense of their experience and take active steps to manage their wellbeing."

"We know that a lot of people looking for help might not yet be comfortable involving another person in their situation. The Toolkit makes it easy for anyone who feels they are ready to take positive steps forward but doesn't know where to start."

Lifeline Australia Executive Director of Service Design and Delivery, Dane Glerum, said the Toolkit has been designed to support the formation of long-term behaviours and skills that build resilience and prevent crisis.

"We've learned help seekers can feel overwhelmed with how much information is out there, and often don't know where to turn... Australians have trusted Lifeline to provide support for over 60 years. We've curated our Toolkit to build on this sense of trust by providing access to practical information, tools and resources whenever and wherever they're needed."

"The site is designed to create an inclusive, accessible and personalised experience which allows people to engage at different points in their journey, find the next steps and have the option of coming back without having to restart the process."

Visit www.lifeline.org.au toolkit to experience the new toolkit.

Local TAFE Students Hard at Work

TAFE NSW Ryde students have been given priceless hands-on experience and bought smiles to thousands of showgoers after helping build a spectacular garden at the Royal Easter Show.

TAFE NSW Ryde landscape construction, landscape design and horticulture students designed and built the showcase garden from scratch, which boasts a 14-metre long frontage and houses more than 3000 plants.



TAFE NSW Ryde students get real-world skills at the Easter Show by building a stunning garden for guests to enjoy.

With the theme 'the Home Paddock', the garden ran adjacent to the iconic Southee Pavillion and paid homage to regenerative agriculture and the critical role plants play in our daily lives.

More than 80 TAFE NSW students participated in the 16-day build, providing them with valuable real-world experience.

TAFE NSW Director of Skills Team – Agribusiness Kate Low said, "This has been a hugely exciting project and a powerful display of how TAFE NSW gives students practical, in-demand skills in a real-world setting... We've built a garden in previous years but we wanted to go bigger this year and connected the theme back to the agricultural origins of the show."

BEST UNIQUE ACCOMMODATION IN AUSTRALIA!

AUSTRALIAN TOURISM AWARDS 2023

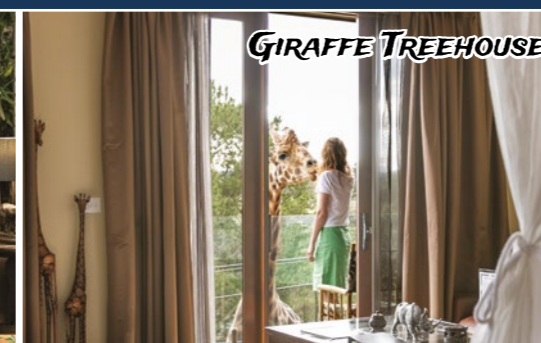


JUNGLE BUNGALOW

Located in the National Zoo & Aquarium, voted as one of the **TOP TWO MAJOR TOURIST ATTRACTIONS IN AUSTRALIA!**



USHAKA LOUNGE



GIRAFFE TREEHOUSE



DINING

Jamala Wildlife Lodge provides guests with luxurious accommodation and an unparalleled experience of the wildest kind! Located within the grounds of the National Zoo and Aquarium in the centre of Canberra, Jamala offers a variety of opulent safari style suites and bungalows that not only boast sublime African art and décor, but are also surrounded by some of the world's most magnificent and endangered animals. A single night's stay includes 22 hours of luxury, excitement and adventure with a tour of the zoo, afternoon tea, breakfast and a gourmet 4 course dinner with Moët champagne and fine wines included!

Animals: Please note that while the animals generally join guests as shown, no guarantee of their attendance or length of attendance can be given.



Canberra



@jamalalodge



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02 6287 8444

www.jamala.com.au

info@jamalawildlifelodge.com.au

In & Between Exhibition

Abercrombie Gallery is excited to present 'In & Between' by Sydney artist, Catherin Bennett, at 314 Abercrombie Street, Darlington. With passion, energy and ingenuity, Catherin's second solo exhibition explores identity, love, and nature's magical power. Comprising contemporary figurative and abstract works, Catherin combines the use of traditional mediums with unique surfaces and techniques including recycled and salvaged items.

"The artworks within this collection have evolved organically as I found unique items for my surfaces including a huge old machine board and even a set of antique French doors", said Catherin. "I let each story rise out of the surface to express how we live between boundaries, adding wires to hook pieces together so we can see the 'between'. I wanted to see the shadows on the wall in the between."

Catherin's experience in corporate marketing and communications also enables her to bring each work to life through her unique creative ability to tell stories. This collection evokes emotions about our struggles with life and death (*Lead Me Home, Man Between, Spirits' Tree*), identity and sexuality (*Bed of Roses, Non-Binary*), the passage of time, love and loss through love stories (*The Navigator, Juliette*), and the magic (*Moire, Wonderland, Beanstalk, Narnia, Reach, Golden Dragon*) energy and abundance in our natural world (*Between Land and Sea, The Source, The Race*).

Descending from a family of artists who emigrated from Europe in the 1940s, Catherin fondly remembers watching her Hungarian Grandmother paint and sketch, and the strong aroma of oil paints and turpentine. Having studied and practised art since a young age, and now undertaking further studies in Fine Art with Curtin University, Catherin's passion, and dedication shine through this unique collection.



Catherin Bennett's "Sounds of Silence III".

"We exist within and between spaces. Regardless of the passage of time, the interrelationship of all things influences us. Yet, our connection to self, one another and nature must navigate boundaries."

A series of events will accompany 'In & Between', including the Opening Night on Thursday 4 May from 6 - 8pm, Artist Talk on Saturday 6 May at 2pm, Drawing workshops Sunday 7 May and Saturday 12 May from 3 - 4:30pm.

For more information, please contact Catherin Bennett www.cx2art.com.

ANZAC Day in Ku-ring-gai

On Tuesday 25 April, Ku-ring-gai's commemorations of Australia's most solemn military day commenced with two dawn services, one at Roseville RSL Memorial, the other at Bicentennial Park, West Pymble.

The dawn service at Roseville Memorial Park, 62 Pacific Highway was held at 5am. The President of the Roseville RSL Sub-Branch and Mayor Jeff Pettett delivered speeches at the service on behalf of the Ku-ring-gai community.

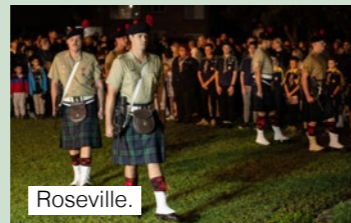
The ANZAC Day dawn service coordinated by the Sydney North Region Scouts was held at Bicentennial Park, West Pymble from 5.30am. Services later in the morning were held at Wahroonga Park, Turramurra Memorial Park and St Ives War Memorial.

From 7.30am, a service was hosted at Wahroonga Park by the Sydney North Region Scouts. At 9.30am, a memorial service was held at Turramurra Memorial Park, Eastern Road Turramurra, also organised by the Scouts.

At 10.30am, the public were invited to gather at St Ives War Memorial 203 Mona Vale Road for a service organised by St Ives Lions Club.



Turramurra.



Roseville.



St Ives.

Residents who wished to commemorate the occasion at home did so in the ANZAC Day driveway commemoration, Light Up the Dawn. Participants stood at the end of their driveways or on their balconies facing east from sunrise for a minute's silence.

What is a Statutory Will?

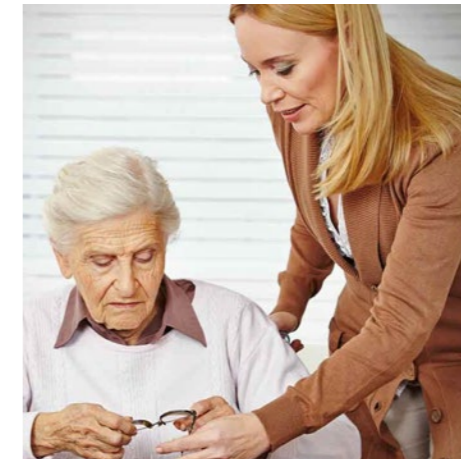
Wal Abramowicz

A statutory will is a will that has been made by or on behalf of a person that does not have the legal capacity to make a will. The will is validated by the Court because the judge has been persuaded that the will-maker would have made that particular will if they did in fact have capacity.

What are the components of a statutory will? A statutory will is typically very similar, if not identical in form, to a simple will except it will be drafted in accordance with Court Orders.

Why would I want to get a statutory will made for one of my family?

- a. Where the proposed will maker has been cared for primarily by one parent, and has had little or no contact with the other parent (who would benefit to some extent on an intestacy).
- b. Where the proposed will maker has expressed a change in their intentions, but has lost capacity before making or altering their will to reflect that change.
- c. Where the personal relationship between the proposed will maker and



- a beneficiary has ended, and there is evidence that the proposed will makers, if they had capacity, would make a will or change their will to remove that person from benefit.
- d. Where there is evidence that the proposed will maker would want to provide for a worthy recipient, such as a person who has provided care.
- e. Where there has been misconduct (whether physical or financial) towards the proposed will maker, by a person who will otherwise receive a benefit under their will or on intestacy.

- f. To resolve problems with an existing will, such as where a gift has lapsed or been sold, or the will was made at a time when there were concerns as to whether the proposed will maker had testamentary capacity.
- g. The previous will is missing or defective.

Before the Court can make an order granting a statutory will it must be satisfied about certain matters:

- a. There is reason to believe that the person in relation to whom the order is sought is, or is reasonably likely to be, incapable of making a will.
- b. The proposed will, alteration or revocation is, or is reasonably likely to be, one that would have been made by the person if he or she had testamentary capacity.
- c. It is or may be appropriate for the order to be made.

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



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

We are trusted advisors to our clients in matters of Will Disputes and claims against Estates.

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LAWYERS

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P: 02 9440 1202 | F: (02) 9440 1205
E: lawyers@foxstaniland.com.au

Level 2, 828 Pacific Highway Gordon NSW 2072*
*Parking available at the Gordon Centre and Ku-ring-gai Council on Dumaresq Street.



Angelica Madani

PYMBLE PLAYERS'

Things I Know To Be True

Pymble Players' next production, *Things I Know To Be True* by Andrew Bovell, directed by North Shore local Racquel Boyd, will open from 17 May to 11 June 2023 at Pymble Players Theatre, 55A Mona Vale Road, Pymble.

Life is seasonal, and those seasons bring change, challenge and hope. *Things I Know To Be True* tells of a normal Australian family through the course of one year. It's a play about family resilience, and about love in its many forms: sometimes comforting and supportive, sometimes stifling and destructive. But always love.

Director Racquel Boyd said, "In the aftermath of the pandemic years where we spent too much time either confined with our families or isolated from them, I wanted to find a story to tell about ordinary Australians. Ordinary people with problems and dilemmas that exist alongside laughter, companionship and, above all, love. A story that lets us know that we are not alone in our struggles and that tomorrow does come."

"This story of the Price Family reveals many of our own foibles on stage. With a plethora of relationship dynamics to understand, and lifetimes of flaws to unravel, our six characters will no doubt strike a chord with you. There is something for everyone in the ordinariness of this suburban Australian family, whether it is the relatable tale of a ritual trip to the airport, or the deeper personal experiences that we may not want to acknowledge are actually familiar to us."



Westside Vibe this May

Eye catching decorations will transform the area around Hornsby's Dural Lane into a vibrant party venue for one night – Westside Vibe.

Hornsby Shire Council's popular laneway festival Westside Vibe returns to Hornsby's west side on Friday 5 May. The festival will take you on a sensory journey of taste, sounds and atmosphere.

The eighth Westside Vibe will come alive with music from a range of lively performers and roving entertainers. Taste buds will be set alight by international food from 15 of Sydney's best food trucks, while a pop-up bar will serve delicious drinks and cocktails to get you in the mood.

Hornsby Shire Mayor Philip Ruddock said, "I am thrilled that Council can once again present its most loved street festival, Westside Vibe, giving people the chance to enjoy food and drink, music, market stalls and have lots of fun. I look forward to seeing everyone there."

Westside Vibe will take place on Friday 5 May at Hornsby's Dural Lane, from 4pm to 9pm.

The event is FREE.

For more information visit hornsby.nsw.gov.au/westsidevibe.



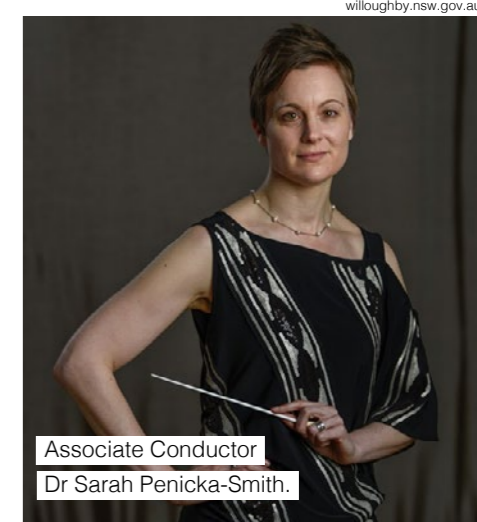
willoughby.nsw.gov.au

Enjoy the Willoughby Symphony Orchestra

Celebrate musical dedications with Associate Conductor Dr Sarah Penicka-Smith at the Concourse Concert Hall. Hear Willoughby Symphony Orchestra's beloved Concertmaster Maria Lindsay perform Anna Pavlova's lush Monolog – written as a tribute to Pavlova's violinist father – alongside a dazzling performance of Australian jazz legend Tommy Tycho's Violin Concerto, dedicated to Lindsay herself.

Experience the next generation of classical music when the winner of the 2023 Young Composer Award is unveiled, with a brand new work for the Willoughby Symphony Orchestra and Willoughby Symphony Choir. This exciting concert opens with Béla Bartók's passionate Romanian Folk Dances and comes to a riveting close with Antonín Dvořák's epic Hero's Song.

But, before you hear the music, why not hear some of the stories behind the concert compositions? The Willoughby Symphony and 2MBS Fine Music Sydney have re-introduced the already popular



willoughby.nsw.gov.au

Associate Conductor Dr Sarah Penicka-Smith.

pre-concert talks and leading 2MBS presenters will regale you with amusing and interesting tales related to the music you're going to hear played by the Willoughby Symphony Orchestra. Your host for this event's pre-concert talk is the 2MBS Fine Music Sydney volunteer and bass singer Tom Forrester-Paton.

Ku-ring-gai Council

Have your say on Ku-ring-gai Council plans

Ku-ring-gai residents are invited to comment on Council's revised long term resourcing plans, four year program and next year's activities and budget.

- The revised Resourcing Strategy includes the 10-year Long Term Financial Plan, 10-year Asset Management Strategy and Workforce Management Strategy 2023-2027.
- The Delivery Program, Operational Plan and fees & charges for 2023-2024. These outline what Ku-ring-gai Council intends to achieve over the next financial year and how it will be funded.

The documents are on public exhibition from **Monday 24 April to Monday 22 May 2023** at www.krg.nsw.gov.au/yoursay, Ku-ring-gai Council's Administration Centre, 818 Pacific Highway Gordon or any Ku-ring-gai library branch.

Comments must be in writing, quote reference number **S09755/11** and be received by the closing date. You can comment at [krg.nsw.gov.au/yoursay](https://www.krg.nsw.gov.au/yoursay); by email at krg@krg.nsw.gov.au or by mail to the General Manager, Ku-ring-gai Council, Locked Bag 1006 Gordon NSW 2072.

All submissions are public documents and will be considered in a final report to Council.

Enquiries: Integrated Planning Coordinator **9424 0000** or krg@krg.nsw.gov.au



OPTUS & VODAFONE

PROPOSAL TO UPGRADE OPTUS & VODAFONE ROOFTOP MOBILE PHONE BASE STATION IN WILLOUGHBY INCLUDING 5G

- Site Number: S1726 – 449 Willoughby Rd Willoughby NSW 2068 (RFNSA number: 2068009)
The proposed facility consists of the addition of new Optus and Vodafone equipment and associated works as follows (including 5G):
 - Replacement of existing antennas and RRU mounts (9 off)
 - Removal of six (6) existing Optus and Vodafone Panel antennas
 - Installation of three (3) new Optus CommScope RRV4-65D-R6 Active antennas (dimensions 2688mm (H) 498mm (W) 197mm (D))
 - Installation of three (3) new Optus Ericsson AIR6419 Active antennas (dimensions 790mm (H) 408mm (W) 186mm (D))
 - Installation of three (3) new Optus Ericsson AIR3219 Active antennas (dimensions 750mm (H) 506mm (W) 166mm (D))
 - Replacement of nine (9) existing Optus RRU's with twenty-one (21) new Optus RRU's
 - Installation of three (3) new Vodafone Passive antennas (dimensions 2688mm (H) 498mm (W) 197mm (D))
 - Installation of three (3) new Vodafone Nokia AEOE panel antennas (dimensions 750mm (H) 450mm (W) 240mm (D))
 - Replacement of existing Vodafone RRU nine (9 off) with twenty-one (21) new Vodafone RRU's
 - The reconfiguration and installation of ancillary equipment including MHAs, combiners, cabling, hybrids, feeders, and other associated equipment. The reconfiguration and installation of ancillary equipment including MHAs, combiners, cabling, hybrids, feeders, and other associated equipment
- Optus & Vodafone regard the proposed installation as Low-impact Facilities under the *Telecommunications (Low-impact Facilities) Determination 2018* ("The Determination") based on the descriptions above.
- The proposed infrastructure will be in compliance with the ACMA EMR regulatory arrangements.
- In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information requests and/or comments should be directed to Ventia Solutions:
E. community.consultation@ventia.com
M. Ventia, 1-31 Commercial Drive, Shailer Park QLD 4125
Ph. (02) 8248 6496. We will accept comments on the proposed upgrade until **5pm Monday, 15th May 2023.**

NATALIE BASSINGTHWAIGHTE

WE ALL JUGGLE

Jay Houhlias

Although she might downplay the following statement, it's clear that Natalie Bassingthwaight possesses the qualities many people are striving for. She has a successful and thriving career, is a multi-talented musician, actor and theatre performer, and all the while is able to juggle a family. For Mother's Day, we thought there would be no one better to catch up with.



Natalie grew up in Wollongong, about an hour south of Sydney. The coastal city is one of many which is growing in population and interest. There is an idea that individuals growing up in smaller towns are more likely to be successful as they are not constantly comparing themselves to others much like many of us in bigger, denser cities are. Perhaps there is something to this in Natalie's case.

"I had a great childhood, one of four girls. I had some beautiful friends... two of my besties today helped shape who I am, supported me and gave me the freedom to explore who I wanted to be."

Natalie explains the beginnings of her career. We spoke about the entertainment industry, and how things have changed from when she was coming up. She states doing multiple disciplines, such as acting for television and singing, were extremely difficult to execute and succeed in.

"Back in the day, it was really forbidden to cross over... I remember doing musical theatre and wanting to be seen for straight acting roles. I wasn't given the opportunity because I was from the stage."

"Now, I think it really has changed so much. People who are doing film are doing television. Television is such a big medium, especially with Netflix and all the other streaming services. There is a lot more opportunity these days."

"If you can do more than one thing, you're more likely to be employed!"

Natalie's multiple talents do carry over and complement each other.

"Being a solid performer means you need to be an empathetic person or a show person - and I love both. For me, I think both really work hand in hand, and they're both enjoyable for completely different reasons."

And has Natalie's family got anything special planned for her Mother's Day? She says she doesn't know, however, if Natalie's family is reading, winks and nudges are coming your way.

"What I would really love, first of all, is breakfast in bed... I would love to go on a retreat, like a weekend retreat where I do yoga, meditation, sound healing, eat beautiful food, go to bed early and get up



"People who are doing film are doing television (...) If you can do more than one thing, you're more likely to be employed!"

early, and go for bush walks... that would be my ultimate treat."

Sydney Observer asked Natalie about how being a mother fits in with her professional life.

"It is never easy... ever! We all juggle. Some days are easier than others. Some days I can do everything with a massive smile on my face and nothing seems to bother me. Other days I literally want to curl into a ball and cry," she laughs.

Natalie doesn't have any specific tips for balancing these aspects of her life. She just says, "I don't know if I have any tips, but just keep on keeping on, give yourself a break. We are not perfect believe it or not, and what you see on Instagram isn't always real."



Waiaria Macedone-Hunt - Reflections in an Erko Window.

Creative Kids Wanted!

Little photographers, it's time for your creativity to shine! The City of Sydney, in addition to their Australian Life photography competition, is inviting budding photographers to submit their creative snaps as part of the Little Sydney Lives photography competition.

Children aged 3 to 12 are encouraged to enter a photo taken in Sydney over the past year. The photo can be of people or a landscape. There are two \$500 photography prizes up for grabs as well as the chance to have images showcased in an exhibition at Circular Quay.

Hundreds of young photographers enter each year, with images by 20 selected finalists enlarged and exhibited in Customs House, Circular Quay from 14 September to 8 October.

Clover Moore, Lord Mayor of Sydney, said, "The Little Sydney Lives competition never fails to surprise and delight as our youngest snappers give us an insight into their daily lives."

In its 13th year, the competition has become increasingly popular with young photographers across Sydney. "The talent and creativity in the entries we receive is inspiring, from simple but brilliant compositions to complex images reflecting a nuanced sense of mood in the city."

The competition has two age categories – 3 to 7 and 8 to 12. The winners of each will



Lacey Griffiths - Sparkly Spikes.

take home a prize worth \$500. This year's exhibition takes place in Customs House, giving young photographers a chance to exhibit at the city's iconic Circular Quay. Winners will be announced at the opening of the event.

Last year, Lacey Griffiths from Blackwall won the 3 to 7 years category for her image Sparkly Spikes, while Waiaria Macedone-Hunt from Erskineville won the 8 to 12 years category for her image Reflections in an Erko Window of a Barbie window display at Café Piccolo.

Judging this year's Australian Life photography competition entries will be award-winning photographer Matthew Abbott, Indigenous artist and producer Travis De Vries, documentary photographer Sandy Edwards and prominent fashion photographer Liz Ham.

Entries close at 11:59pm on Sunday 21 May 2023. For more information, including terms and conditions, visit the website <https://www.cityofsydney.nsw.gov.au>.

Cotton Bro/Pexels

Vox Pop

Have your say on Observer

Sydney Observer spoke with some students to get an idea of what they think about the change.

"It's good, I think people are trying to minimise and restrict their screen time anyway. This will just force it along. I don't think it's going to do any harm." (Anna, 17.)

"It will be a bit annoying because not all of us use our phones at school and not all of us are causing distractions. Some of us like to listen to music or just call people at lunch or something. But we won't be able to do that anymore, even if we are good with our phones." (Rory, 15.)

"I don't think I'll bring my phone to school anymore anyway." (Millie, 13.)

"You shouldn't be on your phone in class anyway so I don't think it should matter. And it's only during school hours so you can still use your phones before and after school." (Tara, 18.)

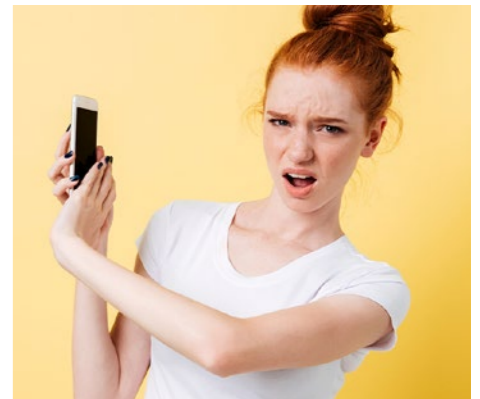
The Mobile Phone Ban

The Labor Government and NSW Premier Chris Minns state that: "Education outcomes in NSW have been declining over the past decade, with NSW now ranked 23rd in reading, 31st in maths and 23rd in science compared to other countries in the PISA (Programme for International Student Assessment) rankings."

An integral Labor election promise was to ban mobile phones in high schools. In aid of this, Chris Minns has announced a restriction of mobile phone use in NSW public high school classrooms. Mr Minns believes that phones are unnecessary distractions, and without them, classroom environments will be better and more conducive to learning.

Mr Minns stated that a 'common sense' approach would be taken to ensure children's study outcomes are improved.

This mobile phone policy replicates similar initiatives used in South Australia, Victoria and Western Australia, which restrict the use of mobile phones, smart watches, tablets and headphones, unless students are under the instruction of a staff member.



There will also be exemptions for students with special circumstances, such as needing to monitor a health condition, when under the direct instruction of a teacher for educational purposes or when the teacher gives permission for a specified purpose such as for language translation and communication.

The rule for New South Wales is that phones are banned in public primary schools, however, it's up to public secondary schools to decide on how they see this through.

A Structured School Holidays

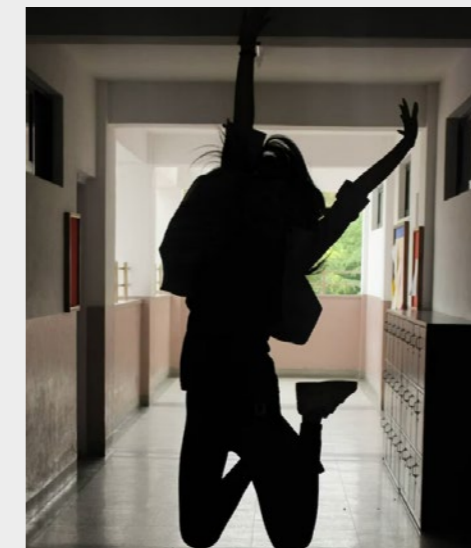
How did your school holidays go? Were they productive? Were they healthy? Where they good for your child and good for you?

Whatever your child's interests, researchers say that adding structure to the school holiday is a great way to keep kids healthy and active over the break.

Researchers at the University of South Australia found that when primary school children are on holidays, they're less active, more likely to be on screens, and tend to have a worse diet than during the school term.

The study assessed responses for 358 primary school students. Children were likely to be 12 minutes less active each day, 27 minutes more sedentary, and have more than an hour extra of screen time. Children aged 9-10 spent 39 per cent more time using screens than during the school year.

UniSA researcher Dr Amanda Watson says children exercise less and eat more unhealthy food during the holidays.



"Everyone is excited when school holidays come around – it's a break from the daily routine, classrooms, and getting ready on time – but despite the obvious benefits, it can have some setback for kids."

"Our study shows that during school holidays, children are more likely to display

unhealthy behaviours, such as being less active, spending more time sitting, eating more junk food, and (perhaps unsurprisingly) watching a whole lot more TV or screens.

"Of course, it is important for children to get some quality downtime over the school break, but it's equally important that they stay active and get enough exercise... If we add more structure to children's days in the holidays – regular activities, planned lunch and snack breaks, as well as a limit on the amount of screen time kids have – we could encourage healthier behaviours to benefit them now and in the future."

In Australia, one in four children are overweight or obese, contributing to poorer health and wellbeing, as well as worse performance at school.

If your school holidays weren't as happy and healthy as they could be, think back on these as a learning curve. Try implementing some structure into your child's break, and bolster this structure with healthy activities to ensure they get the most of out of their free time.



Sleep Habits Related with Tech use

Teenagers love their sleep, don't they? Unfortunately however, this usually comes at the wrong times. Many teenagers, instead of being in bed early and being up and about early, are in bed late at night and won't get up until later in the morning.

Australian sleep health guidelines recommend that teenagers get between 8-10 hours of sleep a day. New research from the University of South Australia shows if your teen is a regular night owl, then they could be overdosing on technology at the expense of their sleep.

Assessing sleep, wellbeing, and technology use of Australian teenagers, researchers found that those with a 'late sleep chronotype' (a preference for a later bedtime) may be at greater risk of disturbed sleep from excess technology than their counterparts with an 'early sleep chronotype.'

The study compared bedtime 'digital diets' of 462 Australian school students (aged 12-18 years) on weekdays and weekends finding that technology use and sleep differ on weekends compared to weekdays.

Specifically, social media or texting was predictive of shorter sleep on weekends (but not weekdays), and TV/streaming was predictive of a later wake time on weekdays (but not weekends). Teens with a late sleep chronotype were associated with more frequent technology use, with older teens

more likely to use social media/texting or TV/streaming, and younger teens more likely to be gaming.

"Owning a mobile phone and having access to technology is common for many young people, but teenagers are notorious for being 'glued' to their phone or device, and it's important that we understand how this might affect different aspects of their lives," UniSA researcher and postgraduate student, Alexander Reardon says.

"We already know that many teenagers don't get enough sleep on school days. This can be quite normal as teenagers tend to experience natural delays in their 'body clocks' as they get older, leading them to go to bed later and get up later. But most of these teens catch up on missed sleep on weekends when they have a chance to 'sleep-in'."

"Yet when we add technology to the mix, this catch-up sleep is far less likely to happen, leaving many teenagers with a serious sleep deficit."

Teenagers require adequate sleep to avoid struggling with schooling and wellbeing. Thinking, concentration, memory, reaction times and mood are all greatly impacted by sleep. Teenagers that develop healthy sleeping habits like having a consistent sleep routine, finding ways to wind down and cutting back on late night technology use will be far better off.

Expert's View on NAPLAN

NAPLAN, the very word instils fear in many students and parents' minds. While many have mixed feelings about the tests, education experts are also questioning things.

Standardised tests can gauge performance across different schools, regions, and demographics, but standardised tests may not fully capture the range of knowledge and skills that students have developed.

Charles Darwin University's education expert Dr Stephen Bolaji shared his views on the NAPLAN testing system. "There is no one-size-fits-all approach to student assessment and there are various alternative approaches that can complement or replace standardised testing, depending on the context and goals of the assessment."

"One alternative approach is performance-based assessment, which focuses on students' ability to apply their knowledge and skills in real-world contexts, rather than simply recalling information on a test."

A different model of assessment that is more inclusive and culturally responsive is a better option, especially for Indigenous students. "Performance-based assessments can include tasks such as projects, presentations, or problem-solving exercises, and can provide a more comprehensive picture of students' knowledge and abilities."

Standardised testing can be stressful for some students, particularly those who may struggle with test anxiety or who may not perform well on standardised tests for a variety of reasons.

Dr Stephen Bolaji provides some alternative ideas. "Another approach is formative assessment, which is ongoing, classroom-based assessment that focuses on providing feedback to students to support their learning and development."

"However, as a philosopher and policy expert in education, I strongly believe the deschooling model by Ivan Illich should be a model of assessment for more inclusive and culturally responsive, especially for Indigenous students."

"The deschooling approach to assessment is grounded in the recognition that Indigenous knowledge, ways of learning, and cultural contexts may differ from mainstream Western approaches to education and assessment."



Teenager Adjusted Parenting

Sarah Wainwright

Adolescence is a stage of transitioning from childhood to adulthood between ages 13 and 19. Physical and psychological changes that occur in adolescence often start earlier, during the preteen or 'tween' years, between ages 9 and 12, and extends well into early 20s.

Supporting teenagers during this period of transition means adjusting our parenting to adapt to the needs of teenagers.

Growing up involves becoming separate from parents, usually beginning in the tween years. During adolescence, teens are trying to figure out who they are apart from parents. They are trying to become a separate person: pulling away, striving to establish their own identity, distinguishing themselves apart from parents (Gordon, S., 2022).

Perceptive parents recognise their adolescent is a mixture of child and emerging adult. They still need their parents, but it must be on their terms, their schedule and away from the view of their friends. To have a good relationship with your teenager, parents have to be respectful of their needs, learning when and how to negotiate expectations, to be flexible, and look for opportunities to be close.

Parents have more influence over their kids than anyone else in their lives. How you show that you trust your teen and treat

HOW TO STAY COOL AND CONNECTED (but not too close!)

- Teens want privacy- don't ask too many personal questions, don't barge into their rooms or go through their phones.
- Compliment them on behaviours that demonstrate they're becoming an adult.
- Allow them freedom to make their own plans, choose their own friends, and make their own decisions. Space between parents and teens is healthy.
- Take opportunities to be with your teen and to meet their friends. Drive them around, but do so silently when their friends are along.
- Show interest in your teen's interests and activities. Keep up to date with the latest music, online trends and games.
- Allow your teen to educate you - be a willing listener and student.
- Use your words to encourage your teen - express your belief in them and tell them how proud you are of them.
- It is healthy for your teen to take reasonable risks and make mistakes. This is part of the learning process.
- Take a deep breath before responding. Even walking away for a few minutes to calm down can be helpful. Don't engage in fighting, trading insults, put-downs, name calling and hurtful words.
- Be available, open-minded and always receptive and responsive when they reach out, but don't attempt to lecture or over-control.
- Don't take it personally- at times teens will be ambivalent towards us, are resistant or reject us.
- Create shared experiences, evolving the relationship to adult/adult- discovering new and different ways to relate.
- We can continually work on ourselves, separating their needs and experiences from our own, and accept them for who they are as separate and unique individuals.

(Firestone, L., 2021).

your teen, and what you think about them, is crucial to their self-esteem. Worthy of note, is that their behaviour outside of the home is the best predictor of the kind of person they are in the process of becoming

(making decisions based on the values modelled and taught to them). Your words - and all that is conveyed unspoken - have tremendous power. To bring out the best in your teen, see the best in them.



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_.

STUCK IN THE MIDDLE WITH YOU

The Sandwich Generation

Matt Oliver

Boomers, Gen X, Millennials... Three different generations all at different stages of life and each with their own unique set of challenges! In the middle of it all, there is another, lesser-known generation, one less defined by age but rather by circumstance – those with ageing parents AND with young children – this is The Sandwich Generation.

The Sandwich Generation are pulled between supporting both ageing parents and growing children and find themselves needing to balance parenting their children with increasing care and support for their own parents.

Many in the Sandwich Generation are also at the pinnacle of their professional careers, wearing the responsibilities and commitments of work, in addition to their busy family lives.

Stress builds when they are torn between time spent at work, the needs of their young families and helping their ageing parents, let alone finding time to look after themselves.

Here are three tips to help you not only survive, but thrive in these challenging years:

1. Delegate your own family's chores during the week and free up time to enjoy together.



2. No matter how busy you get, make sure you take care of you; prioritise your own exercise, nutrition and self-care; do what makes you feel good, and don't let it fall by the wayside because you are busy.
3. Talk it out with family and friends; make sure you let your support networks know if you are struggling, and be prepared to ask for and receive help when you need it.

Above all, the most important thing is to ask for help and support when you need it. There are many options available for support for you and your parents, whether it be through in-home care, community support, respite, or government subsidised care. My Aged Care is a great place to start to find the support you need.

A New Aged Care Furniture

A Queensland aged care furniture manufacturer has set out to make a change to the way we approach senior living. LifeCare Furniture's founder and director, Ian Reinhardt, has created SYSTM, which they believe is the most sustainable, cost-effective, and hygienic aged care furniture on the market.



Currently, aged care residents and carers must make do with this reality.

SYSTM uses a unique proprietary key and bolt design. The key delivers a seamless process and unlocks the genius of SYSTM. Within a few clicks, aged care providers can immediately reupholster on-site or order overnight replacement of upholstery pieces, with no professional help required. This function also enables access to every area of the chair, allowing providers to clean furniture like never before. As a result, SYSTM maintains the clean, new look it had when it arrived.

SYSTM also addresses environmental and monetary waste for aged care homes

by removing the need for furniture replacement early in the chair's life. SYSTM's innovative reupholstery design and ease of cleaning significantly extend the life of the chair, providing a cost-effective and sustainable solution.

SYSTM recognises the importance of ensuring that aged care residents are safe. Therefore, SYSTM was made with anti-microbial, anti-bacterial fabric and water and fire retardant and treated.

The SYSTM range is extensive, with twenty-one designs and models with multiple fabric and leg options available, and includes high-back, lounge and dining chairs, and sofas. Large orders also have the option of custom upholstery fabrics. Designed to look like pieces that could easily live in your own house, the SYSTM range ensures residents live in a pleasing and dignified environment that feels like home.

Officially launching in May 2023, the entire SYSTM range is in stock and ready for immediate delivery. Find out more at <https://system.au>.



When Barbie Wore Haute Couture

Margaret Simpson

Barbie is still made by the American toy company, Mattel, founded in 1945 by Elliot and Ruth Handler. In the 1950s, Ruth noticed how much her daughter loved playing with cut-out fashion dolls. When she took the idea to Mattel's marketing team, they balked at it. Little girls played with baby dolls to practise being mothers. Besides, what mother would want her daughter to play with a doll with an adult figure?

But Ruth won out and the early inspiration for Barbie's look was a voluptuous German doll called *Bild Lilli* that Ruth bought on holidays in Hamburg. Back in America, Ruth gave *Bild Lilli* a make-over and named her doll Barbie, after her daughter, Barbara.

To reduce costs, Mattel established production facilities in Japan. Charlotte

An American fashion designer, was sent to Tokyo in 1957 to create Barbie's first wardrobe of twenty-one costumes, including a bridal gown, tennis dress and ballerina outfit.

Johnson, an American fashion designer, was sent to Tokyo in 1957 to create Barbie's first wardrobe of twenty-one costumes, including a bridal gown, tennis dress and ballerina outfit. For these Charlotte was inspired by the chic Haute Couture fashion designs of Christian Dior and Yves Saint Laurent

with detailed accessories such as pearl chokers. The early outfits were hand sewn by Japanese seamstresses complete with minute zippers and silk lining.

Barbie was launched at the New York Toy Fair on 9 March 1959. The other toy manufacturers were sceptical, but how wrong they were! Barbie's initial look was a pony-tailed teenage model with dark eye make-up. She gave us fascinating glimpses into American life with outfits to attend high school graduations, proms, sorority functions and gridiron football. Then, in 1961, she went elegant with a hairstyle known as the Jackie Kennedy bubble cut.

And before your ask, I had a 1963 Barbie with bubble cut brunette hair wearing a gorgeous 'Sophisticated Lady' outfit, a pink gown, dark pink velvet sleeveless cloak, long white gloves and a tiara, all ready for the opera.



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Where Young and Old Meet

HammondCare Cardiff, the first purpose-built dementia village in the Hunter, sits right next door to the Macquarie Hills Community Preschool (MHCPs).

For past few years, the children of MHCPs looked across their playground at the village, curious to learn more about the people who live there.

Plans were prepared for a program of intergenerational visits between MHCPs and the HammondCare Cardiff residents. However, COVID-19 came along with ongoing lockdowns and health restrictions which delayed, indefinitely, the proposed first meet-up.

But finally, on 30 March, the children and the residents met properly for the first time. A contingent of 12 children made the inaugural visit, along with educators and a parent helper.

The youngsters made their way to HammondCare Cardiff for a morning of singalongs, a handover of more paintings, and some morning tea. The children brought along their tapping sticks and showed their new older friends the MHCPs Acknowledgement of Awabakal Country.

“It’s about the children developing understanding of community... It’s about learning to care for elderly people and about connection.”

Sue Collinson, MHCPs Director

HammondCare Cardiff resident Roslyn Quinlan thanked the children on behalf of the residents for coming. “Thank you for reminding us of all our grandchildren. You have brought so much happiness to us all.”

MHCPs Director Sue Collinson said she hoped the intergenerational experience between the pre-schoolers and HammondCare Cardiff residents will provide opportunities to develop meaningful relationships.

“The pleasure and excitement that occurs with communicating one generation to another will create wonderful encounters.”

“It’s about the children developing understanding of community. It’s a wonderful opportunity to venture out into our local area in a meaningful way... It’s about learning to care for elderly people and about connection. We hope to take groups of children to meet with friends at HammondCare Cardiff twice each term.”

It is hoped that visits like these will help lift the resident’s feeling of wellbeing and their overall quality of life through to happy, innocent joy of children. Usually, children are not seen around the village as the family visits tend to involve their own adult children. Grandchildren do not tend to come along.

Professor Susan Kurrle, HammondCare Senior Principal Research Fellow, who has been acknowledged by the Hornsby Shire Council for invaluable contribution in her work to make Hornsby Shire a Dementia Friendly Community, said both the pre-schoolers and the Cardiff residents will experience benefit.

“It’s just so wonderful to see intergenerational programs like this being put into practice. It’s exactly what we need to see more of.”



Getting a Better Night’s Sleep

Dr Sue Ferguson

I sometimes take ages getting to sleep. It’s not just me, insomnia (persistent difficulty in falling or staying asleep) is fairly common in older adults. Several chronic physical illnesses, chronic pain, stress, anxiety, depression, and loneliness can contribute to insomnia and poor quality sleep with age, as can frequently nighttime urinating. Poor sleep is, in turn, associated with increased risk of falls in older adults and contributes to further health risks including cardiovascular disease, cognitive impairment, and higher mortality.

Research suggests these sleep tips (known as sleep hygiene) can help.

- Go outside in the morning (for some sunlight to help set your body clock).
- Get some exercise during the day (but not in the 3 hours before bed).
- Be careful not to nap too close to bedtime or for too long.
- Remove bright light and distractions from the bedroom (like TV or electronic devices).
- Don’t have caffeine after lunch, or alcohol or a large meal within 3 hours of bedtime.
- Develop a bedtime routine, like a having a warm bath or hot drink, reading a relaxing book, or listening to soothing music or meditating.
- Try to go to bed and wake up at about the same time every day.
- If you wake for too long during the night, get out of bed for a while, do something relaxing, and then go back when you are sleepy.

If you try these tips and still have sleep issues, talk to your GP. Sometimes sleep problems are caused by pain or medications you are on, or you may have another sleep disorder such as sleep apnea or restless legs. These can be investigated and often treated. If you still have insomnia, then try the Australian online cognitive behavioural therapy for insomnia program by This Way Up. It is well researched and free.



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



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Swing Your Way to Better Health

Golf is a sport that has long been played and enjoyed by Australians both young and old. It can allow players to blow off steam and enjoy the outdoors. The slow, precise and low impact game can make the perfect hobby for older Australians in particular.

A new study led by the University of South Australia shows that golf may have serious benefits for people with chronic disease osteoarthritis.

Osteoarthritis affects more than two million Australians who suffer joint pain and stiffness most commonly in their hands, neck, lower back, knees, or hips, contributing to a lower likelihood of meeting physical exercise guidelines.

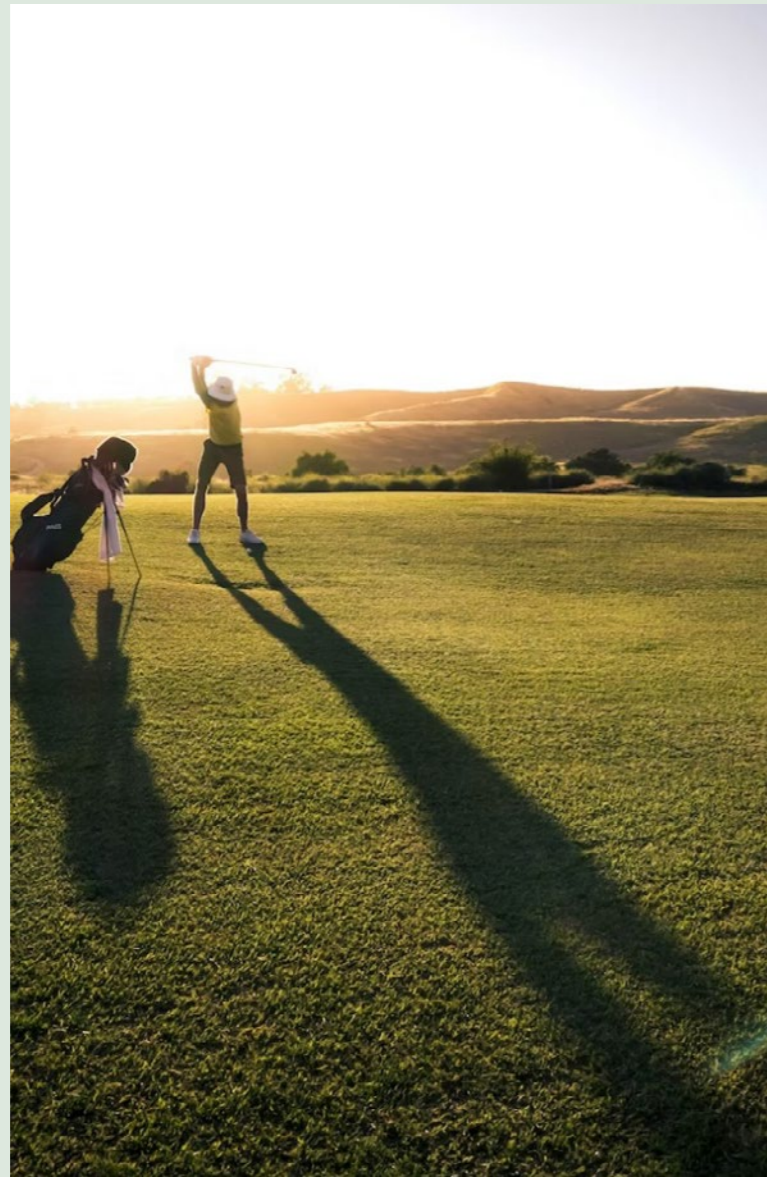
Osteoarthritis is the most common form of arthritis, the leading cause of chronic pain and the second most common cause of disability.

UniSA researcher Dr Brad Stenner from the Alliance for Research in Exercise, Nutrition and Activity (ARENA) and a team of academics from Australia and the UK found that golfers with the condition experience lower psychological distress and better general health compared to the general population. The same was found with golfers without osteoarthritis.

In a survey of 459 golfers with osteoarthritis, more than 90% of participants rated their health as good, very good or excellent, compared to just 64% of the general population with the condition.

Almost three times as many non-golfers (22%) reported high to very high levels of psychological distress compared to golfers with osteoarthritis (8%).

Dr Stenner, a lecturer and occupational therapist, says regular golfers are kept active due to the amount of walking required, as well as experiencing social benefits. "People who play golf are often walking 8-10km per round and, as such, are regularly meeting or exceeding



recommended physical activity guidelines, which is known to reduce the risk of cardiovascular disease, diabetes, obesity and improve metabolic and respiratory health."

"There are also significant benefits to mental health and wellbeing... Our research has highlighted the important role that golf has in building friendships, contributing to community, and bringing a sense of belonging, all of which are known to contribute to mental health and wellbeing."

Dr Stenner goes on to say, "Lower impact activity such as golf can assist in maintaining activity whereas higher impact activities such as running, jogging and gym may place significant stress on the joints, contributing to increased symptoms and pain."

"There is a growing body of evidence that golf reduces the risk of many chronic conditions such as obesity, diabetes, and cardiovascular disease, and may contribute to the management of these illnesses, which in turn

may lower the longer term health and medical costs."

It seems that staying active and healthy into your older years can take many forms. When people think of staying active, their minds often go to the extremes – running, weightlifting, aerobics or any other high intensity activity. As shown from this study, regularly engaging in healthy low impact activities can also incur a huge benefit if done regularly.

Dr Stenner also talks about the improvements in mental health.

"From a mental health point of view, playing golf is associated with improved wellbeing and lower levels of psychological distress, and this is an important consideration for older adults."

Get swinging – at your own pace of course!

Researcher Dr Brad Stenner, from the Alliance for Research in Exercise, Nutrition and Activity (ARENA) and a team of academics from Australia and the UK found that golfers with the condition experience lower psychological distress and better general health compared to the general population.



“Comfort” as Mother’s Day Gift

Rejimon Punchayil

Make this Mother’s Day celebration memorable by appreciating and rewarding the independence, dignity and mobility of your loved ones. Here are some recommendations.

A jar opener can be found starting from \$9.95, this will fit most budgets and is sure to enhance the convenience of the recipient. Another good option is a Handy Bar, the equipment offers support and protects from falls by allowing the user to stand safely by their vehicle. But, if you think about a gift to make Mother’s Day memorable, a Rise Recliner can be what you are looking for.

RISE RECLINER

This is ideal to sit down and relax comfortably while providing the most important task of assistance in getting out of the chair gently with the push of a button. The chair can recline and become as flat as a bed with a feather touch. Depending on the model, you can have an independent lift, recline, lumbar support, head rest etc.

in a wide range of sizes, colours, styles and materials. It’s highly recommended to select one that has genuine warranty, back up battery supply and local support.

If you’d like to consider a state-of-the-art solution, Sofi Hub is the choice. It is a digital concierge, with time-based spoken reminders that do not require any computer literacy and do not compromise the data. If you are after the most practical and helpful life style gift, an electric bed with a suitable mattress is the way to go. A motorised mobility, such as a scooter or power chair, are always the all-time favourites. Visit or call Comfort Discovered or www.comfortdiscovered.com to review gift ideas this Mother’s Day!



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Puppers and Our Seniors

Last month, *Sydney Observer* covered how dogs can be used to aid the mental health of war veterans. This month, we delve into pet therapy.

Pet therapy is commonly practiced at aged care facilities as it offers joy, comfort and companionship to residents. Central Coast facility, Killarney Court, has been using pet therapy for years. However, resident Peter Chambers, with permission from the facility, took this a step further by purchasing communal puppies, Molly and Lilly. Peter said, "I thought, I can't be the only one who would love to see a dog around here, so I spoke with staff, and we made it happen."

Alino Living Co-Chief Executive Officer Greg Williams said Molly and Lilly are well behaved and settling in nicely to the community, which is home to 68 human residents. "We know that a bond between humans and pets is great for mental health, for promoting engagement and for keeping a positive attitude, and it's great for physical activity and movement as well," explained Greg.

"The recent addition of Molly and Lilly is part of our engagement and therapy program to ensure our residents continue to live fulfilled and positive lives and we are already seeing the positive impact they are having on our residents' overall wellbeing."



Peter Chambers with his puppies Molly and Lilly.

Unfortunately many seniors have lost or had to leave their pets as part of their transition into aged care.

"The addition of Molly and Lilly has been a welcome one, allowing our residents to continue their sense of ownership of a beloved animal without the burden of full-time pet care... Molly and Lilly have quickly

settled into life at Killarney Court, often found nestled in the arms of residents during leisure and lifestyle activities and quietly watching from afar in their pen during mealtimes," Greg added.

While they remain puppies for now and in the good care of the Alino Living team, the aged care provider is pleased to see the benefits in introducing them to residents, both socially and emotionally.

"Dogs, particularly puppies, bring about such a positive and happy atmosphere and trialling this permanent pet program at Killarney Court is part of our strategy to implement initiatives that have long-term benefits for both our residents and our team, and that create a sense of what they would experience within their own home in the community."

"It's beyond the social benefits - pets in aged care offer physical benefits in the form of tactile stimulation and motivation for movement, cognitive benefits such as stimulating memory and game playing as well as environmental improvements to decrease any sense of living within a sterile care setting."

For more information about Alino Living and current residential opportunities visit www.alinoliving.com.au.



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Untold Stories: The Lost Generation of WWI

A cricket prodigy turned war hero, a beloved doctor mourned by the nation, and a could-have-been prime minister – these are just some of the individuals whose stories are retold with extraordinary detail in the new book from acclaimed historian and biographer Ross McMullin, winner of the Prime Minister's Prize for Australian History.

Through the stories of everyday people, Ross McMullin's social history constructs a fascinating picture of early 20th century Australia, especially during wartime, with local stories from Bendigo and Melbourne, up to the Riverina and Sydney.

Life So Full of Promise is a multi-biography featuring a collection of interwoven stories set against the backdrop of the defining WWI era.

The rich cast of identities includes a talented barrister whose outstanding leadership enabled a momentous Australian

victory; an eminent newspaper editor who kept his community informed about the war while his sons were in the trenches; a soldiers' mother who became a political activist and a Red Cross dynamo at Bendigo; an admired farmer whose unit was rushed to the rescue in the climax of the conflict; the close sisters from Melbourne who found their lives transformed; a popular doctor who was more fervently mourned than any other Australian casualty; the most versatile top-level sportsman Australia has ever known; and a bohemian Scandinavian blonde who disrupted one of Sydney's best-known families.

For sports fans, there's the untold story of an enthusiastic cricketer who was chosen in an Australian national side to tour England, and the surprising explanation for his decision not to go; and a superb biography of a brilliant yet practically unknown cricketer whose stunning feat has never been matched.

Not just our seniors, but history buffs in general will find insight and intrigue in *Life So Full of Promise*.





Defend Against Army Worms

A beautiful lush green lawn is hard work, both to grow and maintain. Unfortunately, all your hard work can be undone overnight by army worms.

Sydney lawn expert Gerry Faehrmann has over 25 years experience in caring for all varieties of turf grasses and lawns in residential, strata and commercial situations. He is well aware of the devastation caused by the small leaf eating caterpillar, the army worm.

“The first sign of army worms is the devastating damage they do to your lawn, in effect they eat the leaf of your lawn back to the stem, and overall, it would appear your lawn has been badly scalped.”

“The worst part about the army worm damage is that it generally occurs in autumn just before the cool weather kicks in making it harder for the lawn to recover for winter.”

Mr Faehrmann provides some symptoms of army worm havoc.

“The tell-tale signs of an army worm invasion are patches of the lawn are shorter or browner looking where the grass leaves have been chewed back to the runners, and more than usual bird activity on your lawn having a feast with the army worms.”

“Being nocturnal they hide during the day time and do their damage at night!... You can confirm the presence of army worm pouring soapy water over 1 square metre of lawn and covered with a large rag, you will see the offending army worms rise to the top of the grass.”

Mr Faehrmann said homeowners concerned about army worm damage to their lawns need to do the following:

1. Act quickly to control the army worm damage with Richgro Bug Killa (or similar products from any good garden/hardware store –



it is important to read the label to make sure you get the product that targets the problem pest).

2. Apply the insecticide and water in. The army worms will die overnight.
3. Fertilise the lawn areas heavily for quick green up and recovery.

“All the above needs to be done ASAP as the army worms wreak their havoc in late summer and the early autumn period as the days become a little cooler. By acting quickly with the fertiliser, we hope to have some remaining warm weather to allow the turf to recover to its prior glory.”

To find out more about lawn care or to download Mr Faehrmann’s Free Report, “The 5 Secrets To A Great Looking Lawn”, go to www.LawnGreen.com.au.

The Coffee Shop Aesthetic

A beautiful café truly does make for a beautiful café experience. Many are looking for that café aesthetic in their own home. Well, if you’re looking for inspiration, read on!

A new study using Instagram hashtag data has revealed the most aesthetic cities for drinking coffee in the world. The study has found our beloved Sydney is home to some of the most beautiful coffee shops in the world. In fact, Australia is the country with the most beautiful coffee shops, making up 50% of the top 10 beautiful coffee shop cities in the world.

To crown the most beautiful coffee cities, coffee producer Tambia (www.tambiacoffee.com) used Instagram hashtags to reveal the cities around the world that people are photographing the most, finding the places with the most ‘Instagrammable’ coffee shops.

HERE ARE THE TOP 5

1. Melbourne, Australia: Melbourne’s vibrant art scene has made many of the city’s coffee shops a destination in themselves. Garnering nearly 900,000 Instagram posts, influencers across the globe have declared Melbourne the number one city to have an aesthetic cup of coffee. www.instagram.com/redecupcafe



2. Sydney, Australia: Sydney takes the second place on the rankings, with over 350,000 Instagram posts highlighting the city’s trendy coffee culture. The laid-back vibe, outdoor seating and ocean views make Sydney’s coffee scene a thriving coastal paradise for coffee lovers.

3. Perth, Australia: Perth may be one of the most isolated cities in the world, but that has not stopped it from becoming a hotspot for coffee lovers. With over 280,000 Instagram posts, Perth’s coffee shops offer the perfect location for a daily brew (or two), and a lot of photo sharing. www.instagram.com/marknormanauthor

4. Brisbane, Australia: Brisbane rounds out the top four, with over 230,000 Instagram posts highlighting the city’s coffee culture. The city’s tropical weather and lush greenery create a picture-perfect atmosphere to enjoy a cup of coffee and soak up the sun.

5. London, UK: With over 200,000 Instagram posts dedicated to London’s coffee shops, the city is a haven for coffee lovers and the only non-Australian location in the top five. The coffee scene in London is constantly evolving, with many coffee shops offering speciality brews from around the world. A must-visit for any caffeine lover looking to broaden their horizons and Instagram their way through it. www.instagram.com/jwilliamspictures

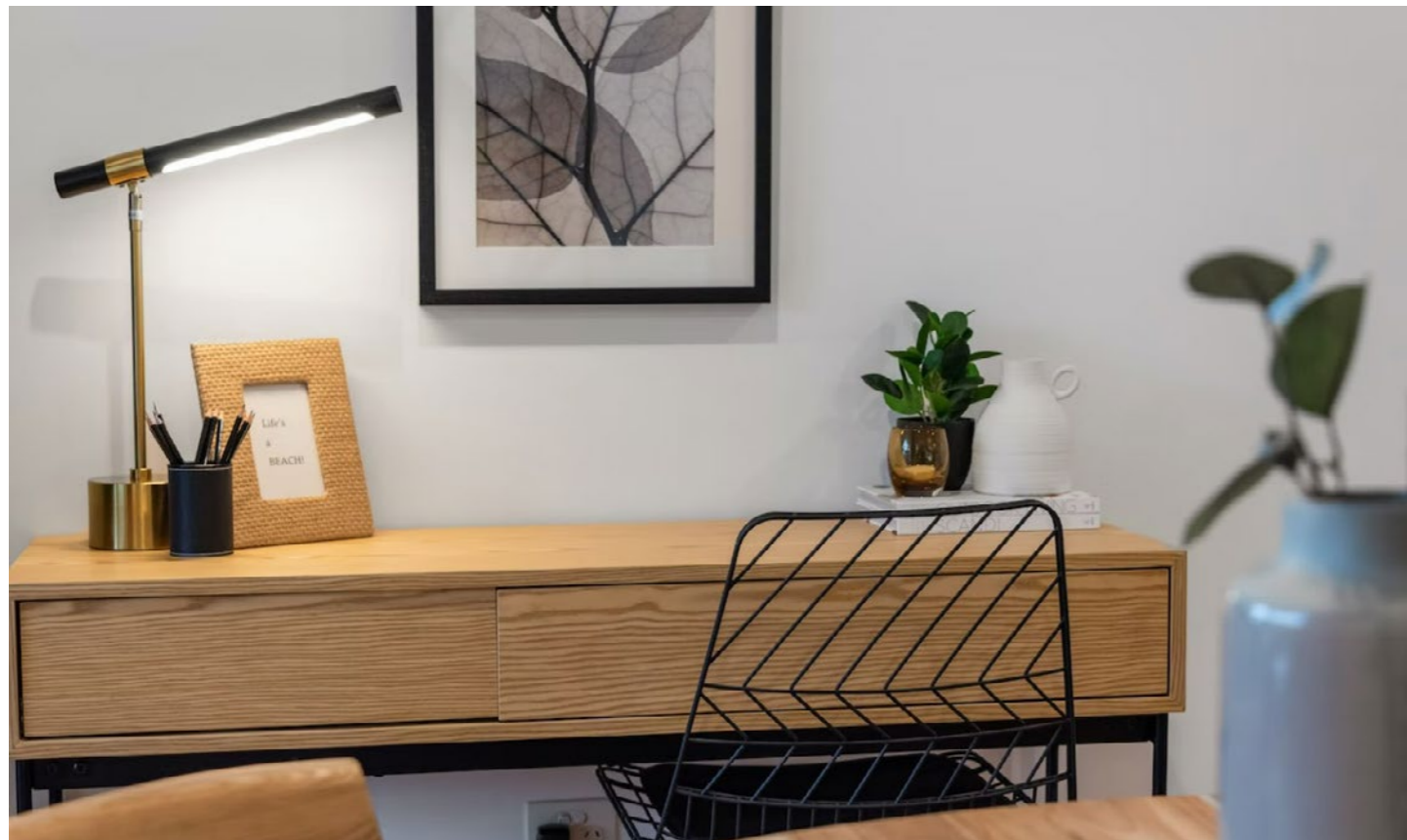
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Setting Up a Practical Bedroom

Bedroom: the name implies a room with a bed in it. However, today's bedrooms are no longer simply a room with a bed.

Just like eating, sleep is fundamental for humans to survive. But given that we spend around a third of our lives asleep, our domestic sleep spaces and how we use them are relatively unexplored from a design perspective.

According to a recent study from a team led by UNSW Sydney, our traditional sleep spaces are being used for various purposes and becoming more multifunctional in response to our growing spatial needs.

Around 40 per cent of respondents used their bedroom as their living space, while 61 per cent said they preferred to use it just for sleep. Age, occupation and bedroom location all affected usage and preferences.

"We spend most of our time at home in the bedroom, but its use is expanding beyond its primary function as a sleep environment," says Dr Demet Dincer, lead author of the study and interior architecture lecturer from UNSW Arts, Design & Architecture. "These initial findings help us better understand the different uses of the contemporary sleep environment and inform better design strategies for these spaces."



90 per cent of respondents used their bedroom at least some of the time for sleeping, while the remaining either did not have a bedroom space for sleeping or used it for a different purpose altogether. The mean hours per day spent in a sleep environment are 9.31, while the mean hours spent sleeping are 7.12.

Younger participants also spent more time in their bedrooms than any other age group, while they were also more likely to

use the space for activities other than sleep. Students reported using the bedroom more as a working area, even more so than respondents who worked from home.

Among the other activities in the sleep environment, watching TV was the highest activity, followed by reading, studying or working, eating and then exercising.

As space, particularly in cities, becomes more of a premium, Dr Dincer says we need to rethink the different boundaries affecting the use of our sleep environments.

Previous sleep studies suggest the sleep environment significantly influences sleep quality and problems like sleep apnea and insomnia. Therefore, it is critical to set up your bedroom for its intended purpose.

Consider a pull out desk or something compact. If you're going to use your bedroom for work or study, it's important to allocate certain spaces for those kinds of activities at certain times. You may find it more relaxing to 'set-up' and 'pack-up' your work areas before you sleep, and vice versa.

If you have the space, it might be preferable to separate your bedroom and working/leisure area. Having different areas in your home for different things can help you focus on that thing when you're there, creating an environment conducive for productivity.

Repair, Reuse, Resell, Recycle

To successfully circulate furniture products, and the valuable materials used to make them, we need to find more effective ways to recover furniture from users when they reach the end of each use lifecycle. And once we have recovered those products, we need to provide end-of-life pathways that enable the repair, refurbishment, reuse, or resale of the product, or accessible solutions for disassembly and recycling.

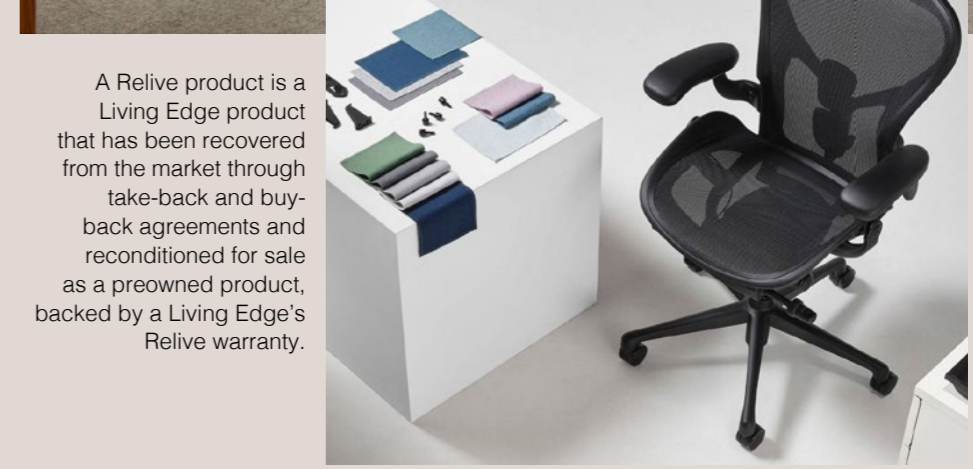
The Living Edge's mission is to achieve the best possible outcome for every product they recover, prioritising repair, reuse, and resale, whilst expanding their recycling capability to prevent products and materials being lost to landfill.

In aid of this, Living Edge has launched Relive, a sustainability program that aims to create a second life for Living Edge products.

Relive achieves this by enabling the reuse and resale of Living Edge products through a repair & refurbishment service to help customers reuse their assets, and a sales platform for pre-owned Relive products.

A Relive product is a Living Edge product that has been recovered from the market through take-back and buy-back agreements and reconditioned for sale as a preowned product, backed by a Living Edge's Relive warranty. The Relive program helps to deliver the top two outcomes in the circular hierarchy of end-of-life outcomes – reuse and resell.

If you believe in their mission of sustainable furniture, contact the Living Edge at info@livingedge.com.au.



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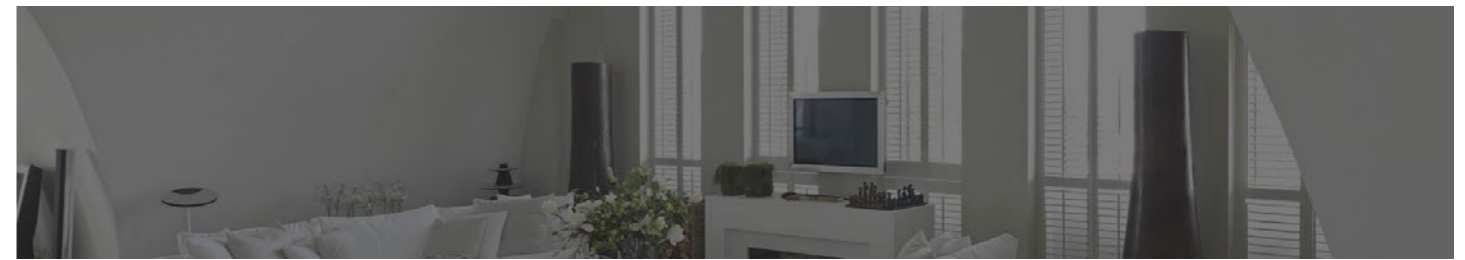
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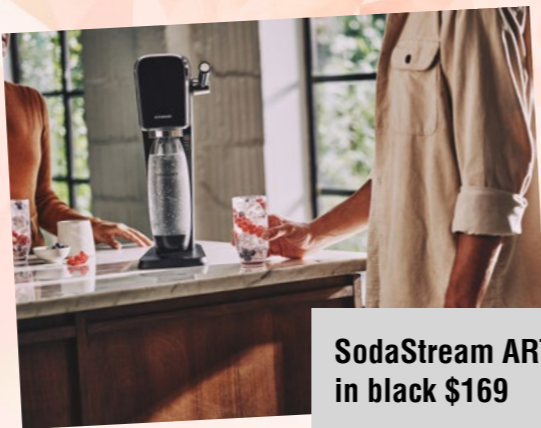
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The three strands in the Well Versed Homes logo represent this trinity, which you'll find featured in other ways across many of their designs.

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Founder & Creative Director of Well Versed Homes Jo Hutchens.



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Glowing Through Winter

When it comes to foundation alternatives, skin tints are the latest innovation in effortless, 'everyday' mineral makeup. Lightweight, breathable, and precisely pigmented, they serve to even skin tone, blur imperfections, and add a sheer wash of natural-looking colour to the face.

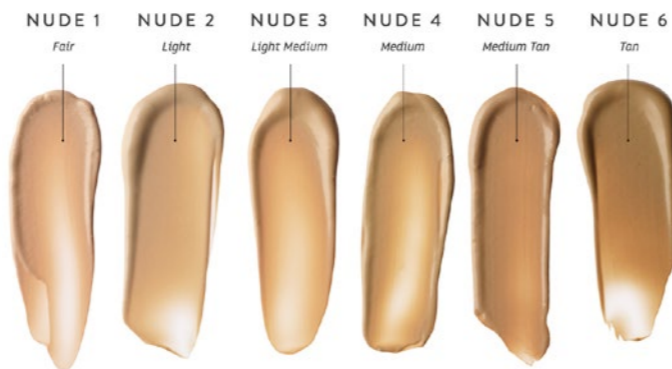
While the category has seen the rise of other complexion balms with basic formulatory properties, namely BB creams, CC creams, and tinted moisturisers, online interest in a superior, hybrid option has risen by +37% in the last month as customers look to incorporate functional skincare ingredients in their cosmetics.

Pioneers of clean and conscious beauty, award-winning natural cosmetics brand, Luk Beautifood, launch their Instant Glow Tinted Complexion Balm, an innovative new collection of 100% natural, all-in-one nourishing skin tints. Designed to enhance the skin's complexion and address common dermatological concerns, such as fine lines, wrinkles, acne, pigmentation, and dryness, the lightweight and breathable 'second skin' offers customisable coverage with skin-adjusting mineral pigments and is infused with ultra-fine lustre crystals to blur imperfections, even tone, and create a luminous, lit-from-within healthy glow.

Formulated with a host of naturally-derived antioxidants, minerals, essential fatty acids, and vitamins, the Instant Glow Tinted Complexion Balm contains the revolutionary L22 Non-Comedogenic Lipid Complex; a compound of clinically-proven

botanical wax esters that improves barrier function and replicates the skin lipid composition of a healthy 22-year-old. Supported by Noni plant stem cells to balance skin microbiome and combat acne-causing bacteria, each tint is enriched with algae and plant-based carotenoids to reinforce the skin's personal Faraday Shield and protect from digital radiation, such as blue light.

Available in six debut shades engineered to adapt to different skin tones, the Australian-made, vegan-friendly, and synthetic-free range is non-greasy, non-comedogenic, and non-acnegenic, and utilises recyclable plant-based bio-plastics and Forest Stewardship Certified paper throughout its packaging.



There is six debut shades engineered to adapt to different skin.

Little feet deserve big comfort

Bobux launched this year a brand new collection to inspire you to explore the world with your kids. Its new 'Dare To Roam' collection boasts five feature stories, each a unique destination to explore, paired with the perfect podiatrist approved shoes.

Dare To Roam is an invitation for an adventure with a focus on styling, fresh colourways and details inspired by nature, encouraging kids to really tune in to the world. The concept stems from the brand's natural movement foot-health philosophy and the knowledge that Bobux parents truly value getting their kids outdoors to play.

Sunday Morning, Hinterland and Forever Fields were released at the beginning of the year, May and June are the month to launch Kinetic Groove and Secret Meadow. One a shoe that celebrates motion and movement, another a collection to inspire a bucolic adventure. All thought to provide comfort and safety.

The Bobux Soft Sole is sold all over the globe, including in the European Union where you'll find some of the strictest laws on chemical substances in the world. Known as REACH (Registration, Evaluation,



Authorisation and Restriction of Chemicals), the regulation exists to protect human health and the environment from the harmful effects of chemicals.

75 Hard Challenge

Willow Berry

Whether you're a regular social media user or you just like to keep up with the latest health fads, I'd say you've probably heard about the "75 Hard Challenge". The program was created in 2019 by motivational speaker, podcaster, and supplement company owner, Andy Frisella.



As opposed to a regular fitness program that revolves around diet and a fitness plan, Frisella believes his program's added "mental toughness" takes it above all else. The program's site reads, "75 Hard is the only program that can permanently change your life ... From your way of thinking to the level of discipline – you approach every single task in front of you".

So, what exactly is the 75 Hard Challenge? On the day to day the 75 Hard Challenge consists of 5 tasks that must be done every single day for 75 days straight... if you skip a day, you start again.

1. FOLLOW A DIET

Individuals are tasked with maintaining a steady diet. This can be any diet, the program indicates that this does not have to be designed to meet certain emotional benefits or weight maintenance, however it does encourage partakers choose a healthier diet that prompts weight loss. The diet that Frisella speaks of is not about moderation and should remain consistent, "cheat meals" are strictly forbidden.

2. DRINK WATER, ELIMINATE ALCOHOL

Partakers have to drink at least a gallon, or 4L of water everyday – depending

on your activity level this is a realistic task. But it does exceed the normal 2L recommendation most of us follow on a day to day basis, so at some points 4L may feel a bit excessive. Alcohol is completely prohibited throughout the 75 day duration.

3. EXERCISE TWICE A DAY

The challenge requires an individual to implement two workout/exercise sessions daily. Both must be at least 45 minutes long, and one has to be done outdoors. Moderation of intensity and discipline is allowed, thus the type of activity undertaken does have to remain the same throughout the 75 days.

4. READ A BOOK

Each day you must read at least 10 pages of a book of your choice. Most testimonials on the 75 Hard website say they chose to read self-help or motivational titles while completing the challenge, but as far as the rules go any book is suitable.

5. GET THE SHOT

Taking a daily progress photo of your body is indeed a rule. As highlighted earlier the program has seen its rise through social media thanks to many prevailing progress snaps. Progress pictures also stick to the key point of adhering to the program over it's 75 day duration.

In terms of the overall benefit of this program mixed attitudes do exist. Whilst results and testimonials prove the challenge will definitely provide you with some positive mental and physical gains, many agree over a longer period of time the program's guidelines promote an unattainable lifestyle.

20-year-old Paloma Birch recently completed the 75 Hard Challenge, she too resonates a similar interpretation of the program.

"The best thing about it is definitely learning to do uncomfortable things without any external source of motivation/competition or accountability. I feel like I learned to be disciplined when it only mattered to me"

"No one is holding you accountable or competing with you or motivating you – you do it because you decide too... unless you're vlogging the whole thing."

"My least favourite thing about the experience was that it wasn't sustainable to keep it up with a regular lifestyle, it's a little bit too extreme to be able to maintain. But having said that, I've taken away aspects of it that I continue in my life now."

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Bad Breath

Dr Ian Sweeney

Bad breath or Halitosis is extremely common and is estimated to affect 50% of the general population. Halitosis may originate from an oral or a non-oral source. However, up to 90% of cases are estimated to stem from the oral cavity.

The most common causes include poor oral hygiene, periodontal disease, food impaction, unclean dentures, failing restorations, and throat infections.

Poor oral hygiene allows food particles to collect on the surface of the tongue, between the teeth or along the gum line surrounding the teeth. Naturally occurring bacteria in your mouth then break down those food particles, releasing chemicals that have a strong odour.

Caring for your mouth will help limit food residue and plaque build-up and reduce the risk of developing caries and periodontal disease. Diet is a common bad breath culprit. Foods such as garlic and onions, in particular, can foul your breath.

Infections in the mouth, such as dental caries (tooth decay), periodontal (gum) disease or mouth sores related to other conditions may contribute to bad breath.

Once your food is digested, chemicals that cause odour can be absorbed into your bloodstream and from there into your lungs; these chemicals then are exhaled.

Diets high in protein and sugar also have been associated with bad breath.

Saliva in the mouth helps to wash food particles away. People with a dry mouth may suffer from chronic bad breath due to a lack of cleansing. Causes of dry mouth may include some medications, mouth breathing and smoking.

Bad breath may also be a by-product of certain health conditions. It may result from infections in the nose, throat or lungs; chronic sinusitis; postnasal drip; chronic bronchitis; or disturbances in your digestive system.

Management may include simple measures such as scaling and root planning, instructions for oral hygiene, tongue cleaning, and mouth rinsing.

Knowing the cause is half the battle in fighting bad breath, and the best weapon you have is good oral hygiene.

The Australian Dental Association recommends that you brush your teeth

twice a day with a fluoride-containing toothpaste and clean between your teeth once a day by using an interdental cleaner such as floss. Brushing your tongue will also help to remove bacteria that contribute to oral odours. If you wear removable dentures, take them out at night and brush them thoroughly with a denture cleanser before replacing them the next morning.

If your problem seems to stem from a dry mouth, consider chewing sugar-free gum or sucking on sugar-free candies to help stimulate salivary flow. There also are artificial saliva's on the market that may help. Above all, talk with your dentist about your concerns.

A thorough health history, including a list of medications and supplements you are taking, may be helpful in determining whether the cause of your bad breath is localised to the mouth or might be a systemic condition, in which case your GP be consulted. If your breath problems stem from an oral cause, your dentist can work with you to develop a treatment plan that minimises odour.



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

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Velveting Your Meat Two Ways

Hollie Jones

Have you ever wondered how Asian restaurants consistently serve up perfectly tender cuts of meat? Be it your Mongolian lamb or chicken stir-fry – Chinese cuisine uses this brilliant marinating trick to ensure the moisture stays in your dish, rather than cooking out.

Essentially tenderising your meat, there are a number of simple ways to velvet, and my favourite is bicarbonate of soda. Bicarb alkalises the meat's surface, changing the physical composition of the meat fibres. This raises the PH level and makes it harder for the proteins to bond thereby keeping the meaty juices inside your meat, rather than in the bottom of your pan.

Adding straight to your marinade or mixture, you needn't worry about rinsing your velveting mixture off as it will cook in perfectly, leaving no residual out of place flavours. The best cuts of meat to use are those that are thin – that the bicarb doesn't have to penetrate too far into – although it can be used on steaks – you would just need to let the bicarb sit for 30 minutes.

Turn simple recipes and perfect flavour combinations into delectable weeknight winners with my favourite ways of using velveting – Chinese beef and broccoli and Chinese 5 spice meatballs. Serve both with jasmine rice and if you like a little spice, some Korean kimchi.



Simple Chinese Beef and Broccoli

Marinade

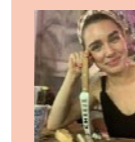
- 500g flank steak, sliced thin
- 1tbs corn-starch
- ½ tsp bicarbonate of soda
- 1tbs oyster sauce
- 1tsp soy sauce
- 1 tsp olive oil
- 1 tsp minced ginger
- 1 tsp minced garlic
- ¼ tsp Chinese 5 spice

Sauce

- 1 cup chicken broth (vegeta is delicious)
- 2 tbs dark soy
- 1 tbs oyster sauce
- 1 tsp sesame oil
- 2 tbs brown sugar
- 1 tsp white pepper

How to

- Combine marinade and sliced flank steak, mix well and then set aside to marinate.
- Pop your rice on to cook now.
- Slice up your large head of broccoli into your desired size.
- Make your sauce by adding all ingredients.
- Heat your wok, add some oil to coat the pan and add in your beef flattening as you go. Don't stir fry yet – let it fry on the one side until you see the edges turning brown, then stir fry. After about 1 minute, remove from pan and set aside.
- Add a little more oil to your pan, 1 tsp of garlic and 1 tsp of ginger and then your broccoli and allow it to sauté while you toss it all together. Cover and let cook for a few minutes.
- Once broccoli has turned vibrant green, add your sauce and once it comes to a boil, add a corn-starch slurry by combining 1 tbs corn-starch with 3tbs water – this will make your sauce thick, shiny and delicious!
- Once it begins to thicken, add your meat and allow it to cook for a minute until everything is combined.
- Serve with rice!



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



Chinese 5 spice meatballs

Ingredients

- 500g pork mince
- 1tbs minced garlic
- 1tsp minced ginger
- 1 tbs Laoganma hot chilli oil
- ½ a red onion, finely diced
- 1 sprig of spring onion, sliced finely
- 1 tbs fresh mint
- 1 tbs fresh coriander
- 1 tbs vegeta
- 1 tbs Chinese 5 spice
- ½ cup breadcrumbs
- 1 egg
- 1 ½ tsp bicarb soda
- 2 tbs cornflour
- 2 tbs hoisin sauce

How to

- Combine all ingredients and leave to rest for 10 minutes.
- Heat oil in your pan, roll mixture into teaspoon sized balls and pan fry on all sides till golden.
- Serve with jasmine rice, kimchi, pickled cucumber, broccolini cooked in garlic and soy or any other sides of your choosing.

To note: the chilli oil imparts flavour but not much heat. In fact, this is completely kid safe. Feel free to add extra to your liking.

As always, happy cooking, and chī hao hē hao!

Vivid Food

Vivid Sydney's brand-new pillar, Vivid Food, has delivered a sizzling smorgasbord of a program for its inaugural year. International culinary greats and homegrown superstars, combined with iconic dining establishments and pop-up foodie experiences, are set to deliver all the ingredients to make Vivid Food a feast for all the senses.

One of the biggest Vivid Food program elements is a two-week residency for New York chef Daniel Humm at Matt Moran's Aria. Humm is the chef and owner of three Michelin-starred Eleven Madison Park. Humm made headlines when he changed the entire menu of the former World's Best 50 Restaurants number-one eatery to a plant-based offering.

Vivid Chef Series will welcome more of the world's most exciting chefs as they join forces with some of Sydney's best restaurants, including Kiln, Fred's and Yellow, to create exclusive and never-before-tasted menus. From relaxed to fine dining and from contemporary European to authentic African cuisine, collaborations include award-winning LA chef Jeremy Fox,



One of the biggest Vivid Food program elements is a two-week residency for New York chef Daniel Humm at Matt Moran's Aria.

two-Michelin starred chef Rishi Naleendra from Singapore, and Cape Town's Mmabatho Molefe, one of the World's 50 Best Restaurants 50 Next hospitality pioneers in 2022.

Renowned pitmasters and barbecue heroes will take centre stage at Vivid Fire Kitchen, with Firedoor's Lennox Hastie; Australian-born Texas pitmaster and TV celebrity Jess Pryles; Byron Bay's Pip Sumbak; Dave Pynnt from Michelin-starred restaurant Burnt Ends in Singapore and more firing up The Cutaway at Barangaroo.

Along with cooking demonstrations, Vivid Fire Kitchen gives festivalgoers the unique opportunity to sample dishes from a curated selection of Sydney's hottest dining concepts.

Vivid Sydney runs from Friday 26 May to Saturday 17 June 2023. For more information head to www.vividsydney.com.



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The Fodmap Cookbook

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder that affects around one in seven people. They experience tummy pain and abnormal bowel habits such as diarrhoea, constipation, or a combination.

Certain sugars found in foods are known to trigger symptoms of IBS. These sugars are known as FODMAPs. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, And Polyols. FODMAPs are found in many common foods, including fruit and vegetables, grains and cereals, nuts, legumes, dairy foods and manufactured foods. Most people eat FODMAPs without problems, but people with IBS have a sensitive gut wall which can be triggered with FODMAPs.

The expert team that developed the world's first low FODMAP diet for people with IBS has produced a cookbook with delicious recipes and diet tips. The low-FODMAP diet is an evidence-based therapy that restricts intake of these carbohydrates, which are found in a wide range of foods, and improves symptoms for three in four people with IBS.

Monash University's *Low FODMAP: The Cookbook* follows years of ground-breaking research and will make life easier for those with IBS. It also includes vegetarian, vegan and gluten free recipes.

"This wonderful book is the culmination of many years' work by dedicated experts determined to provide a low-cost and effective solution to combat IBS symptoms globally."

Dr Jane Varney, Monash University Department of Gastroenterology Senior Researcher.

The book introduces Monash University's unique Low FODMAP stack cup, which allows people with IBS to quickly and easily understand what they can eat in one sitting, and mix and match recipes to create delicious, low FODMAP meal plans, without triggering IBS symptoms.

Monash University Head of Translational Nutrition Science, Associate Professor Jane Muir, said, "Living with IBS can be challenging, especially for those with busy lives... This book offers tasty, modern recipes that are easy to prepare, enabling people to eat well and manage their IBS symptoms".

"All recipes are tested, and the book includes evidence-based advice, drawing on more than 15 years' research by our Monash team. Any profits will contribute

to future research, so we hope this book will have a positive impact on millions of lives, either directly or indirectly."

The Cookbook introduces 120 new low FODMAP recipes using flavours from around the world. It also provides guidance around the three phases of the FODMAP diet, FODMAP stacking - with the new Monash 'low FODMAP stack cup' symbol, vegetarian and vegan suggestions, healthy eating on a low FODMAP diet, and a low FODMAP pantry list.

Monash University Department of Gastroenterology Senior Research Dietitian Dr Jane Varney added, "Restricted diets can appear bland and unappetising. We wanted to ensure that those with IBS could enjoy food that not only tastes fabulous, but is good for them."

"This wonderful book is the culmination of many years' work by dedicated experts determined to provide a low-cost and effective solution to combat IBS symptoms globally."

If you're looking to improve your overall health or address some current health issues, the *Low FODMAP: The Cookbook*, retails for AUD\$59.95. Proceeds will go towards research and the Monash FODMAP program. It is also recommended that you visit your doctor or healthcare professional before you make any dietary changes.

Purchase at <https://publishing.monash.edu>.

The Food Scene at Henry Deane

Jay Houhlias

More than a century ago, the red brick art deco building of the Hotel Palisade welcomed guests to stay, drink and dine. Today's Hotel Palisade revives the heritage building's warm traditions by innovating and curating luxury guest experiences which stand at the forefront of Sydney's dining and accommodation scene.

Hotel Palisade, therefore, was the perfect place to take the most important woman in my life on a date - my mother.

Henry Deane, the hotel's rooftop cocktail lounge, provides breathtaking views of Sydney Harbour, and offers a range of unique dishes and signature cocktails. Their head chef Cian Mulholland is bringing a fresh and innovative approach to Sydney's culinary scene. My mother and I were set to try this approach.

We began with a serving of Black Pearl Sterling White Caviar from Northern Italy. Sturgeon is the breed of fish where all premium caviar is harvested from.

Next were the SA pipi's which were mixed with charred capsicums, peeled and pickled in a pickle liquid made from fish sauce and finished with fresh red onion and coriander stalks. In short, it was absolute explosions of flavour packed into each small pipi.

Then came Mulholland's most popular dish, The Abalone Potato, which consists of crispy potato served with abalone sauce and pork floss. Throughout the courses, my mother and I took turns at making delectable food noises and sound effects. Every time a new dish is mentioned in this piece, a good thing to do is just imagine those sounds. This will make for a fuller reading experience.

After this came larger, more protein-based meals. This was my 'jams' as the kids say, although not jams at all. This was my Diced Raw Fish - yellow fin tuna dressed with buttermilk, pickled tomato, Chinese celery, and a roasted tomato oil



on a bed of smoked tomatoes water jelly; my Pan Fried Prawn Tails with pickle onion, macadamia and lemon myrtle; my Glazed Pork Neck season with coriander, chilli and pepper then glazed with a coconut glaze and topped with pickled green papaya; and lastly my Tea Smoked Spatchcock brined in a jasmine tea brine then steamed and smoked with jasmine tea.

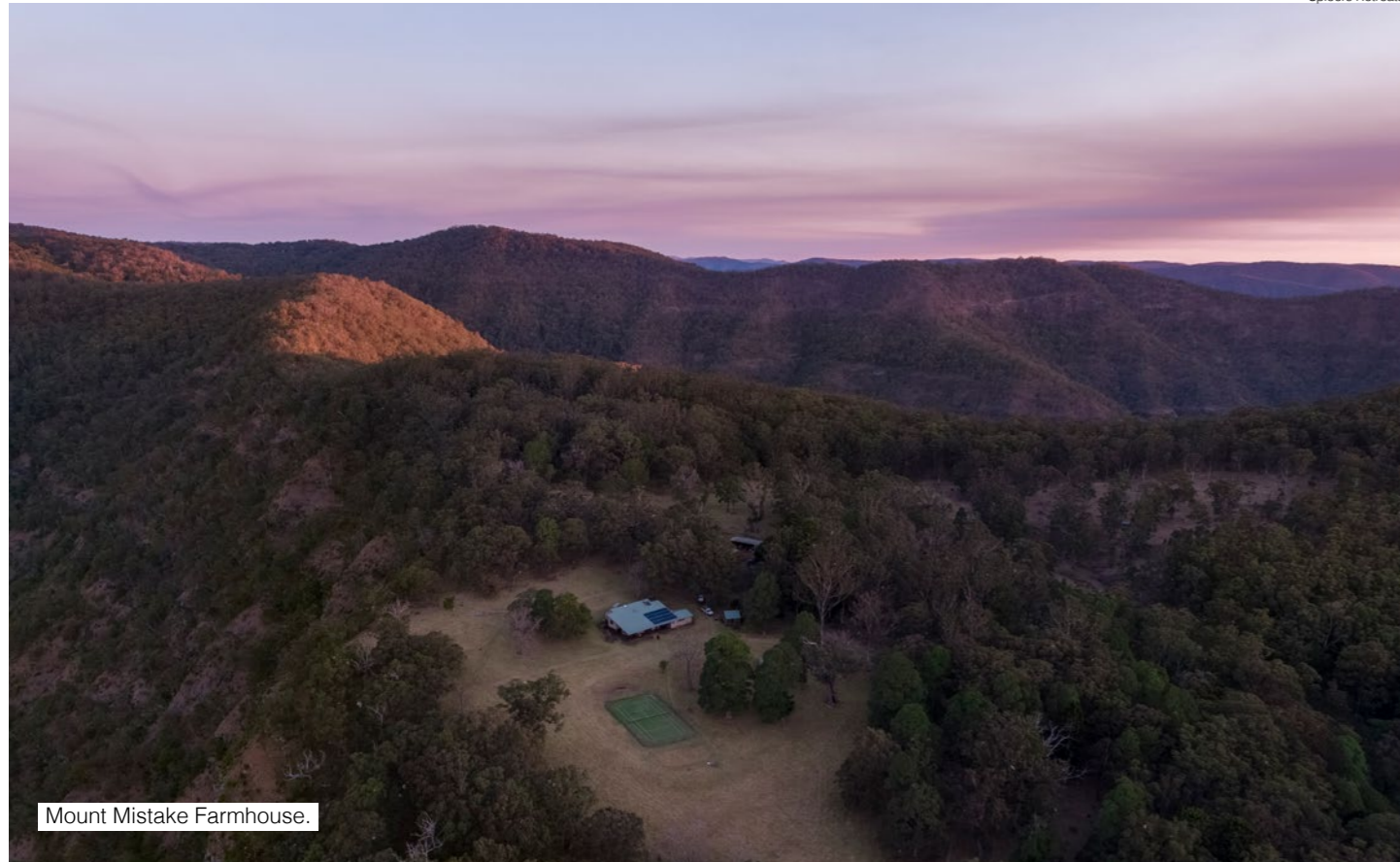
We were also treated with a Szechuan Stinger, a Szechuan based hot sauce with black vinegar, garlic and ginger. I did my best not to douse it on everything because I wanted to enjoy the multitude of flavour varieties on offer.

We finished off with a Choco Foam for dessert which was milk chocolate and burnt honey caramel with poached pears, black sesame and nori crumb. It was the perfect end to a perfect date. The staff



at Henry Deane were lovely and didn't budge to answer any of my mother and I's millions of questions.

After leaving, I thought about taking the second most important woman in my life on a date to Hotel Palisade for the Henry Deane experience. She does not exist yet, but perhaps this article may inspire some keen volunteers.



Mount Mistake Farmhouse.

Spicers Retreats

4 Days, 4 Walks, 4 Personalities

Jay Houhlias

The night before, I was in my room packing - a few pairs of pants, socks and undies, a jacket, and toiletries. Then I looked at my shoes. I had a pair of forest trackers, a thick pair of runners, some boots, and a white pair of loose laced, soleless Dunlop Volleys (although they were soleless, they were by no means soulless).

The choice, as it would be to any likeminded and intelligent reader, was obvious. Armed with my Volleys, I was ready for my four-day walk.

The Spicers Scenic Rim Trail is the largest ecotourism venture ever to open in Queensland, covering over 60 kilometres of walking trails. My Spicers Scenic Rim Trail experience entailed a pre night stay in Spicers Balfour Hotel and four nights' accommodation and day walking, all meals and drinks included.

Before we set off, one of our guides Kate said, "Each day is a different part of the trail, and each part of the trail has its own personality." She then paid respects with an acknowledgment to country. For this, there was no 'ticking boxes'. Kate's acknowledgement was reverent, personal and genuine. It set the tone for the rest of the trip.

Day 1 saw us conquer the steepest incline, a 600m ascent of the Mistake Mountain Range. This walk came with a ladder, a friendly rock wallaby and views all the way up. As soon as we arrived at Mt Mistake Farmhouse we were greeted with warm towels, bubbles and scones. It was a pleasant contrast - walking for hours in remote bushland only to come out and find your beaming host shining angelically with a champaign and warm towel for you. This was the same at the end of every day's walk.



The farmhouse got its name from Spicers founder Jude Turner accidentally buying the wrong property. I can imagine the awkwardness when she got home to break the news. I could definitely

empathise because I remember the time my father asked me for a Caramel Magnum and I just got him the regular one - two stories in the same really.

On day 2 we were introduced to the rainforest. We performed a Dadirri where our group split up and we got the chance to walk by ourselves. This was for some quiet time and to hone in on our surroundings, but there was never any pressure. Our guides told us to use this time in whatever way we wanted. "See you on the other side" was the phrase we all used before each Dadirri.

One of our guides Harley was pointing out the various plant species to us. He told us of the giant stinging tree. There are legends of American soldiers doing bush business, then using a giant stinging tree leaf to wipe up, and subsequently having pain for the next twenty years (stories do exaggerate though).

However, Harley also told us the Cunjevoi (or elephants' ears), a plant that grows in close proximity to the giant stinging tree, has been used by Indigenous communities as a remedy for the burn of the giant stinging tree. I thought this was lovely and convenient, although Harley did also say the efficacy of the Cunjevoi is questionable.

I have come to learn Spicers' staff all possess two main qualities - a genuine love of people and a genuine love of their passion. Listening to our guides Kate and Harley made me feel alive. I simply felt good knowing these are real and passionate human beings living what they deem to be truly worth it.

By pure infectious osmoses, you become enthralled in the world you're all experiencing together. This was no more evident than when we spotted a yellow tail black cockatoo. Harley was ecstatic, Kate was ecstatic, the whole group was ecstatic, and we all pointed and gawked like schoolchildren while trying to be as quiet and respectful as we could.

We arrived at Spicers Amphitheatre Ecocamp. One of the most satisfying things which carried over for the whole trip was the sleep. Each night of sleep was unaffected bliss. It was a combination of things - the lack of technology, the low ambient lighting, the alignment with our circadian rhythms, and of course our day's walking. There was nothing more comforting in knowing after a day's walk, as soon as you decided to go to sleep, you could. No struggle, no tossing and turning. You could turn off for the day like flicking a switch.

Our host Marissa explained how Spicers is known for fine dining, but the food on the Scenic Rim is about heartiness and comfort. A day's walking requires replenishment. The food was delicious, intricate and substantial. It consisted of healthy salads, good quality meat and proteins, vegetable and grain dishes, and desserts to top it off.

It was around day 3 I began to ease into the rhythm of things. The walking felt natural, like I'd been doing it for years. Once this set in, I realised too there was no more stress. Nothing else mattered except the path ahead and the environment around. For the first two days, I remember catching myself thinking about other things and not being as attentive as I'd have liked. But by this time, the walk



had consumed the stress, tossing it away, making me lighter. Everyone was on the same physical (and metaphorical, if you're into that) path, all going the same direction. It was an alignment of purpose, something seldom, if ever, achieved in our urban dwelling lives.

Day 3 was also laden with interesting and slightly unbelievable facts. Apparently there are more wild pigs in Australia than there are humans. We were all sceptical though. We saw snakes, other humans, birds, but no pigs. Where are these pigs? Do they have

organised societies, hierarchies? Do they all congregate in secret underground locations?

From mine, this was also the prettiest walk. We crossed waterfalls, flowing streams, verdant rainforest shrubbery, and even a proud snake who wasn't thrilled about almost being trodden on. We spent the evening at Spicers Timber Getters Ecocamp.

Our last day of walking was the most relaxing. As we neared our final destination, we could see the highway. It was strange because the sound of cars, after only a few nights away, was unfamiliar. We arrived at Spicers Hidden Peaks Cabins, a set of homely wooden cottages. There, we had a fire and played music - my music too, so I was extra happy.

I often find it difficult to describe what makes an experience special, which is probably why it's special. As much personal pride as I'd take in encapsulating this experience lucidly and accurately, I do believe it would still fall short. The Spicers Scenic Rim Trail experience is one of those things you must experience for yourself to truly understand.

The Spicers Scenic Rim Trail is the largest ecotourism venture ever to open in Queensland, covering over 60 kilometres of walking trails.



Bookings

To book, head to <https://scenicrimtrail.com>. It's the only way to know.

Ku-ring-gai Library Local History Display

Curious about local history? Ku-ring-gai Library will be presenting a digital photograph display featuring historical images from the Library's Local History Collection. The display will be available to view at each Ku-ring-gai Library branch during the Heritage Festival. There will also be items from the Local History Collection on display in the Gordon Library foyer. No bookings are required, just come through!

When: 9am – 5pm until Friday, 19 May 2023.
Where: Gordon Library, 799 Pacific Hwy, Gordon, 2072.
Cost: Free.
Contact: Ku-ring-gai Library 02 9424 0120, libraryevents@krg.nsw.gov.au.



Open Friday Garden Tours

Discover one of the hidden gems of Sydney's North Shore. Eryldene is the former home of Professor E.G. Waterhouse and his family. The house was built and its garden created early last century. There you will find one of Australia's most important collections of camellias.

Professor Waterhouse was internationally recognised for his huge contribution to the 'camellia world' and lived in the house until his death in 1977. The Eryldene Trust now opens the house and garden for events and tours. Take a tour with one of the garden volunteers and enjoy a cup of tea or coffee afterwards. Learn about how they are adapting their garden to cope with the changing climate.

When: Friday 12 May 2023, 10am – 12pm.
Where: Eryldene Historic House & Garden, 17 McIntosh Street, Gordon, 2072.
Cost: \$25 for guided tours.
Contact: Carmen Terceiro 94982271, eryldene@eryldene.org.au.

Sydney Writers' Festival Event – Meet Paddy Manning

Join for a Sydney Writer's Festival event with investigative journalist Paddy Manning to discuss his book, *The Successor: The High Stakes Life of Lachlan Murdoch*. As heir apparent to his father's global media empire, Lachlan Murdoch is one of the world's most powerful people. Yet despite a life in the spotlight, Lachlan's personality, politics and business acumen remain enigmatic.

Paddy Manning explores Lachlan Murdoch's upbringing, political beliefs and role as head of Fox Corporation. This is a book about the good, the bad and the ugly of the global media, and about America in the age of Trump and Biden.

This event will be followed by a book signing. Books will be available to purchase from Novella Fine Books at the Library.

When: Thursday 25 May 6:30pm – 7:30pm.
Where: Hornsby Library, 28-44 George Street, Hornsby.
Cost: Free. Bookings essential.
Contact: Hornsby Library 9847 6614, library@hornsby.nsw.gov.au.



Barka: The Forgotten River

Meet Barka, in the new First Nations exhibition Barka: The Forgotten River developed by Uncle Badger Bates and Justine Muller with the Barkandji community. Barka (the Darling River) is more than a body of water; Barka is a mother, an Ancestor, a life source, and in peril, along with everyone that lives along it.

Find out more in this exhibition which focuses on the stories, culture and people who have Barka running in their veins. Through a mix of multidisciplinary works including linoprints, wood and steel sculptures, oil paintings, and multi-media installations, Barka: The Forgotten River advocates for the health and future of Barka.

Learn more: <https://australian.museum>.

When: Every day, 10am to 5pm Until Sunday 23 July.
Where: Australian Museum, Cnr William & College Streets, Sydney NSW 2000.
Cost: Free.
Contact: <https://australian.museum>.

Repair Café - Electronics/ Furniture

Introducing Repair Cafés - an opportunity to fix broken things rather than throw them out! It will be split into two different workshops, one on fixing electronic items and the other on furniture.



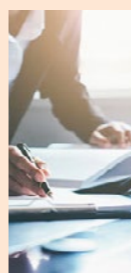
• Electronics Workshop: Got a dodgy electrical item? Don't throw it out! Save money and avoid wasting valuable resources through attending this Electrical Items Repair Café. You will receive advice and assistance from The Bower's skilled repairers and bring your broken item back to life.

• Furniture Workshop: Bring along a small, damaged piece of furniture such as a chair or stool and their experts will advise you on how to repair it. This is a free service and not a guaranteed repair.

The Bower is an award-winning environmental charity and a champion of reuse and repair. They are a not-for-profit committed to reducing landfill.

When: Saturday 27 May 10am - 4pm.
Where: Storey Park Community Centre (Jonas Fear Hall), Storey Park, 12 Old Berowra Road, Hornsby.
Cost: Free. Bookings essential.
Contact: waste@hornsby.nsw.gov.au.

Wills, Powers of Attorney and Enduring Guardianships



Making a will and appointing a power of attorney or enduring guardian are important decisions. Come along to this informative talk and hear key considerations explained including:

- When do each of these documents apply?
- What is the law in relation to these documents?
- Who should have them and who should be appointed?
- Do you need legal advice in relation to these documents?

When: Wednesday 17 May 1pm - 2pm.
Where: Pennant Hills Community Centre, Corner Yarrara and Ramsay Roads.
Cost: Free. Bookings essential.
Contact: library@hornsby.nsw.gov.au.

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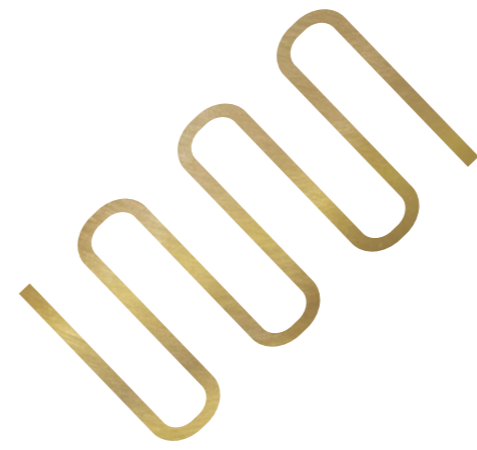


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